

PNOË

Wellness & Healing Catalogue





TABLE OF CONTENTS

1. Messages	I
2. Energy Healing	5
3. Breathwork Sessions	7
4. Meditation Sessions (Osho)	9
5. Group Therapies	11
6. Yoga	13
7. Fitness & Training	15
8. Personal Training – Premium Coaching	17
9. Terms & Conditions	21

MASSAGES

Silent Massage

A gentle full-body massage designed to calm the nervous system, soften tension, and restore peace.

60 min – €120
90 min – €210

Olympian Massage

A focused therapeutic treatment working into deeper muscle layers to relieve chronic tension, stiffness, and improve mobility.

60 min – €140
90 min – €220

Lymphatic Drainage Massage

A detoxifying, rhythmic technique supporting fluid movement, reducing swelling, and enhancing the lymphatic system.

60 min – €130
90 min – €220





ELEMENTAL MESSAGES (TANTRA-INSPIRED)



Water Element Massage

Fluid, wave-like movements encouraging emotional release and deep relaxation.

60 min – €180
90 min – €260



Earth Element Massage

Grounding, stabilizing, deeply nurturing — restoring balance and presence.

60 min – €180
90 min – €260



Air Element Massage

Flowing, spacious techniques inspired by breath and subtle energy — creating clarity and lightness.

60 min – €180
90 min – €260



Fire Element Massage

Invigorating, warming, and revitalizing — inspired by the transformative energy of fire.

60 min – €180
90 min – €260

ENERGY HEALING

Reiki Healing

A Japanese energy healing technique that channels universal energy to promote physical and emotional balance.

55 min – €130

Sound Healing

Using sound vibrations, such as singing bowls, gongs, and tuning forks, to harmonize the body and mind, release stress, and enhance meditation.

55 min – €120

90 min – €170

Chi Nei Tsang

A Taoist abdominal massage focusing on clearing blocked energy and detoxifying the internal organs.

90 min – €190

Chakra Balancing

Techniques to align and balance the body’s energy centers for improved well-being.

55 min – €140





BREATHWORK SESSIONS

Holotropic Style Breathwork

A deep, immersive breathing journey designed to expand awareness, release emotional tension and access the subconscious mind. Ideal for those seeking transformation, clarity and inner healing.

- 60 min – €120
- 90 min – €170
- 120 min – €230

Rebirthing Breathwork

A gentle yet powerful conscious breathing technique that helps clear emotional blockages, reduce stress and support emotional rebirth. Perfect for those seeking a soft yet transformative experience.

- 60 min – €120
- 90 min – €170
- 120 min – €230

Water Breathwork Therapy

A soothing combination of breathwork and water-based relaxation techniques. This session promotes grounding, muscle release, emotional softening and deep somatic unwinding within the healing element of water.

- 60 min – €150
- 90 min – €210
- 120 min – €270

Partner Breathwork (2 people)

A shared breathwork journey designed to enhance connection, trust and emotional harmony. Ideal for couples, friends or partners wishing to deepen their bond through synchronized breathing and presence.

- 60 min – €190
- 90 min – €270
- 120 min – €330

Mirroring Breathwork

A relational breathwork practice that uses synchronized breathing, presence and gentle eye contact to promote empathy, connection and emotional release. A powerful session for those seeking deeper interpersonal awareness.

- 60 min – €130
- 90 min – €180
- 120 min – €240

Chakra Healing Breathwork

A breath-centered energy-healing session focusing on opening and balancing the seven chakras. This practice promotes emotional clarity, spiritual alignment and a deep sense of inner harmony.

- 60 min – €140
- 90 min – €200
- 120 min – €260

MEDITATION SESSIONS (OSHO)

Osho Dynamic Meditation

A powerful, high-energy meditation designed to release suppressed emotions, activate the body, and clear the mind. The session moves through dynamic stages that encourage expression, vitality, inner clarity, and deep emotional reset.

60 min – €120

Osho OUM Meditation

A guided social meditation combining movement, breath, sound, and interactive exercises. Participants flow through expressive and reflective stages that support emotional openness, communication, grounding, and a strong sense of group connection.

90 min – €170

Osho Nadabrahma Meditation

A gentle, soothing meditation using humming vibrations and slow, mindful hand movements. This practice helps harmonize the mind and body, guiding participants into a deep state of inner balance, stillness, and relaxation.

