



Helios Retreats



A WELLNESS ADVENTURE LIKE NO OTHER

This is Helios Retreats. A worldwide community of like-minded Wellness travellers.

We create bespoke wellness experiences designed not only to show you the world, but to change your world.

WHY HELIOS RETREATS?

MARCH 2015, HUGO FOUNDED HELIOS RETREATS. HIS GAME-CHANGING RETREATS QUICKLY BECAME KNOWN AS THE BEST FITNESS & YOGA RETREAT IN EUROPE.

We're filling a void as a Wellness travel company for the time-poor and adventure-hungry professionals.

Helios Retreats hosts more than 20 retreats a year around the world.

We are the only retreat company since the beginning of the pandemic that have created Covid Safe retreats.

We worked closely with our partners to ensure they meet our rigorous safety standards.

We nurture ongoing partnerships with all local partners. We have long standing relationships and exclusive contracts for all our destinations.





CORPORATE TRAINING & DEVELOPMENT

COACHING IS NOT ABOUT MANAGING UNDER PERFORMANCE, IT IS NOW RECOGNISED AS A WAY TO ENHANCE PERFORMANCE AND SUCCESS WITHIN THE WORKPLACE. RECRUITMENT AND ONBOARDING TAKES TIME, IS RISKY AND EXPENSIVE. BY INVESTING IN YOUR TEAM, YOU BUILD A STRONGER, STABLE AND SMARTER BUSINESS.

Coaching sessions

As part of your retreat, our Personal Development & Career Coach; Nadia Ismail, will deliver a daily 90 minute workshop to your team. This will be centered around various personal development topics that will benefit both individuals as well as the overall team. The topics focus on confidence, motivation and growth.

Workshop topics

You will be given the option to select up to 5 topics of focus that you feel will support your teams and business best. Nadia will arrange a call ahead of your retreat so we can best prepare the workshops and make them relevant to your field of business.

CORPORATE TRAINING & DEVELOPMENT

TOPICS

Developing a growth mindset	Performance reviews Reflective practice
Productivity & time management	Delegating, involving & upskilling others
Goal setting	Difficult conversations
Balance & performance	Coaching tools
The comfort zone	This session will involve the completion of a set coaching task designed to get employee's thinking.
Procrastination	

Focus group sessions*

Sessions are designed for groups of 4 - 6 people and provide employees with an opportunity to focus on a specific area within their personal development. Employee's will be sent a small task / reflective practice ahead of their retreat so they can consider what they wish to focus on and prepare for this session.

1:1 coaching sessions*

Individual coaching sessions are available upon request.



MALDIVES

What's included

Six-nights of luxury accommodation at the 5-star Anantara resort.

Private transport on a speed boat from and to Male airport.

A specially designed menu from the chefs to fuel our workouts - includes brunch and dinner.

Daily fitness & yoga classes from our Elite Helios Team. We fly out the best coaches to provide you with round-the-clock expert advice.

Complimentary usage of Kayaks and snorkelling equipment.

Harvey Nichols luxury goodie bags included.

Prevayl SmartRetreat technology included.

Cinema night under the stars.

Corporate wellness workshops and seminars (see topics above).

