

# Soulful Movement: Exploring Inner Emotional Landscapes

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Erasmus+ Training Course by ELIX

5-12.11.2024

Krioneri, Corinthus, Greece





# Invitation

Are you ready for a deep dive into the treasures of your body, psyche and soul?

This project will be a treat for mental health and self-development enthusiasts who want to learn more about body-based therapeutic practices.

We invite you to surf on the waves of your inner ocean, pick the fruits of your inner garden and walk through the dark forest within yourself!

Participants can apply to this training if they have legal residency in Estonia, Bulgaria, Lithuania, Finland, Romania, Czechia, Italy, Greece















# The training venue Hostel Elisson in Kryoneri





# Your Journey to the Venue

From your house to Krioneri, Corinthus

- ✈️ Choose an early flight to arrive in Athens.
- ✈️ The nearest airport is Athens International Airport (ATH)
- ✈️ From Athens International Airport, you should reach our meeting point at Kiato station.

Participants can arrive OR depart 2 days before OR later,  
meaning 03 November - 12 November or 05 November - 14 November.



# Your Journey continues....

To reach the meeting point:

1. Take the commuter train from Athens International Airport with destination 'Peiraias - **Πειραιάς**' and get off at 'Kato Axarnai - **Κάτω Αχαρναί**' station.

2. From 'Kato Acharnai Station' change to the train on the opposite platform going towards direction 'Kiato - **Κιάτο**' and get off at 'Kiato station'. It's a one hour-20 minutes ride.

**Meeting Point** -> Kiato station at 19:00 pm.

From the Meeting Point we have arranged a group shuttle to reach the venue

# Usefull Links For your Journey

General Link for Athens Public Transportation:

<https://www.athenstransport.com/english/>

On the next page you will find itineraries for traveling:

1. [Airport – Athens – Piraeus](#)
2. [Piraeus – Athens – Kiato & Kiato – Athens – Piraeus](#)
3. [Piraeus – Athens – Airport](#)



