

Balance & Bliss in Croatia

From May to October 2022

Gain balance & restore your natural state of bliss with this custom retreat program.

This program provides flexibility on when and how long to spend your retreat time here as well as what you want to focus on while here, so you can relax, refresh, and rejuvenate your way!

The program is suitable for everyone in need of a sacred shelter in which to explore the body, mind, and soul in a customized, intimate way.

Approach

This classic program, led by retreat co-founders, Evening & Stipe, offers a balancing blend of integrated holistic yoga sadhana adjusted to your needs, a daily deep-dive session on topics of your choice, daily outings to places of interest, and free time to recharge and fill your batteries in whatever way suits you best.

Relax

After the morning program and brunch have concluded, why not relax the day away in the safe and cosy shelter of the retreat space and take some time for yourself? Daydream in a hammock under the olive tree, soak up the sun rays in a corner of the garden, unleash your artistic vision using our dedicated art supplies, borrow an inspiring book from our spiritual and travel-and-leisure libraries, or curl up on one of the sofas with a fresh cup of herbal tea, chatting with a retreat mate, or perhaps just soaking up the silence. Relax your way... this retreat is about YOU!

Refresh

Within the light daily schedule, you will find there is plenty of time to refresh yourself fully by exploring the beautiful, abundant and fascinating island with its ancient towns, quaint villages, gorgeous beaches, and noble pinewood forests. Take advantage of the free daily outings program/transfer service that takes you to and from the best spots on the island; or explore on your own... whatever fits best!

Rejuvenate

In addition to the yoga and island explorations, you may also dedicate a portion of your retreat time to working one-on-one with the resident Holistic Lifestyle Coach, Evening Marie, who offers a range of a la carte holistic services to support your well-being and personal development.



Sample Schedule

SUNDAY

16.30: Free Transfer from Stari Grad Port

17.30: 90-minute Welcome Circle/Intro to Sadhana

19.00: Dinner

MONDAY - FRIDAY

7.30: Self-Catered Coffee / Tea

8.00: Morning Yoga Sadhana

10.00: Brunch

11.00: Deep-dive (activity, discussion, or workshop) or Free time

13.00: Daily Outing

13.30: Free Time to explore, swim & enjoy yourself

17.00: Free time at the retreat (or) alternate timing for the daily Deep-dive session

19.00: Dinner

20.00: Socializing/Journaling/Self-Reflection, etc.

22.00: Good night

SATURDAY

8.30: Closing Circle/Concluding Sadhana

9.30: Breakfast

10.45: Check-Out & Free Transfer to Stari Grad Port

ONCE WEEKLY

- A Sunset Program & wholesome celebration in town (usually on Friday Evening)

Program Package

Accommodation & Meals

A dedicated retreat space designed to support your holistic experience by providing:

- Ambient facilities and accommodation that help you rest & reflect
- Twice daily fresh and nurturing "Dalma-Veg" meals
- Free water, mineral water, tea, and herbal drinks at each meal
- A daily helping of seasonal fruits & treats
- Free access to tea corners w/organic herbs
- Free WiFi
- Free use of a beach towel & foam mat
- Essential toiletries
- The comforts of staying in a home away from home
- A program manual with daily questions to help you focus on key areas of yourself and your life each day
- Daily free time to relax & rejuvenate your way
- Free use of a Yoga Kit (mat, mat bag, block, strap, blanket, cushion & protective foam mat)
- Choice of optional holistic treatments & workshops that you can add to your package, according to your personal needs

Conceptualized daily outings to gorgeous towns, villages & beaches, including:

- Sunday welcome tour of Dol (the home of Suncokret Center)
- Town visits from Monday - Friday including: Stari Grad, Vrboska, Hvar, & Jelsa
- Tour of the UNESCO-protected Stari Grad Plain (Tuesday)
- Tour through hidden villages & highlands (Wednesday)
- A magical sunset & wholesome celebration (Friday)