

Nature Explorer in Croatia

From May to October 2022

Connect to yourself and the temple of nature on stunning Hvar Island.

The Nature Explorer offers a rejuvenating retreat adventure in paradise for yoga, nature & soft-adventure lovers.

The program is suitable for yoga, nature, and soft-adventure lovers who are in good health and physically able to participate in the activities on offer.

Approach

The Nature Explorer Program blends the daily Yoga Sadhana with a daily soft-adventure in inspiring locations around our paradise island. The soft-adventure activities will depend on the season and weather and will include a mix of hiking and cycling, plus sea kayaking, snorkeling, and/or sup, according to what the weather allows and participants' wishes.

The daytime activities are supported by two daily delicious and nutritious meals, a Satsang on the connection between yoga & the senses and a mid-week meditation, plus plenty of free time each day for you to rest & recharge, and relaxing evenings at the retreat.

Led by Suncokret co-founders, Eve & Steve, this light-hearted retreat adventure is intended to get you tuned up and into your Self and the temple of Nature so that you can better breathe, move, feel, be, and connect.

Sample Adventures

- Sunday – Walking tour of Dol (the home village of the retreat center)
- Monday - Hike to Stari Grad through the ancient vineyards, fields, and olive groves of Dol, spend the day in Stari Grad, Bike pick up & return to the retreat by bike.
- Tuesday - Cycle through Ager (the Stari Grad Plain) to reach Soline Beach, where you will spend free time, and bike back to the retreat again in the evening on your own when ready.
- Wednesday - Cycle through the Inland Villages backroads to reach Jelsa Town, then follow the coastline back through Vrboska, Ager, and Stari Grad - OR - Cycle from Soline to Jelsa town & beaches.
- Thursday - Hike to an abandoned settlement & free time in town - OR - Snorkeling in a crystal clear bay & driving tour through the Lavender Villages

- Friday - Free day in Hvar Town - *On this day there will be the option to dine out, in which case a packed lunch will be provided instead of dinner.
- Sunset experience with a guided meditation to top-off the experience

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 fully integrated daily Yoga Sadhana practice
- A Satsang on the connection between yoga & the senses
- A mid-week meditation
- A program manual with daily inspiration & journaling questions to help you focus on key aspects 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 onto your package, according to your personal needs
- All adventure equipment included