ΣΥΡΜΟΙ TRAIN No. 2203	Αεροδρόμιο Airport	Κορωπί Koropi	Παιανία- Κάντζα Paiania- Kantzata	Παλλήνη Pallini	Δουκίσσης Πλακεντίας Doukissis Plakentias	Πεντέλης Pentelis	Κηφισίας Kifisias	Νερατζιώ- τισσα Neratziotissa	Ηράκλειο Irakleio	Μεταμόρ- φωση Metamorfofi	ΣΚΑ γραμμή ΑΕΡ ΣΚΑ Airport Line	Άνω Λιόσια Ano Liosia	Κάτω Αχαρναί*(2) Kato Acharnai*(2)	Πύργος Βασιλίσσης Pyrgos Vasilissis	Αγ. Ανάργυροι*(4) Ag. Anargyroi*(4)	Αθήνα*(1) Athens*(1)	Ρουφ Rouf	Ταύρος Tavros	Ρέντης Rentis	Λεύκα Lefka	Πειραιάς Piraeus
1203	5:52	5:57	6:03	6:05	6:09	6:11	6:14	6:16	6:18	6:20	6:23	6:26									
4205*(3)	6:07	6:12	6:18	6:20	6:25	6:27	6:29	6:32	6:35	6:37			6:40	6:42	6:45	6:52	6:58	7:00	7:04	7:07	7:10
2207			6:35	6:38	6:43	6:45	6:48	6:50	6:53	6:55	6:57	7:01									
1205	6:52	6:57	7:03	7:05	7:09	7:11	7:14	7:16	7:18	7:20	7:23	7:26									
4209*(3)	7:07	7:12	7:18	7:20	7:25	7:27	7:29	7:32	7:35	7:37			7:40	7:42	7:45	7:52	7:58	8:00	8:04	8:07	8:10
2211			7:35	7:38	7:43	7:45	7:48	7:50	7:53	7:55	7:57	8:01									
1207			7:52	7:55	7:59	8:01	8:04	8:06	8:09	8:11	8:14	8:17									
4213*(3)	7:52	7:57	8:03	8:05	8:09	8:11	8:14	8:16	8:18	8:20	8:23	8:26									
2215	8:07	8:12	8:18	8:20	8:25	8:27	8:29	8:32	8:35	8:37			8:40	8:42	8:45	8:52	8:58	9:00	9:04	9:07	9:10
1209			8:35	8:38	8:43	8:45	8:48	8:50	8:53	8:55											
4217*(3)	8:52	8:57	9:03	9:05	9:09	9:11	9:14	9:16	9:18	9:20	8:57	9:01									
2219	9:07	9:12	9:18	9:20	9:25	9:27	9:29	9:32	9:35	9:37	9:23	9:26									
1211			9:35	9:38	9:43	9:45	9:48	9:50	9:53	9:54			9:40	9:42	9:45	9:52	9:58	10:00	10:04	10:07	10:10
2223				10:05	10:09	10:11	10:14	10:16	10:18	10:20											
1213	9:52	9:57	10:03	10:05	10:25	10:27	10:29	10:32	10:35	10:37	10:23	10:26									
2227	10:07	10:12	10:18	10:20	11:09	11:11	11:14	11:16	11:18	11:20			10:40	10:42	10:45	10:52	10:58	11:00	11:04	11:07	11:10
1215	10:52	10:57	11:03	11:05	11:25	11:27	11:29	11:32	11:35	11:37	11:23	11:26									
2231	11:07	11:12	11:18	11:20	12:09	12:11	12:14	12:16	12:18	12:20			11:40	11:42	11:45	11:52	11:58	12:00	12:04	12:07	12:10
1217	11:52	11:57	12:03	12:05	12:25	12:27	12:29	12:32	12:35	12:37	12:23	12:26									
2235	12:07	12:12	12:18	12:20	13:09	13:11	13:14	13:16	13:18	13:20			12:40	12:42	12:45	12:52	12:58	13:00	13:04	13:07	13:10
1219	12:52	12:57	13:03	13:05	13:25	13:27	13:29	13:32	13:35	13:37	13:23	13:26									
