

The Inner Peace Event

21 – 27 August 2022

Gain stress release and inner peace with Yoga, Meditation, TRE®, and essential oils

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.

Concept

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.

The eternal question is how to achieve inner peace and what can help us stay there. It is not by having a better job, more money, or a relaxing holiday. It is by finding balance in your life, and learning how to reach that place of bliss and happiness; a place from which you find your strength, energy, and wisdom and where you find the platform to be all you want to be. That's where yoga, TRE®, and essential oils come in.

Approach

In this week's program, co-hosted together with TRE and Essential Oils expert, Davorka Tolic, we'll begin at the end – connecting to where we are now and becoming more aware of the quality of life we are living.

The daily Yoga Sadhana will focus on helping you connect to the inner space within you that is already at peace, while the daily "deep-dive" sessions will center on experiencing the power of TRE® in combination with essential oils, exploring further what our body needs, revealing layer after layer our inner self, and reaching that inner peace.

The daily outings are intended to sweep you off to peaceful nature havens where you can relax and rejuvenate your way, and there will be an opportunity to visit a local spa or hang back at the retreat for some optional TLC.

Additional offers

- 60-minute "Raindrop" Essential Oils Massage with Davorka - 75 EUR, booked and paid on site



Program Package

More than just a yoga retreat, this unique holistic wellness and education experience includes:

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 access to library of books, magazines, music, films, games & art supplies
- Free use of a beach towel & foam mat
- Essential toiletries
- The comforts of staying in a home away from home

Holistic Lifestyle Program

A multi-dimensional Holistic Lifestyle program that includes:

- Sacred opening & closing ceremonies (Sunday & Friday)
- Chakra test to assess your overall state of being (at retreat start)
- A daily integrated Yoga Sadhana practice
- A daily "deep-dive" into TRE and the use of essential oils
- A 30-min. Essential Oils Consultation with Davorka
- 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)
- Wide choice of optional holistic treatments & workshops that you can add to your package, according to your personal needs
- Optional spa services with a local provider

Transfers & Tours



- Free transfers from & to the Stari Grad Port
- Conceptualized daily outings to gorgeous towns, villages & beaches
- Sunday welcome tour of Dol (the home of the retreat 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)
- Dedicated free time each day to sightsee, swim, and enjoy various activities & adventures on your own
- A magical sunset & wholesome celebration (Friday)