Extras

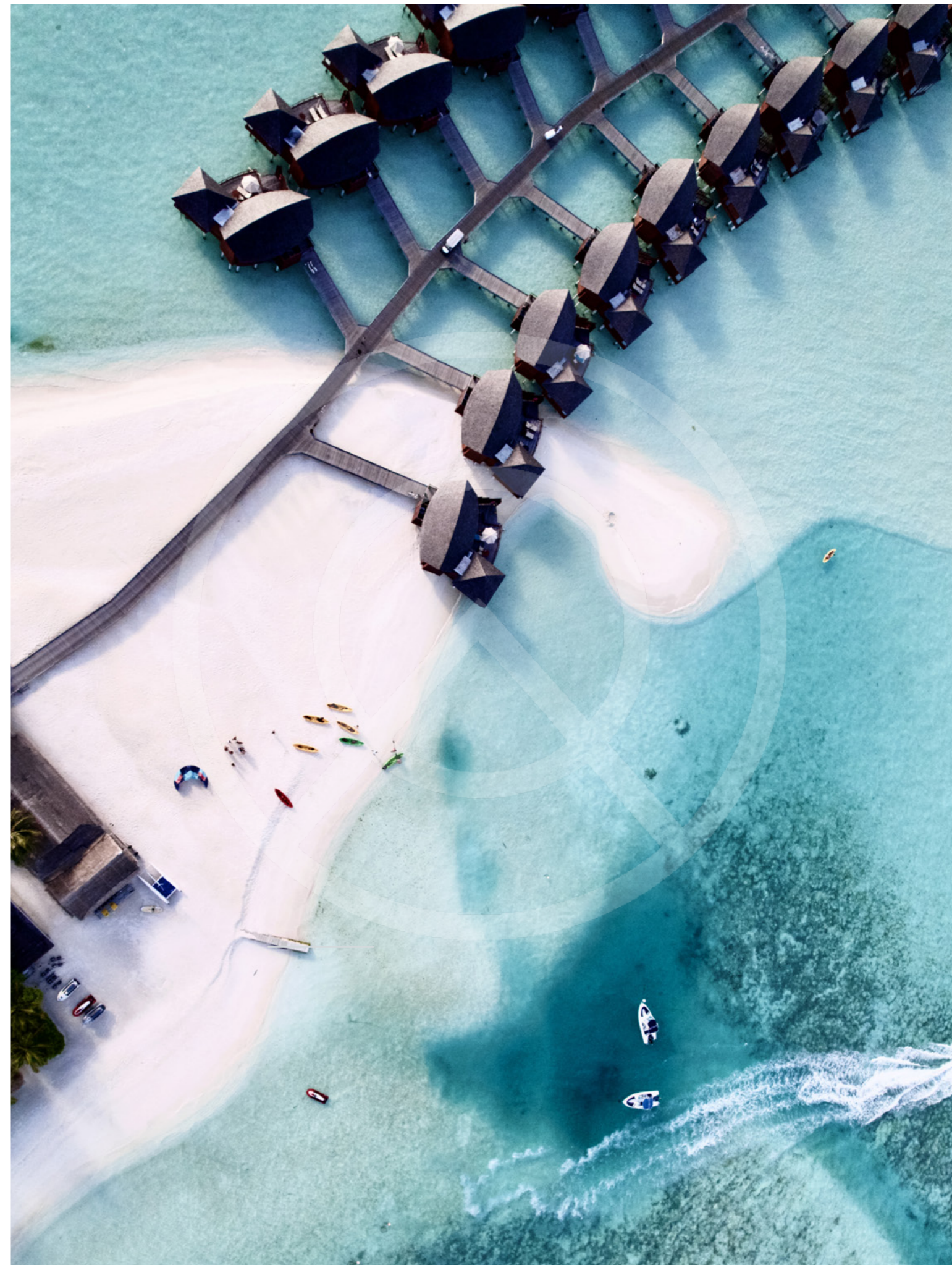
Massage & spa treatments are available.

Hire meeting room.

Boat trip to see manta rays & whale sharks.

Jet ski, SUP and water sports.

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For this Helios adventure, each booking will be for your private villa (Overwater Bungalow).







CRETE

What's included

5-day luxury accommodation at Acro Suites in Crete.

Scheduled transfers from Heraklion airport.

A specially designed menu from the chefs to fuel our workouts - includes brunch and dinner.

Daily fitness & yoga sessions.

Guided hike.

Prevayl SmartRetreat technology included.

Harvey Nichols luxury goodie bags included.

Corporate wellness workshops and seminars (see topics above).

