

ENERGY TREATMENTS

Step into a realm of rhythm, and elemental connection. Guided by breath and sound, our energy treatments are immersive journeys designed to awaken, align, and restore. From meditations at sea near sacred Delos to open-air sessions with Tibetan bowls, gongs, and handpans, each ritual offers a moment of profound stillness. Whether hiking toward the horizon or drifting across luminous waters, these experiences reconnect you with the essence of presence.

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HARMONIC RESET

SOUND BATHING

Unwind in the privacy of your suite with a personalised sound healing session with Tibetan singing bowls.

This deeply calming practice helps release tension, ease jet lag, and restore inner balance — revitalising both body and mind. Let sound vibrations guide you into a meditative state of clarity, stillness, and quiet reconnection.

60'

150€ for one guest
100€ per additional guest
and up to 3 in total



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SUN RITUAL HIKE

3 hours

HIKING + ACTIVE SOUND BATHING

Embark on a mindful walk from Houlakia lake to the lighthouse of Mykonos, the highest point in the Cyclades. At a breathtaking look-out over the Aegean, Tinos, and sacred Delos, pause for a guided meditation enhanced by the soothing vibrations of Tibetan singing bowls. Offered at sunrise or sunset, this journey blends movement, stillness, and awe, inviting you to ground, breathe, and reconnect.

500€ for 2 guests
100€ per additional guest
and up to 6 in total

Price includes transfer
+ energy treats.

SACRED SOUND JOURNEY

4 hours

GONG MEDITATION ON BOARD

Sail to the open waters between Delos and Rhenia, an ancient energy gateway revered for millennia. Here, surrounded by luminous blue, experience a powerful gong meditation where sound merges with the rhythm of the sea, the wind, and the silence of the horizon. As vibrations ripple through body and water, this rare journey becomes more than relaxation — it's deep release, energetic alignment, and a moment of transcendence.

1900€ for 2 guests
300€ per additional guest
and up to 6 in total

Price includes boat trip + lunch.



SEA OF SOUNDS

4 hours

HANDPAN & TIBETAN BOWLS ON BOARD

Set out for a meditative voyage across the Aegean. Aboard your chosen boat, two sound practitioners guide you through a layered session combining the gentle resonance of Tibetan bowls with the melodic pulse of the handpan. Anchored near the sacred waters of Delos, this immersive experience weaves sound, breath, and movement into a journey of harmony unfolding moment by moment, and remembered long after.

1900€ for 2 guests
300€ per additional guest
and up to 6 in total

Price includes boat trip + lunch.

AEGEAN ASANAS

price upon request

YOGA SESSIONS

Whether in the privacy of your suite or beneath the open Mykonian sky, yoga at Kalesma is an invitation to return to yourself. Flow through sun salutations on your terrace or move gently through asanas under the warmth of the Aegean light. Each session is designed to ground the body, calm the mind, and restore a quiet sense of balance, always tailored to your rhythm.