2239	13:07	13:12	13:18	13:20	14:09	14:11	14:14	14:16	14:18	14:20			13:40	13:42	13:45	13:52	13:58	14:00	14:04	14:07	14:10
1221	13:52	13:57	14:03	14:05	14:25	14:27	14:29	14:32	14:35	14:37	14:23	14:26									
4237*(3)	14:07	14:12	14:18	14:20	15:09	15:11	15:14	15:16	15:18	15:20			14:40	14:42	14:45	14:52	14:58	15:00	15:04	15:07	15:10
2243	14:52	14:57	15:03	15:05	15:25	15:27	15:29	15:32	15:35	15:37	15:23	15:26									
1223	15:07	15:12	15:18	15:20	15:43	15:45	15:48	15:50	15:53	15:55			15:40	15:42	15:45	15:52	15:58	16:00	16:04	16:07	16:10
4241*(3)			15:35	15:38	16:09	16:11	16:14	16:16	16:18	16:20	15:57	16:01									
2247			16:03	16:05	16:25	16:27	16:29	16:32	16:35	16:37	16:23	16:26									
1225	15:52	15:57	16:18	16:20	16:43	16:45	16:48	16:50	16:53	16:55			16:40	16:42	16:45	16:52	16:58	17:00	17:04	17:07	17:10
4245*(3)	16:07	16:12	16:35	16:38	17:09	17:11	17:14	17:16	17:18	17:20											
1227			17:03	17:05	17:25	17:27	17:29	17:32	17:35	17:37	16:57	17:01									
4249*(3)	16:52	16:57	17:18	17:20	17:43	17:45	17:48	17:50	17:53	17:55	17:23	17:26									
2255	17:07	17:12	17:35	17:38	18:09	18:11	18:14	18:16	18:18	18:20			17:40	17:42	17:45	17:52	17:58	18:00	18:04	18:07	18:10
1229			18:03	18:05	18:25	18:27	18:29	18:32	18:35	18:37	17:57	18:01									
2259			18:18	18:20	18:43	18:45	18:48	18:50	18:53	18:54	18:23	18:26									
1231	17:52	17:57	18:35	18:38	19:09	19:11	19:14	19:16	19:18	19:20			18:40	18:42	18:45	18:52	18:58	19:00	19:04	19:07	19:10
2263	18:07	18:12	19:03	19:05	19:25	19:27	19:29	19:32	19:35	19:37											
1233			19:18	19:20	19:49	19:51	19:54	19:56	19:59	20:01											
1235	18:52	18:57	19:18	19:20	20:09	20:11	20:14	20:16	20:18	20:20	19:23	19:26									
1237	19:07	19:12	20:18	20:20	20:25	20:27	20:29	20:32	20:35	20:37			19:40	19:42	19:45	19:52	19:58	20:00	20:04	20:07	20:10
	19:52	19:57	21:03	21:05	21:09	21:11	21:14	21:16	21:18	21:20	20:23	20:26									
	20:07	20:12	21:18	21:20	22:25	22:27	22:29	22:32	22:35	22:37			20:40	20:42	20:45	20:52	20:58	21:00	21:04	21:07	21:10
	20:52	20:57	22:18	22:20	23:25	23:27	23:29	23:32	23:35	23:37	21:23	21:26									
	21:07	21:12	23:18	23:21									21:40	21:42	21:45	21:52	21:58	22:00	22:04	22:07	22:10
	22:07	22:12											22:40	22:42	22:45	22:52	22:58	23:00	23:04	23:07	23:10
	23:08	23:13											23:40	23:43	23:45	23:51					

