

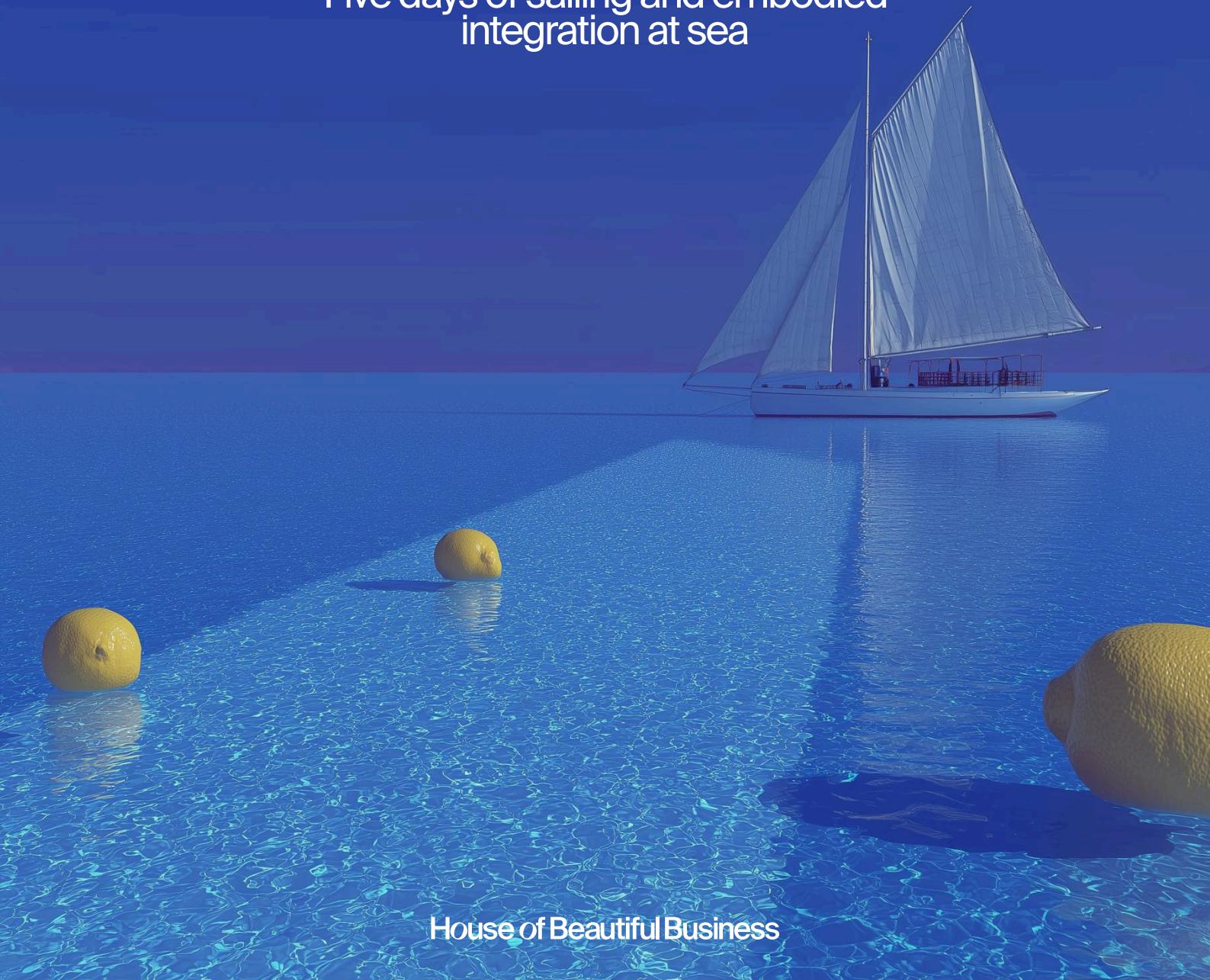
May 10–15, 2026

Departing Athens | The Aegean Sea

After Athens

THE AEGEAN PASSAGE

Five days of sailing and embodied
integration at sea



House of Beautiful Business

*“Happy is the man,
I thought, who, before dying,
has the good fortune to sail
the Aegean sea.”*

– Nikos Kazantzakis
Zorba the Greek

THE EXHALE

(After the Inhale)

Athens will be a beautiful storm.

