

PROGRAM & FLOW

THE EXPERIENCE

Over four carefully curated days, ELEVATE CORFU blends structured wellness sessions with moments of space, rest, and exploration. Each day is designed to highlight one of the three ELEVATE pillars, while maintaining a balanced and non-exhaustive rhythm.

DAY 1

FRIDAY, MAY 1

ELEVATE THE BODY

A day dedicated to intelligent movement and recovery—designed to awaken energy while respecting the body's natural rhythm

MORNING

08:00 - 09:00

Elevating Vinyasa: Awakening the Body

A dynamic and grounding practice led by Nikos Florakis, designed to mobilise, strengthen, and prepare the body for the day ahead.

09:00 - 09:45 Breakfast

10:00 - 12:00

Hiking Exploration & Outdoor Mindfulness

A guided nature hike in the surrounding hills of Angsana Corfu, blending movement, breath, and awareness.

13:00 Light Lunch

ARRIVAL

THURSDAY, APRIL 30

20:00 - Arrival & check-in at Angsana Corfu
A warm welcome into the Elevate environment.

21:00 - Welcome Dinner

Keynote remarks by Dr. Aseem Malhotra
An informal gathering to connect, unwind, and set intentions for the days ahead.

AFTERNOON

13:30 - 15:00

Introduction to High Performance Mindset

An inspiring session with Olympian Spyros Gianniotis, exploring discipline, resilience, and high-performance thinking.

15:00 - 16:30

Breathwork with JJ Ruescas

Led by the international breathwork facilitator, focusing on nervous system regulation, energy optimization, and recovery.

EVENING

17:00 - 19:00

Biohacking · Spa · Fitness Time

Time to explore guided recovery technologies, spa facilities, and light fitness.

19:15 - 20:30

Sound Healing & Deep Restoration

A grounding sound experience with local facilitator Billy, supporting deep relaxation and integration.

21:00 Dinner

A shared dining experience at a traditional village venue.

DAY 2

SATURDAY, MAY 2

ELEVATE THE MIND

A day focused on clarity, focus, and mental resilience—combining physical practice, reflection, and cultural immersion.

MORNING

08:00 - 09:15

CYBA Session

An intelligent movement and conditioning session led by S. Kouzounis, enhancing coordination, strength, and mental engagement.

09:15 - 10:00 Breakfast

10:15 - 12:30

Governor's Olive Mill Visit

A cultural immersion into Corfu's oldest traditions to discover the world's best kept longevity secret.

MIDDAY

12:30 - 14:30

Open Water Swim

Swimming workshop with the Olympian Spyros Gianniotis around turquoise waters of Angsana Corfu.

15:00 Light Lunch

AFTERNOON

15:30 - 17:00

Breathwork & Optimization with JJ Ruescas

A deeper exploration of breath, focus, and performance.

17:00 - 19:00

Biohacking · Spa · Fitness Time

Time to explore guided recovery technologies, spa facilities, and light fitness.

EVENING

19:15 - 20:30

Setting the Mind

A gentle movement, restoration, and meditation session led by Pinelopi Zirinoglou, designed to calm the nervous system and cultivate presence.

21:00 Dinner at Angsana Corfu

22:00

Evening Party

Connect, unwind, and enjoy the community.

DAY 3

SUNDAY, MAY 3

ELEVATE THE SPIRIT

A closing day centred on nature, reflection, and integration—bringing Elevate Corfu full circle.

MORNING

08:15 - 09:00 - Breakfast

09:30 - 14:00

Corfu Mountain Trail Experience

A guided hike in the Aggelokastro area, combining movement, nature immersion, and shared moments in one of Corfu's most striking landscapes.

CLOSING ACTIVITIES

14:00 Light Lunch

14:30 - 16:30

Biohacking · Spa · Fitness Time

Time to explore recovery technologies, spa facilities, and light fitness.

17:00 - 17:45

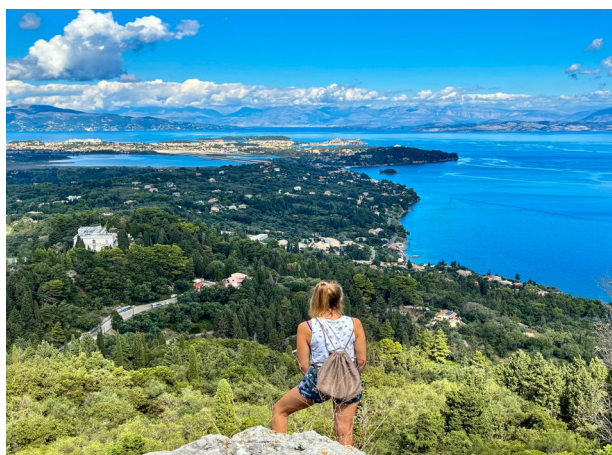
Closing Remarks

A collective closing session to integrate the experience and carry its insights forward.

18:00 Departure to Airport



LOCATION, INCLUSIONS & BOOKING



WHAT'S INCLUDED

- 3 nights' accommodation at Angsana Corfu (5★)
- Return flights to and from Corfu
- Half-board meals
- Airport transfers
- Guided hiking and outdoor experiences
- Yoga, breathwork, and sound healing sessions
- Fitness and recovery sessions
- Biohacking experiences
- Access to Angsana Spa facilities

ACCOMMODATION OPTIONS:

- DOUBLE ROOM: 1350€ (per person)
- SINGLE ROOM: 1600€



ANGSANA CORFU RESORT & SPA

Angsana Corfu is a luxury 5-star hilltop resort overlooking the turquoise waters of Benitses Bay. Blending contemporary design with Asian-inspired hospitality, the resort is set among olive groves and Mediterranean landscapes, offering panoramic Ionian Sea views.

Guests will enjoy access to the resort's award-winning spa, wellness facilities, and refined hospitality throughout the ELEVATE CORFU experience.

HOW TO RESERVE

Secure your place at <https://eshop.holmesplace.gr/events/>

or your Holmes Place Club, ICON, KARVE and STORM Reception.

ELEVATE Corfu is a limited-capacity experience, curated with intention.




ELEVATE
HOLMES PLACE
CORFU
EXPERIENCE
ANGSANA CORFU
30 April - 03 May
2026