





about

EMRISE is more than just a name.

It is a journey of transformation. Born from the words Embrace and Rise within, EMRISE invites you to fully accept who you are, to soften into your truth, and to rise from within with strength, clarity, and purpose.

EMRISE is where inspired entrepreneurs, athletes, and visionaries come together for a transformative week.

Through shared experiences, we create space to inspire one another, exchange ideas, and reconnect deeply with both body and mind. It's a week to pause, recharge, and rise—together.

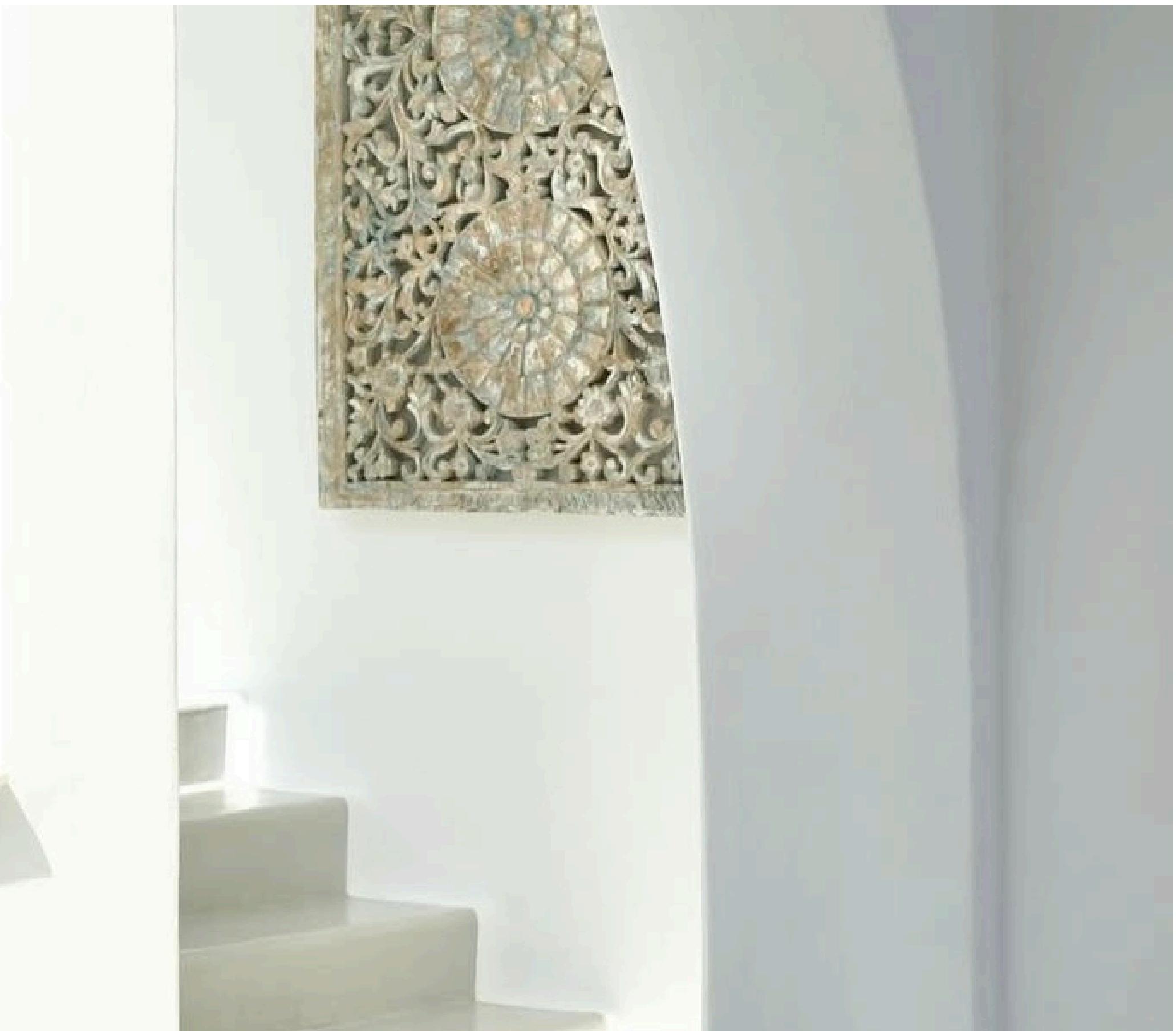
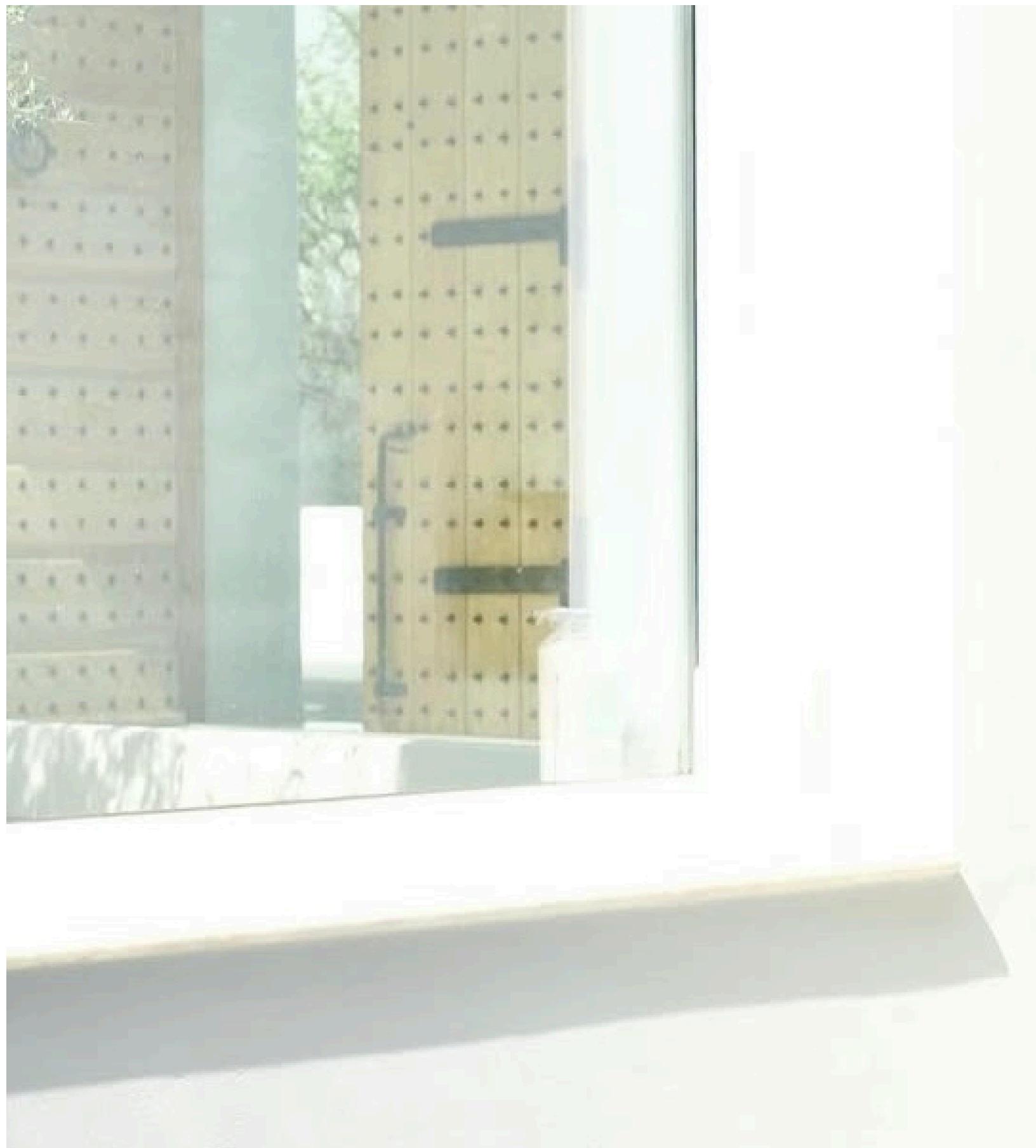


about

Experience Your Full Potential

We carefully select our participants to create a truly unique and valuable experience.