60 min – €120





GROUP THERAPIES & GROUP SESSIONS

Group Sound Healing Session

An immersive vibrational experience using crystal bowls, gongs, and therapeutic instruments. Guides the group into deep relaxation, energetic balance, and harmony.

60-90 min
Prices upon request

Group Meditation with Sound Healing

A guided meditation journey enhanced by soothing sound frequencies supporting grounding, clarity, and collective alignment.

60-90 min
Prices upon request

Group Breathwork Session

A conscious, rhythmic breathing practice designed to release tension, increase vitality, and deepen group cohesion.

60-90 min
Prices upon request

Group Breathwork & Sound Healing Journey

A powerful combination of conscious breathwork and therapeutic sound frequencies supporting emotional release and energetic reset.

90 min
Prices upon request

YOGA

Hatha Yoga

Grounding practice focusing on alignment and breath.

- 60 min – €120 per person
- 60 min – €160 per 2 people
- 60 min – €200 per 3-5 people

Vinyasa Flow

Dynamic sequence linking breath and movement.

- 60 min – €130 per person
- 60 min – €170 per 2 people
- 60 min – €220 per 3-5 people

Ashtanga Yoga

A structured, disciplined practice.

- 60 min – €140 per person
- 60 min – €180 per 2 people

Yin Yoga

Deep stretching, slow pace, inner stillness.

- 60 min – €120 per person
- 60 min – €160 per 2 people

Restorative Yoga

Therapeutic, deeply calming practice.

- 60 min – €120 per person
- 60 min – €160 per 2 people

Prenatal Yoga

Safe, conscious practice for expectant mothers.

- 60 min – €130 per person





FITNESS & TRAINING

Functional Training (Bodyweight)

A dynamic full-body workout focusing on strength, mobility, and endurance.

60 min – €80 per person

Kangoo Jumps

High-energy cardio with rebound boots for reduced impact.

60 min – €80 per person

Pilates Mat

Core strength, controlled movement, and flexibility.

60 min – €80 per person

Pilates Reformer (In-Studio)

Precision-based full-body training for posture, tone, and balance.

60 min – €100 per person

60 min – €150 per 2 persons

PERSONAL TRAINING — PREMIUM COACHING

Personal Training

A fully tailored one-to-one session including warm-up, mobility, strength & conditioning and personalized coaching.

60 min – €120 per person

Partner Training

Semi-private training with shared motivation and individually scaled programming.

60 min – €160 per 2 persons

Small Group Training

Dynamic workouts adapted to mixed levels — functional circuits, athletic conditioning, or beach formats.

60 min – €200–€250 per 3–6 persons

Athletic Performance Coaching

Sport-specific development focusing on power, speed, movement quality, mobility, and conditioning.

60 min – €150 per person

Stretching & Mobility Therapy

Assisted stretching, mobility drills, breathwork, and recovery techniques.

60 min – €100 per person

Morning Beach Workout

An energizing outdoor session by the sea.

60 min – €150 per person

Outdoor Running Session

A guided run exploring scenic coastal routes with pacing and technique support.

60 min – €120 per person





All energy therapies at Pnoe Mykonos are offered exclusively by Mike, the founder of Pnoe Mykonos.

Mike is a dedicated Reiki Master, Tantra teacher, Breathwork teacher, Chi Nei Tsang practitioner and Sound Healer. With years of experience, he has worked with the US and Japan Olympic teams and guided over 50 Olympians on their journey to peak performance.

PNOË MYKONOS WELLNESS – MASSAGE INFORMATION & POLICIES

OPERATING HOURS

We are available 24/7, offering on-location massage treatments at your villa, yacht, or preferred residence.

LATE ARRIVALS

Our therapists always aim to arrive on time at your location. If you are not ready at the scheduled appointment time, your session may be shortened out of respect for the next client's booking.

CANCELLATION POLICY

Your appointment time is reserved exclusively for you. We kindly request at least 4 hours' notice for any cancellation or rescheduling.

- Cancellations with less than 4 hours' notice: 50 % charge.
- No-show appointments: 100 % charge.

This allows us to allocate the therapist's time to another guest.

POSTPONING AN APPOINTMENT

If you need to postpone your massage, please notify us at least 4 hours prior to the scheduled time and we will do our best to accommodate a new slot.

PAYMENT

Payments can be made directly after the treatment. We accept major credit cards and cash. Self-charge options are also available upon request.

CONTACT

For bookings or assistance:
pnoemykonoswellness@gmail.com

Sincerely,

PNOË Mykonos Wellness Team