

Dr Mihaiela Pentiu
HEALTH & BEYOND

Women's Transitions



23th – 27th
March
2025

Greece
Crete
Amiras



Health & Beyond – Women’s Transitions

Empower Your Transition with Grace and Knowledge

Join an exclusive 5-day immersion in Crete, designed to support women through the profound physical, emotional and spiritual changes of perimenopause and menopause.

Guided by medical expertise and holistic practices, this workshop offers a sanctuary for growth, healing, and connection. Together, we will explore modern science, ancient wisdom, and transformative practices to embrace this stage of life with vitality, beauty and balance.

Spaces are limited—reserve your place now to step into a community of empowered women and reclaim your radiance.

Why take this opportunity now?

While the entire world is transitioning on many levels, Women's internal changes flow smoothly from a place of individual empowerment and coherence.

- **Evidence-Based Wisdom:** Investigate how the latest science and therapeutic practices may help you navigate menopause with clarity and confidence.
- **Holistic Integration:** Discover how ancient traditions and modern medicine can harmonize for optimal health.
- **Community and Connection:** Share your journey with like-minded women in a safe, nurturing space.
- **Timeless Location:** Held in the serene beauty of Crete, near the temple of Aphrodite - a symbol of feminine power and transformation.
- **Expert Guidance:** Led by a skilled doctor, transformation expert, and yogini with years of experience in women's health and holistic healing.

Workshop Highlights

- **Physical Vitality:** Understand and address hormonal changes with evidence-based tools, yoga therapy, and lifestyle adjustments.
- **Emotional Resilience:** Cultivate emotional intelligence to navigate the transitions with grace and inner strength.
- **Empowered Sexuality:** Redefine your relationship with sensuality and intimacy during and after menopause.
- **Timeless Beauty:** Discover rituals and practices to nurture radiance and longevity.
- **Spiritual Connection:** Embrace this phase as an opportunity for spiritual awakening and deeper self-awareness.

Dr. Mihaiela Pentiu, MD, PM&R, C-IAYT, CCH



is a seasoned medical doctor, yoga therapist, and psychosomatic expert with over 30 years of experience blending science and spirituality for holistic healing.

Her expertise spans integrative medicine, therapeutic yoga, and meditation traditions, empowering individuals to achieve profound personal transformation and resilience.

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For informations and booking please check

agapecrete.com and contact at info.agapecrete@gmail.com