\*(1) ΜΕΤΕΠΙΒΙΒΑΣΗ ΓΙΑ ΣΥΡΜΟΥΣ ΓΡΑΜΜΗΣ ΕΘΝΙΚΟΥ ΔΙΚΤΥΟΥ / TRANSFER BOARDING TRAINS TO THE NATIONAL NETWORK

\*(2) ΜΕΤΕΠΙΒΙΒΑΣΗ ΓΙΑ ΣΥΡΜΟΥΣ ΠΡΟΣ ΚΙΑΤΟ / TRANSFER BOARDING TRAINS TO KIATO

\*(3) ΔΕΝ ΕΚΤΕΛΟΥΝΤΑΙ ΣΑΒΒΑΤΟ, ΚΥΡΙΑΚΗ & ΑΡΓΙΕΣ / SERVICES ARE NOT VALID ON SATURDAY, SUNDAY & NATIONAL HOLIDAYS

\*(4) ΜΕΤΕΠΙΒΙΒΑΣΗ ΓΙΑ ΣΥΡΜΟΥΣ ΠΡΟΣ ΧΑΛΚΙΔΑ / TRANSFER BOARDING TRAINS TO CHALKIDA

ΣΥΡΜΟΙ TRAIN No.	Πειραιάς Piraeus	Λεύκα Lefka	Ρέντης Rentis	Ταύρος Tavros	Ρουφ Rouf	Αθήνα*(1) Athens*(1)	Αγ. Ανάργυροι Ag. Anargyroi	Πύργος Βασιλίσσης Pyrgos Vasilissis	Κάτω Αχαρναι Kato Acharnai	Ζεφύρι Zefiri	Α. Λιόσια A. Liosia	Ασπρό- πυργος Aspropyrgos	Μαγούλα Magoula	Νεα Πέραμος Nea Peramos	Μέγαρα Megara	Κινέττα Kinetta	Αγ. Θεόδωροι Ag. Theodoroi	Κόρινθος Korinthos	Ζευγολατιό Zevgolatio	Κιάτο*(3) Kiato*(3)					
1300						5:30	5:36	5:39	5:41	5:46	5:47	5:54	6:00	6:07	6:12	6:21	6:26	6:37	6:45	6:52					
1302						6:15	6:19	6:23	6:26	6:27	6:35	6:40	6:43	6:45	6:50	6:51	6:58	7:03	7:11	7:15	7:24	7:29	7:41	7:48	7:55
1304						7:15	7:19	7:23	7:26	7:27	7:35	7:40	7:43	7:45	7:50	7:51	7:58	8:03	8:11	8:15	8:24	8:29	8:41	8:48	8:55
1306						8:15	8:19	8:23	8:26	8:27	8:35	8:40	8:43	8:45	8:50	8:51	8:58	9:03	9:11	9:15	9:24	9:29	9:41	9:48	9:55
1308						9:15	9:19	9:23	9:26	9:27	9:35	9:40	9:43	9:45	9:50	9:51	9:58	10:03	10:11	10:15	10:24	10:29	10:41	10:48	10:55
1310						10:15	10:19	10:23	10:26	10:27	10:35	10:40	10:43	10:45	10:50	10:51	10:58	11:03	11:11	11:15	11:24	11:29	11:41	11:48	11:55
1312						11:15	11:19	11:23	11:26	11:27	11:35	11:40	11:43	11:45	11:50	11:51	11:58	12:03	12:11	12:15	12:24	12:29	12:41	12:48	12:55
1314						12:15	12:19	12:23	12:26	12:27	12:35	12:40	12:43	12:45	12:50	12:51	12:58	13:03	13:11	13:15	13:24	13:29	13:41	13:48	13:55
1316						13:15	13:19	13:23	13:26	13:27	13:35	13:40	13:43	13:45	13:50	13:51	13:58	14:03	14:11	14:15	14:24	14:29	14:41	14:48	14:55
1318						14:15	14:19	14:23	14:26	14:27	14:35	14:40	14:43	14:45	14:50	14:51	14:58	15:03	15:11	15:15	15:24	15:29	15:41	15:48	15:55
1320						15:15	15:19	15:23	15:26	15:27	15:35	15:40	15:43	15:45	15:50	15:51	15:58	16:03	16:11	16:15	16:24	16:29	16:41	16:48	16:55
1322						16:15	16:19	16:23	16:26	16:27	16:35	16:40	16:43	16:45	16:50	16:51	16:58	17:03	17:11	17:15	17:24	17:29	17:41	17:48	17:55
1324						17:15	17:19	17:23	17:26	17:27	17:35	17:40	17:43	17:45	17:50	17:51	17:58	18:03	18:11	18:15	18:24	18:29	18:41	18:48	18:55
1326						18:15	18:19	18:23	18:26	18:27	18:35	18:40	18:43	18:45	18:50	18:51	18:58	19:03	19:11	19:15	19:24	19:29	19:41	19:48	19:55
1328						19:15	19:19	19:23	19:26	19:27	19:35	19:40	19:43	19:45	19:50	19:51	19:58	20:03	20:11	20:15	20:24	20:29	20:41	20:48	20:55
2300						20:15	20:19	20:23	20:26	20:27	20:35	20:40	20:43	20:45	20:50	20:51	20:58	21:03	21:11	21:15	21:24	21:29	21:41	21:48	21:55
2302						21:15	21:19	21:23	21:26	21:27	21:35	21:40	21:43	21:45	21:50	21:51	21:58	22:03	22:11	22:15	22:24	22:29	22:41	22:48	22:55
2304						22:15	22:19	22:23	22:26	22:27	22:35	22:40	22:43	22:45	22:50	22:51	22:58	23:03	23:11	23:15	23:24	23:29	23:41	23:48	23:55

\*(1) ΜΕΤΕΠΙΒΙΒΑΣΗ ΓΙΑ ΣΥΡΜΟΥΣ ΓΡΑΜΜΗΣ ΧΑΛΚΙΔΑΣ & ΕΘΝΙΚΟΥ ΔΙΚΤΥΟΥ / TRANSFER BOARDING TRAINS TO CHALKIDA & THE NATIONAL NETWORK

