



# Connect with the sacred places of *Greece*

Meditate to “know thyself” in Delphi, rebalance your personal power at the Goddess Cave, descend with Hekate in Eleusis, receive an empowering tarot reading at the Temple of Artemis, do a releasing ritual at the Temple of Poseidon, heal at the temple of Nemesis... these day retreats are a pilgrimage unlike any other.

Testimonials:



Learning about the temples, culture, and area was fun, informative, and comfortable - it very much felt more like taking drive around with a smart friend!

*Leanne F.*



Elyse was by far the best tour guide I've ever had. She made us feel comfortable from the second we got to Greece.

*Kore F.*



## Guided Facilitation

*“My goal is for you to feel supported and guided to move forward with your spiritual path and the life its leading you towards.” - Elyse*

Elyse is a experienced facilitator of ritual, meditations, and tarot divination, but she is also a spiritual mentor. You are not doing this work alone.

After each experience, you will take time together process and unpack. Mentorship is about fostering personal growth with a trusted, knowledgable teacher who can guide you so you can better guide yourself. Together, talk through what you're going through, what brings you to this pilgrimage, and take notes on everything we do to create memorable, lasting change.



Elyse Welles *Author,  
Initiated Priestess, & Creatrix of  
Seeking Numina*

Elyse Welles is a Greek-Egyptian & American **earth intuitive Priestess**.

She is initiated in the Faery Tradition of witchcraft, and is a professional facilitator of spiritual connection with **nature, land spirits, and sacred places (numina)** through **tarot, drumming, guided meditation, and spiritual mentorship**.



Book Your  
*Pilgrimage to Ancient Greece*

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With **12 years of experience** and an **MA in spiritual history**, she is also a **local in Attica**, engaging with the spirits of place at these temples in her personal practice as well.



# Private Day Retreats 2024

## ⊙ Inviting Empowerment Through Release *at the Temples of Artemis and Poseidon*

If you're struggling to live an empowered life - especially if you're not even sure what that could look like for you - this is the retreat for you.

### Dates & Pricing

07.12.24-9.10.24  
\$555 for first  
person

each additional  
person is \$333

Travel to the temple of Artemis at Brauron, a the sacred feminine sanctuary for 6,000+ years. Set intentions for your empowerment with a life path tarot reading and meditation with Artemis. Collect & leave offerings in a ritual to invite empowerment.

Enjoy a swim stop & lunch at a local taverna on the beach.

Watch the best sunset in Greece at the liminal Temple of Poseidon, a place of sea worship for at least 3,000 years. We will tour the temple and conduct a releasing ritual.

## ⊙ "Know Thyself": Cleansing and Clarity at the Kastalia Springs & the Temples of Apollo and the Earth Mother in Delphi

Be guided on a journey of inner work at Delphi, the ancient center of the spiritual universe. If you're struggling with listening to your inner self and knowing what you really want out of life, this is the tour for you.

### Dates & Pricing

07.12.24-9.10.24  
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Turn towards your shadow self to uncover your higher self shining bright behind it. Consult the oracle of Delphi and gain insight for how to move forward whole and complete with self knowledge.

Begin with a water priestess blessing at the Kastalia Springs, where ancient pilgrims also began their tour. Elyse will anoint you with the water, and prepare you to approach the oracle. Connect alone in the first archeological site of Delphi and the museum to introduce yourself to the oracle.

Enjoy lunch at a local tavern with Elyse. Second site of Delphi. Leave offerings and receive a life path tarot reading at the Tholos, the oldest part of Delphi where an Earth Mother deity was worshiped. Guided meditation to connect to the Earth Mother, the primal force of wisdom, by going within.

(accommodations available nearby upon request.)



# Private Day Retreats 2024

## ④ Find Balance Between Self & Duty *at the Temple of Liminal Hera and the Goddess Cave*

As women, we often have to regain the balance between self and family duty. This temple can help us find balance in our lives.

Hera is not the jealous, vengeful goddess patriarchal mythology tells us she is. She is the goddess of marriage, family, and motherhood, but like many of us, that role isn't respected or valued. We can reconnect to her original power and rewrite the story at sacred places like this.

Enjoy a guided tour at the temple. Then connect with your Inner Goddess (highest self) in a life path tarot reading.

Swim at the temple - the only temple near Athens you can swim at!

A lunch at a taverna. Then our final stop, go within at the Goddess Cave as Elyse guides you with her drum.

### Dates & Pricing

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## ④ Discover the Mysteries of The Sacred Way *at the Temples of Eleusis*

Witness the most famous place of initiation in Greece and learn how its Mysteries are still found in modern spirituality, witchcraft, and paganism.

