

Programs in Croatia 2020-2021

- Reach Your Highest Potential: 12 -18 July 2020

A chakra yoga life mapping journey to discover your true self & higher purpose

Did you know that there are powerful energy centers, known as Chakras, which are connected to your body and are responsible for the way you think, feel and act, and that old memories, feelings, and impressions can get stuck in these centers, therefore, holding you back from viewing life clearly and living life at your highest frequency? This chakra yoga life mapping journey is led by Suncokret retreat co-founder, Evening Marie, who is a yoga therapist, energy healer, artist, and visionary life coach.

Bonus

Included in the Chakra Yoga Life Mapping Program Package is a 60-minute Reiki Chakra Balancing session, performed in a group.

- Radiance: 19-25 July & 26 July - 1 August 2020

Let your inner light shine with Yoga, Face Yoga & Organic Spa

Radiance is the quality of happiness, beauty, and good health, while beauty is a radiance of soul that shines through the physical appearance and beyond. In a world plagued by an abundance of constant stresses and pressures, fears and doubts, toxins and pollutants, there are a plethora of reasons why our radiance may be dimmed. This week's program includes a balancing daily Yoga Sadhana and Face Yoga program topped off by daily relaxation & an organic spa day to help you gently detoxify, strengthen and refresh your whole being, gently easing you into a more radiant state so you can face the world again with a newfound inner shine.

Bonus

At the end of the week, there will be a hands-on, Organic Spa Workshop where you will learn to pamper the God/Goddess in you by using simple kitchen and garden ingredients to create a delightful home spa experience

- Inner Peace: 2-8 August & 23 - 29 August 2020

Gain stress-release & find inner peace with Yoga, TRE® and Essential Oils

What would be the best gift that you could give to yourself? Excluding all material things that you might want, the best investment in yourself would be your inner peace - the place within you where everything starts and everything ends. This week, we'll begin at the end – connecting to where we are now and becoming more aware of the quality of life we are living. Our goal will be to recognize what creates stress within us and learn to awake our natural mechanisms for releasing stress through gentle, mindful yoga, TRE® (Tension Release Exercises), and the use of essential oils of therapeutic quality. Together we will combine these tools to release stress and achieve the inner peace you so want and need.

Bonus

Included in the Inner Peace Program Package is a 30-minute Essential Oils Consultation with Davorka + 90-minute Mind-Sound-Resonance Meditation Therapy Session (done in a group) with Evening Marie

[- Art of Mindfulness: 9 - 15 August 2020](#)

Cultivate deep inner awareness with Yoga, Art & Nature

Part 1 of our event series co-hosted by Edina Husanovic takes us on a journey through Mindfulness. Mindfulness is a state of being that is inherent to us all, but it is more readily accessible when we engage in daily practices that cultivate it. Mindfulness is the psychological process of bringing one's attention to experiences occurring in the present moment. Whenever you bring awareness to what you're directly experiencing via your senses, or to your state of mind via your thoughts and emotions, you're being mindful. Cultivating this awareness through the activities of yoga, meditation, artistic exploration and spending time in nature is the objective of this week's program.

Bonus

Included in the Art of Mindfulness Program Package is a 60-minute mindfulness meditation evening workshop where we will explore the theme using various techniques taken from a variety of sources.

[- Moving with Shakti: 16 - 22 August 2020](#)

Explore your creativity with this inspiring yoga, movement, visual art and nature event

Part 2 of our event series co-hosted by Edina Husanovic takes us from a state of mindfulness into a state of mindful appreciation of Shakti, the divine creative energy. Shakti, the embodiment of sacred creative force, is manifested in the stunning natural environment of the island of Hvar. Taking the cues from the relaxing and invigorating environment of the beaches, the rocks, the trees, the sea, and the meadows surrounding Suncokret, we will take these “Shakti whispers” from outside in, to explore them further in a series of yoga, guided movement, and visual exercises.

Bonus

Included in the Moving with Shakti Program Package is a personalized 20-minute Angel or Goddess Tarot Reading with Evening Marie

- Light Up My Life: 13 – 19 September 2020

Explore the healing powers of Yoga & Reiki during this dedicated selfhealing event

Light up your life by taking part in this healing program led by Suncokret's co-founder, Evening Marie. The program combines gentle daily Yoga Sadhana with healing meditations that deliver you to a balanced, peaceful, and more enlightened state. An intro to Reiki and optional Reiki I workshop will empower you to become the healer you have been looking for, by teaching you to channel life force energy throughout your being and, at advanced levels, beyond. And if you are not quite ready to become a healer but rather just in need of receiving healing energy, then Reiki treatments are on offer instead to help you free your body and mind from old baggage so that your spirit can soar free.

Bonus

Included in the Enlighten My Life Program Package is your choice of either a Reiki I Workshop or a Reiki Treatment/Tarot reading of choice (or a combination of the two)

- Balance & Bliss: 4 - 10 October & 1 - 7 November 2020

A bespoke, personalized retreat program - relax, refresh, and rejuvenate your way

We all recognize that the demands of daily life in the 21st century can be extremely overwhelming and energy-depleting. If you are feeling totally tapped-out or simply lacking inspiration and fresh direction, then it's high time to tap into the inner and outer sources of natural energy that can restore you back to balance and help you tune into

your natural state, which is one of bliss! This personalized retreat program provides a range of flexible options on when, how, and how long to spend your retreat time with us so you can relax, refresh, rejuvenate your way!

Bonus

During this personalized program, each participant will receive a 30-minute Tarot Reading, Rune Reading or 20-minute Bioenergy Wellness Treatment, gratis

[- Yoga, Hike & Bike: 11 - 17 October & 8 - 14 November 2020](#)

An inspiring retreat adventure in paradise for Yoga, Nature and SoftAdventure Lovers

Our Yoga, Hike & Bike program offers daily morning Yoga Sadhana combined with a daily guided hiking or biking adventure in inspiring locations around the island, after which you can enjoy free time for the sea, sun, and other forms of holiday fun. Led by Suncokret co-founders, Eve & Steve, this is light-hearted retreat adventure is intended to get you tuned up and into your Self and Mother Nature during your stay. Immerse yourself in the incredible beauty and wonder of our natural environment, find pure bliss that comes from unifying body, mind & breath with the natural world around you.

Bonus

Included in the package price is the cost of a 48-hour classic bike or e-bike rental + Bioenergy Peak-Performance / Wellness Treatment, performed in a group.

[- Reach Your Highest Potential: 27 December 2020 - 2 January 2021](#)

Bonus

Included in the Chakra Yoga Life Mapping Program Package is a 60-minute Reiki Chakra Balancing session, performed in a group.

[Events Calendar 2021](#)

- Balance & Bliss in Spring 2021: 18-24 April, 16-22 May & 30 May – 5 June
- Yoga, Hike & Bike in Spring 2021: 25 April - 1 May & 23 - 29 May
- Reach Your Highest Potential in Spring 2021: 6 - 12 June
- Light Up My Life in Spring 2021: 13-19 June
- Balance & Bliss in Autumn 2021: 17-23 October & 7 - 13 November
- Yoga, Hike & Bike in Autumn 2021: 24 - 30 October & 14-20 November