\*(3) ΜΕΤΕΠΙΒΙΒΑΣΗ ΓΙΑ ΛΕΩΦΟΡΕΙΑΚΗ ΓΡΑΜΜΗ ΚΙΑΤΟ - ΠΑΤΡΑΣ & ΣΙΔΗΡΟΔΡΟΜΙΚΗ ΓΡΑΜΜΗ ΚΙΑΤΟ-ΑΙΓΙΟ / TRANSFER BOARDING ON BUS LINE ΚΙΑΤΟ - PATRAS & RAIL LINE ΚΙΑΤΟ-ΑΙΓΙΟ

ΚΙΑΤΟ -> ΑΘΗΝΑ -> ΠΕΙΡΑΙΑΣ

ΚΙΑΤΟ -> ATHENS -> PIRAEUS

ΣΥΡΜΟΙ TRAIN No.	Κιάτο Kiato	Ζευγολατιό Zevgolatio	Κόρινθος Korinthos	Αγ. Θεόδωροι Ag. Theodoroi	Κινέττα Kinetta	Μέγαρα Megara	Νεα Πέραμος Nea Peramos	Μαγούλα Magoula	Ασπρό- πυργος Aspropyrgos	Α. Λιόσια A. Liosia	Ζεφύρι Zefiri	Κάτω Αχαρναι*(2) Kato Acharnai*(2)	Πύργος Βασιλίσσης Pyrgos Vasilissis	Αγ. Ανάργυροι Ag. Anargyroi	Αθήνα*(1) Athens*(1)	Ρουφ Rouf	Ταύρος Tavros	Ρέντης Rentis	Λεύκα Lefka	Πειραιάς Piraeus
1301	4:56	5:04	5:12	5:24	5:29	5:38	5:42	5:50	5:56	6:03	6:04	6:09	6:11	6:14	6:21	6:27	6:29	6:32	6:35	6:39
1303	5:56	6:04	6:12	6:24	6:29	6:38	6:42	6:50	6:56	7:03	7:04	7:09	7:11	7:14	7:21	6:28	7:29	7:32	7:35	7:39
1305	6:56	7:04	7:12	7:24	7:29	7:38	7:42	7:50	7:56	8:03	8:04	8:09	8:11	8:14	8:21	6:29	8:29	8:32	8:35	8:39
1307	7:59	8:07	8:15	8:26	8:30	8:39	8:43	8:51	8:56	9:03	9:04	9:09	9:11	9:14	9:21	9:27	9:29	9:32	9:35	9:39
1309	8:59	9:07	9:15	9:26	9:30	9:39	9:43	9:51	9:56	10:03	10:04	10:09	10:11	10:14	10:21	10:27	10:29	10:32	10:35	10:39
1311	9:59	10:07	10:15	10:26	10:30	10:39	10:43	10:51	10:56	11:03	11:04	11:09	11:11	11:14	11:21	11:27	11:29	11:32	11:35	11:39
1313	10:59	11:07	11:15	11:26	11:30	11:39	11:43	11:51	11:56	12:03	12:04	12:09	12:11	12:14	12:21	12:27	12:29	12:32	12:35	12:39
1315	11:59	12:07	12:15	12:26	12:30	12:39	12:43	12:51	12:56	13:03	13:04	13:09	13:11	13:14	13:21	13:27	13:29	13:32	13:35	13:39
1317	12:59	13:07	13:15	13:26	13:30	13:39	13:43	13:51	13:56	14:03	14:04	14:09	14:11	14:14	14:21	14:27	14:29	14:32	14:35	14:39
1319	13:59	14:07	14:15	14:26	14:30	14:39	14:43	14:51	14:56	15:03	15:04	15:09	15:11	15:14	15:21	15:27	15:29	15:32	15:35	15:39
1321	14:59	15:07	15:15	15:26	15:30	15:39	15:43	15:51	15:56	16:03	16:04	16:09	16:11	16:14	16:21	16:27	16:29	16:32	16:35	16:39
1323	15:59	16:07	16:15	16:26	16:30	16:39	16:43	16:51	16:56	17:03	17:04	17:09	17:11	17:14	17:21	17:27	17:29	17:32	17:35	17:39
1325	16:59	17:07	17:15	17:26	17:30	17:39	17:43	17:51	17:56	18:03	18:04	18:09	18:11	18:14	18:21	18:27	18:29	18:32	18:35	18:39
1327	17:59	18:07	18:15	18:26	18:30	18:39	18:43	18:51	18:56	19:03	19:04	19:09	19:11	19:14	19:21	19:27	19:29	19:32	19:35	19:39
1329	18:59	19:07	19:15	19:26	19:30	19:39	19:43	19:51	19:56	20:03	20:04	20:09	20:11	20:14	20:21	20:27	20:29	20:32	20:35	20:39
2301	19:59	20:07	20:15	20:26	20:30	20:39	20:43	20:51	20:56	21:03	21:04	21:09	21:11	21:14	21:21	21:27	21:29	21:32	21:35	21:39
2303	20:59	21:07	21:15	21:26	21:30	21:39	21:43	21:51	21:56	22:03	22:04	22:09	22:11	22:14	22:21	22:27	22:29	22:32	22:35	22:39
2305	21:59	22:07	22:15	22:26	22:30	22:39	22:43	22:51	22:56	23:03	23:04	23:09	23:11	23:14	23:21	23:27	23:29	23:32	23:35	23:39