### Dates & Pricing

07.12.24-9.10.24  
\$555 for first  
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The Eleusinian Mysteries delivered the mysteries of life and death to initiates for thousands of years at this temple site. See the remains of temples for Artemis, Hekate, Demeter, Pluto/Hades, and of course Persephone all in one site.

On the way we'll drive the ancient Ieros Odos, or "Sacred Way", passing dozens of temple sites from Athens' procession. We'll tour the site, its museum, and descend within at Hekate's Cave for a guided meditation, to leave offerings, and you'll receive a life path tarot reading.

Enjoy lunch at a local taverna and an optional swim stop.



# Private Day Retreats 2024

## ④ Healing through Release *at the Temple of Nemesis & the Ancient City of Rhamnous*

This city was so well protected by Nemesis, goddess of retribution and balance, that it never fell, or was even attacked, by any enemy. Here you can walk the streets in a 3,000 year old town marked only by time, and meditate to find lasting healing at the Temple of Nemesis.

*NOTE: See the FAQ page for more info on mobility access to this site.*

Grief and Loss OR life path tarot reading at Nemesis' temple. Then Elyse guides you through a meditation to connect to her energy of healing, and conduct a releasing ritual to leave what hurt you, what no longer serves you, at her temple where she transmutes it into healing. We'll collect & leave offerings together as well.

Hike to her city and explore the ruins followed by lunch at a local taverna on the beach. OR: A swim stop in nearby Grammatikon's secret local spots followed by lunch at a local taverna on the beach.

### *Dates & Pricing*

07.12.24-9.10.24  
\$555 for first  
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## The Details

### ④ *What's Included*

- ✓ snacks & water
- ✓ lunch OR dinner (depending on your chosen tour schedule)
- ✓ air-conditioned, comfortable, spacious car (capacity up to 4 adults)
- ✓ facilitation of spiritual connection at each temple (tarot readings, guided meditation)
- ✓ pick up and drop off from Athens Airport metro station\*
- ✓ Guided hikes and tours (admissions included **everywhere but Delphi**)

\*Tours begin and end from Athens Airport (metro stop.)

↓↓ See FAQ below for hotel pick up/drop off options. ↓↓



Elyse Welles

learn more about Elyse & her work at [seekingnumina.com](http://seekingnumina.com)

# FAQs



## *Do you do hotel pick up/drop off?*

Pick up and drop off is available from your hotel for an additional fee determined by your location. If you stay near Athens Airport or Delphi there is no additional fee. See next question ↓

## *Can you help me book accommodation?*

Pending availability, I work with a company near Delphi and another near the Athens Airport who offer my clients discounted stays. Staying at these locations also entitles you to free hotel pick up and drop off.

## *Is anyone else on the tour with me?*

No! This is a private day retreat, so unless you're bringing a friend or family member this is fully your experience. We can change, extend, or remove any activities at your discretion.

## *How much time should I allow for these retreats?*

If you're staying in Athens:

- For Delphi and Hera's Temple, I recommend pick up at 9am for a drop off around 8pm.
- For Nemesis and Eleusis, I recommend pick up at 10am for drop off at 7pm.
- For Artemis and Poseidon's combined day trip, I recommend pick up at noon for drop off at 9-10pm.

As this is a private day retreat, we can of course be flexible on the time.

## *Can you help me book accommodation?*

Pending availability, I work with a company near Delphi and another near the Athens Airport who offer my clients discounted stays.

## *Can you help me book a rental car?*

Pending availability, I work with a company based near Athens Airport who offers my clients discounted rental rates, especially for long term rentals.



# FAQS



*Are your tours accessible for people with mobility issues?*

Unfortunately, Greece is quite behind with accessibility. That being said, I will make every effort to call ahead and see what can be done for your needs at each given site.

If you are fully mobility-impaired, there are two sites you could definitely see: the Temple of Poseidon, the temple of Artemis, and most of Eleusis (the museum is up some stairs). You could also see the temple of Nemesis but not the full ancient city of Rhamnous as its a bit of a hike.

For those with some mobility issues, Hera's temple and the full city of Rhamnous (Nemesis' temple is fine) is not advised as it is steep and uneven terrain.

*Why are some meals picnics?*

We'll be in some rural, off-grid sites that I've found in my sacred travels. The only downside to that is they don't have a lot of restaurant options! Even the Delphi cafe is quite lackluster and the only accessible food to the site.

*What kind of food is in the picnics?*

We'll work through your dietary needs before your retreat. It's a private experience, so anything you do or don't like can be arranged. I work with a local chef to create delicious, homemade Greek dishes. But if you prefer something else we can make it work. At the restaurants you'll receive an array of local dishes to try tailored to your dietary needs, unless otherwise specified.

*Is this family friendly?*

Some of these tours are for specific spiritual goals that might not resonate with a younger audience, but the content and activities are all family friendly and can be tailored to your family's needs.



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