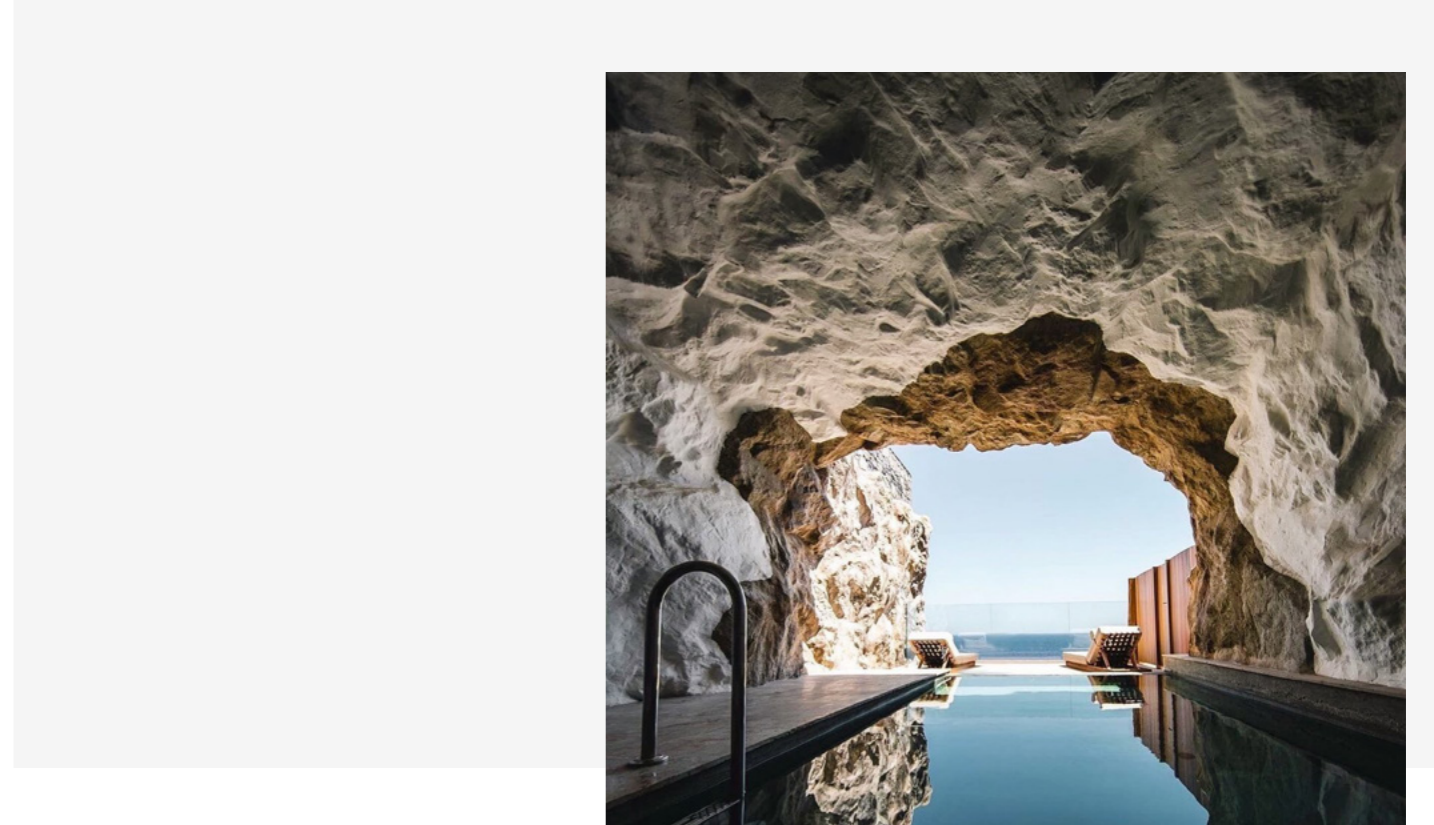
Extras

Massage and Spa treatments.

Hire meeting room.

Sailing boat trip.

Quad bike activities.



TUSCANY

What's included

Four nights luxury accommodation.

A specially designed menu from the chefs to fuel our workouts - includes brunch and dinner.

Daily fitness & yoga classes.

Guided hike.

Fully equipped Technogym.

Harvey Nichols luxury goodie bags included.

Prevayl SmartRetreat technology included.

Scheduled private airport transfers.

Corporate wellness workshops and seminars (see topics above).

Extras

Spa treatments are available.

Hire meeting room.

50% discount off 18-hole golf.

Wine tasting excursion.

Boat trip.





REVIEWS

Helios Retreats

Reviews 58 • Excellent



VERIFIED COMPANY

<p>★★★★★</p> <p>This was my first retreat as a content creator. I absolutely loved</p> <p>Read more</p> <p>Posted on Facebook</p> <p>Francis-King John Nnamani</p>	<p>★★★★★</p> <p>I really can't recommend Helios enough. They really put their own flare</p> <p>Read more</p> <p>Posted on Facebook</p> <p>Georgia Salamat</p>	<p>★★★★★</p> <p>If you're into your fitness, active holidays and a willingness to</p> <p>Read more</p> <p>Posted on Facebook</p> <p>Hollie Totton</p>
<p>★★★★★</p> <p>If your into your fitness or you want to get better with your health and</p> <p>Read more</p> <p>Posted on Facebook</p> <p>Tim William Bingham</p>	<p>★★★★★</p> <p>Seeing the world, fitness enthusiast and meeting some incredible and like</p> <p>Read more</p> <p>Posted on Facebook</p> <p>Nino Mistry</p>	<p>★★★★★</p> <p>I had such a great time at Helios Retreats! I felt very taken care of and</p> <p>Read more</p> <p>Posted on Facebook</p> <p>Livia Börger</p>

DON'T TAKE OUR WORD FOR IT. READ WHAT THE HELIOS FAMILY HAD TO SAY ABOUT THEIR EXPERIENCE [HERE](#).

OUR PARTNERS



HARVEY NICHOLS