Four days of extraordinary people, conversations, and collisions of perspective. For many of us, it will crack something open.

And then it ends.

We scatter. The inbox refills. The insights begin to fade before they have time to settle.

What if there were a calm to follow—a space to move the work from mind to body, for beautiful disorientation to become direction?

A PASSAGE

Not Just a Trip

After the festival will be the time that matters the most.

Here's what we know: Insight alone rarely changes behaviour. The body holds patterns that thinking can't reach. And the period immediately after intense learning is when those patterns can shift.

“After Athens” is designed around that window. Movement to release what's ready to go. Breathwork to calm the nervous system. Stillness to let what was stirred settle into something lasting.

This is where you complete the arc.

This is not a second conference. It's not networking at sea. It's the postscript to Athens – calm, slow, intentional – where integration happens naturally.



WHY SAILING?

Because transition requires liminality.

The boat is neither here nor there. You're moving, but slowly. You're together, but also alone with the horizon. The sea strips away pretense and opens space for presence.

And the Aegean—ancient, storied, mythic—is the perfect passage between what was and wherever you're going next.

This is a threshold experience.

WHAT YOU CAN EXPECT

Ten people, one fully crewed catamaran—small enough to truly know each other, large enough for diverse perspectives.

We navigate slowly through the Aegean, anchoring in secluded coves and sharing meals, prepared with care, under open sky.

The boat becomes your shared home—emphasizing openness and connection. You'll share cabins and communal spaces, but there's room to step away, reflect quietly, or simply be alone with the sea.

DAILY RHYTHM

Embody practices — movement, breathwork, meditation — led by experienced facilitators anchor each day. Their focus evolves as we move through the days.

Morning

Practice on deck. Communal breakfast. The Aegean wakes with you.

Midday

We sail. Time for stillness, reading, reflection, or watching the horizon unfold. Lunch at anchor.

Afternoon

After lunch and a swim, the afternoon opens wide — nap, read, explore. Later, we gather again for practice to anchor the day's integration.

Evening

Dinner under open sky. Conversation, music, or quiet companionship beneath the stars.

WHAT'S INCLUDED

Five days aboard a luxury catamaran

Fully crewed, with shared double cabins—each cabin with a double bed.

We've deliberately chosen this intimate setting—it's part of what makes it transformative. Sharing close quarters asks something of you: clarity about boundaries, generosity with others, and a willingness to be present even when it's not perfectly comfortable.

You're welcome to come with a friend, or we'll thoughtfully match you with another participant based on your preferences.

Before we confirm your spot, we'll discuss what you need.

All meals and beverages

Breakfast, lunch, dinner prepared fresh onboard. Wine, coffee, water—all included.

Facilitation and programming

Daily practices, guided sessions, and space for spontaneous conversations.

Exploration and play

Shore stops, swimming coves, paddleboards, snorkel gear, and unplanned adventures.

Digital detox

No Wi-Fi onboard. This is intentional. To support full presence and deeper connection with yourself and the group.



INVESTMENT

€3795 *per person* +VAT

Five days. Everything included. Small enough to matter.

The only thing you arrange: getting to and from the port in Athens.

You don't need sailing experience —just openness to slowing down, showing up, and trusting that integration happens through presence, not productivity.

THIS IS FOR YOU IF

- You're attending the World Beautiful Business Forum in Athens and recognize that the most valuable insights need time and space to settle
- You're drawn to the idea of reflection in motion —on water, in transition, between worlds
- You crave depth over breadth, and intimacy over scale
- You value embodied integration and meaningful connection, and are comfortable with shared space—including shared sleeping quarters—and the vulnerability of true presence
- You long for time spent with a small circle of like-hearted humans

EXPRESS YOUR INTEREST

This is limited to ten people per vessel. We're gauging interest now to determine how many catamarans to charter. Once we've confirmed the group, we'll share the full program and details.

If you'd like to know more or participate, email us at community@houseofbeautifulbusiness.com

