

Veronica Ruiz in Greece

The Dyade Odyssey at Mystras 2027

Organized by Studio Dyade & Miliakos Travel • Mystras Grand Palace Resort 5★

May 31 – June 06, 2027

6 Days Immersion • 28 Teaching Hours

♦ THE EXPERIENCE: BODY & SPIRIT

Join us for an exclusive first edition in the heart of the mythical Peloponnese. **Studio Dyade**, in partnership with **Miliakos Travel**, offers you a unique 6-day immersion where the body's work meets the richness of Greek culture.

Body Side — Intensity with Veronica Ruiz: Daily technical Pilates workshops to strengthen your centre, improve your posture, and master classical apparatus repertoire.

The Spirit Side — Authentic Greece: Custom-designed tours by Miliakos Travel, mystical ruins of Mystras, Taygetos olive groves, spa relaxation, and local gastronomy.

♦ MYSTRAS GRAND PALACE RESORT & SPA 5★

- **23-Acre Estate** of olive groves & gardens at Mt. Taygetos foothills.
- **72 Luxury Stone Residences & Rooms** in Byzantine style.
- **2 Outdoor Pools** & 1 Indoor heated pool with Jacuzzi.
- **Signature Spa:** Hydrotherapy, sauna & muscle recovery.
- **"GEORGIA 1973" Restaurant:** Gourmet farm-to-table breakfast.
- **4 Clay Tennis Courts** & dedicated practice spaces.

♦ 2 INCLUDED EXCURSIONS (MILIAKOS TRAVEL)

- 1. Byzantine Castle-Town & Village of Mystras:** Guided visit to the home of Constantine Palaiologos, followed by coffee at the scenic village square.
- 2. Wild Mani & Diros Caves Boat Tour:** Exploration of Mani's stone towers and a magical boat tour inside the world-renowned Diros underground lake.

♦ TECHNICAL CURRICULUM & TOPICS (28H)

Daily Teaching Structure (June 1–5):

- Morning: 1-hour Mat Class (Group) + 3-hour Technical Workshop.
- Evening: 90-min *Open Studio & Teacher Training* with Veronica Ruiz (apparatus practice, guidance & 15-min Q&A integration).

Day	Workshop Topic & Apparatus Focus
D1 (01/06)	Pre-Pilates & Beyond: Movement foundations & progression.
D2 (02/06)	Toe/Foot Corrector & Ped-o-Pull: Alignment & strength.
D3 (03/06)	Magic Circle: Applications & group teaching strategies.
D4 (04/06)	Wunda Chair: Technique, application & system progressions.
D5 (05/06)	Arm Chair & Electric Chair: Classical apparatus.

♦ RETREAT ITINERARY (MAY 31 – JUNE 06)

Date	Program & Highlights
May 31 (Mon)	Arrival, Resort Check-in, Welcome Drink & Opening Circle
June 01 (Tue)	Mat Class • Workshop D1 • Open Studio / Teacher Training
June 02 (Wed)	Mat Class • Workshop D2 • Excursion: Byzantine Mystras & Village
June 03 (Thu)	Mat Class • Workshop D3 • Open Studio / Teacher Training
June 04 (Fri)	Full-Day Excursion: Wild Mani & Diros Caves Boat Tour
June 05 (Sat)	Mat Class • Workshop D5 • Open Studio / Teacher Training
June 06 (Sun)	Departure

♦ PACKAGE INCLUSIONS (ALL-INCLUSIVE EXPERIENCE)

- **5★ Luxury Stay:** 6 Nights accommodation at Mystras Grand Palace with gourmet breakfast.
- **Training:** Complete 28-hour Pilates training, workshops & Open Studio with Veronica Ruiz.
- **Morning Body-Awakening Yoga:** Option of a morning body-awakening yoga session before breakfast with Marie-Laure, our yoga teacher.
- **Guided Excursions:** Private tours to Mystras, Mani & Diros Caves (transfers & fees included).
- **Wellness & Welcome:** Complimentary Spa access, resort amenities & Welcome gift kit.

* Note: The program itinerary is indicative and subject to slight enhancements for guest convenience.

Info & Registration below



STUDIO DYADE

Seminar Information & Registration

Email : dyade.inscriptions@gmail.com

Veronica Ruiz Seminar Info



MILIAKOS TRAVEL

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