



N & N HEALTH ESCAPES AND RETREATS

Nourish and Navigate



Discover Health & Wellness at Sea, sailing in Greece:

Functional Medicine Health and Wellness Retreat

After a very successful medically guided wellness retreat, sailing through the stunning Whitsundays in Australia in June 24, we invite you on an amazing, exploring, restoring and fun-filled catamaran sailing trip through the Cycladic Islands in Greece from **9th to 16th June 2025**.

Meet Our European Team



Dr. Ulla Gerich-McGregor

Your retreat hosts on board are Dr Ulla Gerich-McGregor from Australia, founder of N&N Health and Wellness Retreats who is offering functional medicine assessment, yoga therapy/ Ayurvedic medicine assessment during your sailing trip.



Reina Hocht Boes

Reina from Amsterdam, an experienced yoga instructor, will teach yoga in the most beautiful spots around the Cycladic Islands. She is also an experienced caterer and we will provide fresh and healthy food according to your likes, dislikes, and dietary requirements.



Nathalie Panić-Vaucher

Nathalie from Australia, is an experienced transformational coach and will make it possible to implement lifestyle, health, and life/career changes according to your personal journey.

Toby
Skipper and catamaran owner Toby from Sweden, is an experienced skipper and knows the Cycladic Islands and its beautiful secret spots and locations. He will explore with us, islands, caves, and the beautiful waters of the Cycladic Greek Islands.

Experience

- **Personalised Therapies:** Tailored sessions with a dedicated Functional Medicine Doctor and highly qualified coach/teacher.
- **Experienced Sailing Guide:** Navigate the azure waters with a seasoned skipper ensuring a smooth and safe journey.
- **Swim:** Dive into the crystal-clear waters for a refreshing swim.
- **Snorkel:** Explore marine life beneath the surface.
- **Paddle Board:** Glide along the tranquil seas, embracing the beauty of nature.

SPOTS ARE LIMITED, SO BOOK NOW TO SECURE YOUR BERTH ON BOARD.

www.deepinnerhealth.com/nourishnavigatehealthretreats



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Invest in your Health, Invest in your Happiness

- **Duration:** 7 nights/ 8 days
- **Retreat Size:** 3-6 guests
- **Accommodation:** 3 double cabins available. 2 double cabins with their own bathroom, and 1 double cabin with a shared bathroom.
- **Singles Welcome:** Contact us for a personalised quote.
- **Investment/ Cost:** Prices in Euro start at € 1,999. - in a shared double cabin with a shared bathroom, € 2,350 in a shared double cabin with own bathroom.

Cost includes: accommodation on the catamaran, meals on board, mentioned activities, functional medicine assessment and treatment plan. Tailored treatments including daily yoga classes with mindfulness, mediation for beginners on request, and life & career coaching sessions.

Why join us?

- **Holistic Wellness:** Immerse yourself in personalised coaching, promoting holistic health.
- **Scenic Serenity:** Sail through the breath-taking Greek Cyclades, a backdrop for rejuvenation.
- **Rest and Recharge:** A perfect blend of health investment and holiday bliss.

What our clients are saying ...

"I would like to thank you and your co hosts for an absolutely beautiful yacht retreat in the magical Whitsundays earlier this year. The informative private sessions you offered were very personal and you showed undivided attention and advice that was followed up long after retreat finished. The meals were healthy and delicious, catering to all our dietary needs. And Felicity's massage, acupuncture and sound healing sessions were a delight. I thoroughly recommend your retreats to anyone interested. I shall remember it with health and happiness."


Regards
Ann Warne

Join a group of like-minded individuals on a journey towards greater well-being, under the guidance of our experienced wellness & health guides. Allow us to help you escape the ordinary and embrace a holistic approach to well-being aboard our Nourish & Navigate Health Escapes & Retreats.

For more information on our retreats, private individual escapes, dates, availability and bookings, head to our website. To secure your spot on our next trip please email us today!

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