\*(1) ΜΕΤΕΠΙΒΙΒΑΣΗ ΓΙΑ ΣΥΡΜΟΥΣ ΕΘΝΙΚΟΥ ΔΙΚΤΥΟΥ & ΧΑΛΚΙΔΑ / TRANSFER BOARDING TRAINS TO THE NATIONAL NETWORK & CHALKIDA

\*(2) ΜΕΤΕΠΙΒΙΒΑΣΗ ΓΙΑ ΣΥΡΜΟΥΣ ΠΡΟΣ ΑΕΡΟΔΡΟΜΙΟ / TRANSFER BOARDING TRAINS TO AIRPORT





ΠΕΙΡΑΙΑΣ -> ΑΘΗΝΑ -> ΑΕΡΟΔΡΟΜΙΟ και ΑΝΩ ΛΙΟΣΙΑ -> ΚΟΡΩΠΙ -> ΑΕΡΟΔΡΟΜΙΟ  
 PIRAEUS -> ATHENS -> AIRPORT and ANO LIOSIA -> KORORI -> AIRPORT

ΠΙΝΑΚΑΣ ΔΡΟΜΟΛΟΓΙΩΝ ΙΣΧΥΕΙ ΑΠΟ 15.05.2022 ---- TIMETABLE VALID FROM 15.05.2022

ΣΥΡΜΟΙ TRAIN No.	Πειραιάς Piraeus	Λεύκα Lefka	Ρέντης Rentis	Ταύρος Tavros	Ρουφ Rouf	Αθήνα*(1) Athens*(1)	Αγ. Ανάργυροι Ag. Anargyroi	Πύργος Βασιλίσσης Ρυργος Vasilissis	Κάτω Αχαρνάι Kato Acharnai	Άνω Λιόσια Ano Liosia	ΣΚΑ γραμμή ΑΕΡ ΣΚΑ Airport Line	Μεταμόρ- φωση Μεταμορφόσι Metamorfosi	Ηράκλειο Irakleio	Νερατζιώ- τισσα Neratziotissa	Κηφισίας Kifisias	Πεντέλης Pentelis	Δουκίσσης Πλακεντίας Doukissis Plakentias	Παλλήνη Pallini	Παιανία- Κάντζα Paiania- Kantza	Κορωπί Koropi	Αεροδρόμιο Airport
1200																					
1202						4:16	4:22	4:24	4:27			4:30	4:32	4:36	4:38	4:40	4:43	4:47	4:49	4:55	5:00
4200*(2)	4:45	4:49	4:53	4:56	4:57	5:05	5:10	5:13	5:15			5:19	5:21	5:24	5:26	5:29	5:31	5:35	5:38	5:44	5:48
1204										6:04	6:08	6:10	6:12	6:16	6:18	6:20	6:23	6:27	6:29		
2202	5:45	5:49	5:53	5:56	5:57	6:05	6:10	6:13	6:15			6:19	6:21	6:24	6:26	6:29	6:31	6:35	6:38	6:44	6:48
4204*(2)										6:30	6:33	6:36	6:38	6:41	6:42	6:45	6:47	6:51	6:53	6:59	7:04
1206										7:04	7:08	7:10	7:12	7:16	7:18	7:20	7:23	7:27	7:29		
2206																					
4208*(2)	6:45	6:49	6:53	6:56	6:57	7:05	7:10	7:13	7:15			7:19	7:21	7:24	7:26	7:29	7:31	7:35	7:38	7:44	7:48
1208										7:30	7:33	7:36	7:38	7:41	7:42	7:45	7:47	7:51	7:53	7:59	8:04
2210										8:04	8:08	8:10	8:12	8:16	8:18	8:20	8:23	8:27	8:29		
4212*(2)	7:45	7:49	7:53	7:56	7:57	8:05	8:10	8:13	8:15			8:19	8:21	8:24	8:26	8:29	8:31	8:35	8:38	8:44	8:48
1210										8:30	8:33	8:36	8:38	8:41	8:42	8:45	8:47	8:51	8:53	8:59	9:04
2214										9:04	9:08	9:10	9:12	9:16	9:18	9:20	9:23	9:27	9:29		
1212	8:45	8:49	8:53	8:56	8:57	9:05	9:10	9:13	9:15			9:19	9:21	9:24	9:26	9:29	9:31	9:35	9:38		
2218																					
1214										9:30	9:33	9:36	9:38	9:41	9:42	9:45	9:47	9:51	9:53	9:44	9:48
2222	9:45	9:49	9:53	9:56	9:57	10:05	10:10	10:13	10:15			10:19	10:21	10:24	10:26	10:29	10:31	10:35	10:38	10:44	10:48
1216										10:30	10:33	10:36	10:38	10:41	10:42	10:45	10:47	10:51	10:53	10:59	11:04
2226	10:45	10:49	10:53	10:56	10:57	11:05	11:10	11:13	11:15			11:19	11:21	11:24	11:26	11:29	11:31	11:35	11:38	11:44	11:48