In some of the world's most beautiful locations, we bring people together to unlock their physical and mental potential. Guided by our expert coaches, you'll immerse yourself in strength training, yoga, breathwork, and meditation—a week designed for inspiration, growth, and genuine connection.





explore the island

Join us for a day of adventure as we sail around the island of Zakynthos on a private yacht.

We'll discover the most stunning beaches, hidden coves, and breathtaking views over the turquoise sea. Along the way, we'll anchor for swimming, diving, and soaking up the sun on deck.

From noon until early evening, you'll experience the true yacht lifestyle surrounded by the untouched beauty of this remarkable island.



about the food

At our retreats, food is a mindful experience designed to create a higher awareness around nutrition. Our private chef prepares every meal with high-quality, regional ingredients from local partners, bringing a touch of Greek flair to your plate. Enjoy nourishing, high-protein options, vibrant healthy bowls, and fresh seasonal fruits—always tailored to your needs.

Whether vegetarian, vegan, or omnivorous, each participant is served exactly what suits them, with care for allergies and preferences. From crisp local produce to golden olive oil—pressed at a mill we'll visit together—every bite reflects mindful, balanced eating. Short, interactive workshops will help you carry this awareness into everyday life.

Our small, interactive workshops deepen this journey, helping you integrate balanced and conscious nutrition into your everyday life.



a typical day

08:00 AM

Start your day with an morning session either yoga or strength training

09:00 AM

Enjoy a nourishing breakfast to fuel your day with energy and focus

12:00 PM onward

Dive into workshops, excursions, and immersive activities, giving you space to explore, learn, and connect with others

07:00 PM

Return for another session of yoga, strength training or Breathwork

08:00 PM

Conclude the day with a shared dinner prepared by our Greek chef, featuring fresh, local ingredients and flavors that bring everyone together



yoga

Reconnect with Your Body

During our retreats, we invite you to slow down, breathe deeply, and truly reconnect with your body.

Guided yoga sessions by our coach Michelle at sunrise and sunset take place against breathtaking views, creating space for presence, grounding, and renewal. Surrounded by like-minded people, you'll move, stretch, and flow—not just to strengthen your body, but to nurture the connection between mind, heart, and spirit.



bodyweight training

At our retreats, strength training is more than just building muscle—it's the foundation for unlocking your full potential. Through guided bodyweight exercises and targeted techniques, we focus on proper form, mindful execution, and effective movements that help you reconnect with your body.

No matter your level, you'll be gently guided to explore your physical limits, challenge yourself, and grow stronger. Each session is designed by our coach Philipp to energize and empower, creating a deeper awareness of your physical strength. By cultivating both body and mind, you'll leave feeling stronger, more confident, and fully aligned with your own potential.



embrace the cold

Ice bathing invites you to step out of your comfort zone and fully embrace the cold. Guided techniques and mindful breathing help you stay present, focus your mind, and harness the physical and mental benefits of the practice. Ice baths boost circulation, increase resilience, and sharpen mental clarity, all while teaching you to find calm in challenging situations.

By facing the cold together, you'll strengthen your body, elevate your focus, and discover a powerful sense of presence—truly finding comfort in your uncomfortable zone.





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tantric breath

Guided by our coach Felipe, Tantric Breath invites you to explore a profound connection between body, mind, and energy. Through intentional, rhythmic breathing, you'll release tension, expand awareness, and ignite vitality.

This practice enhances focus, balances emotions, and deepens self-awareness, creating a transformative experience for both body and mind. By fully immersing yourself in each breath, you'll cultivate presence, increase energy flow, and unlock a deeper sense of connection—both within yourself and with the group.



cacao ceremony

Guided by our coach Felipe, the Cacao Ceremony invites you to open your senses and connect deeply with yourself and the group.

Felipe brings his own cacao from Costa Rica, which he personally harvests, roasts, and transforms into a pure, unparalleled natural product. Paired with mindful breathing exercises, this ceremony enhances emotional clarity, heart-centered awareness, and a profound sense of presence. Together, we'll savor each sip, awaken the senses, and experience the nourishing and transformative power of cacao in its most authentic form.





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