1218										11:30	11:33	11:36	11:38	11:41	11:42	11:45	11:47	11:51	11:53	11:59	12:04
2230																					
1220	11:45	11:49	11:53	11:56	11:57	12:05	12:10	12:13	12:15			12:19	12:21	12:24	12:26	12:29	12:31	12:35	12:38	12:44	12:48
2234										12:30	12:33	12:36	12:38	12:41	12:42	12:45	12:47	12:51	12:53	12:59	13:04
4232*(2)	12:45	12:49	12:53	12:56	12:57	13:05	13:10	13:13	13:15			13:19	13:21	13:24	13:26	13:29	13:31	13:35	13:38	13:44	13:48
1222										13:30	13:33	13:36	13:38	13:41	13:42	13:45	13:47	13:51	13:53	13:59	14:04
2238	13:45	13:49	13:53	13:56	13:57	14:05	14:10	14:13	14:15			14:19	14:21	14:24	14:26	14:29	14:31	14:35	14:38	14:44	14:48
4236*(2)										14:30	14:33	14:36	14:38	14:41	14:42	14:45	14:47	14:51	14:53	14:59	15:04
1224										15:04	15:08	15:10	15:12	15:16	15:18	15:20	15:23	15:27	15:29		
2242																					
4240*(2)	14:45	14:49	14:53	14:56	14:57	15:05	15:10	15:13	15:15			15:19	15:21	15:24	15:26	15:29	15:31	15:35	15:38	15:44	15:48
1226										15:30	15:33	15:36	15:38	15:41	15:42	15:45	15:47	15:51	15:53	15:59	16:04
2246										16:04	16:08	16:10	16:12	16:16	16:18	16:20	16:23	16:27	16:29		
4244*(2)	15:45	15:49	15:53	15:56	15:57	16:05	16:10	16:13	16:15			16:19	16:21	16:24	16:26	16:29	16:31	16:35	16:38	16:44	16:48
1228										16:30	16:33	16:36	16:38	16:41	16:42	16:45	16:47	16:51	16:53	16:59	17:04
2250										17:04	17:08	17:10	17:12	17:16	17:18	17:20	17:23	17:27	17:29		
1230	16:45	16:49	16:53	16:56	16:57	17:05	17:10	17:13	17:15			17:19	17:21	17:24	17:26	17:29	17:31	17:35	17:38	17:44	17:48
2254										17:30	17:33	17:36	17:38	17:41	17:42	17:45	17:47	17:51	17:53	17:59	18:04
1232										18:04	18:08	18:10	18:12	18:16	18:18	18:20	18:23	18:27	18:29		
2258																					
1234	17:45	17:49	17:53	17:56	17:57	18:05	18:10	18:13	18:15			18:19	18:21	18:24	18:26	18:29	18:31	18:35	18:38	18:44	18:48
2262										18:30	18:33	18:36	18:38	18:41	18:42	18:45	18:47	18:51	18:53	18:59	19:04
	18:45	18:49	18:53	18:56	18:57	19:05	19:10	19:13	19:15			19:19	19:21	19:24	19:26	19:29	19:31	19:35	19:38	19:44	19:48
										19:30	19:33	19:36	19:38	19:41	19:42	19:45	19:47	19:51	19:53	19:59	20:04
	19:45	19:49	19:53	19:56	19:57	20:05	20:10	20:13	20:15			20:19	20:21	20:24	20:26	20:29	20:31	20:35	20:38	20:44	20:48
										20:30	20:33	20:36	20:38	20:41	20:42	20:45	20:47	20:51	20:53	20:59	21:04
	20:45	20:49	20:53	20:56	20:57	21:05	21:10	21:13	21:15			21:19	21:21	21:24	21:26	21:29	21:31	21:35	21:38	21:44	21:48
										21:30	21:33	21:36	21:38							21:59	22:04

\*(1) ΜΕΤΕΠΙΒΙΒΑΣΗ ΓΙΑ ΣΥΡΜΟΥΣ ΓΡΑΜΜΗΣ ΕΘΝΙΚΟΥ ΔΙΚΤΥΟΥ & ΧΑΛΚΙΔΑ / TRANSFER BOARDING TRAINS TO THE NATIONAL NETWORK & CHALKIDA

\*(2) ΔΕΝ ΕΚΤΕΛΟΥΝΤΑΙ ΣΑΒΒΑΤΟ, ΚΥΡΙΑΚΗ & ΑΡΓΙΕΣ / SERVICES ARE NOT VALID ON SATURDAY, SUNDAY & NATIONAL HOLIDAYS

# The trainers



Helina-Karoliina Tamm (BA in anthropology and psychology) is a soulful human-development guide, speaker and mediator in Vaimse Tervise sari (Mental Health series). She is studying transpersonal psychology, hypnotherapy and body psychotherapy.

“What excites me is creating a safe space for people to explore the magic of authentically expressing themselves and allowing them to explore life as curious children.”



# The trainers



Olga Kuvatova MBA in financial management, currently learning psychology, dance and movement therapy, transpersonal and hypnotherapy and bodypsychotherapy.

“I enjoy magic and power of self discovery and self support activities when it comes to emotional burnout prevention topics. It will be my pleasure to share the journey with You!”

There's so much more to who you are than you know right now. You are, indeed, something mysterious and someone magnificent. You hold within you - secreted for safekeeping in your heart - a great gift for this world. [... the truth is that you are fully eligible for a meaningful life, a mystical life, a life of the greatest fulfillment and service..."]

- Bill Plotkin, *Soulcraft: Crossing Into the Mysteries of Nature and Psyche*



Excited to meet you!

