

Radiant You

19 - 25 June 2022

Let your inner light shine with this holistic wellness program dedicated to health, beauty and happiness.

This retreat is for anyone looking to boost his or her overall health and natural radiance with a holistic toolkit that can be used/practiced at home.

Concept

This holistic wellness week will help you to gently detoxify, balance, and restore your entire being into its natural state of radiance.

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 and beauty may be dimmed.

Together you will explore practices that bring you back into a state of balance and help evoke your natural beauty, resilience, and connection.

Come and join this purifying and inspirational retreat week and let your inner light shine brightly again!

Approach

We will lead you through a daily Yoga Sadhana that will help you tune up and into your body, mind, and breath while focusing awareness on your chakras and their related glands and organs, while also bringing awareness to the thoughts and feelings associated with each center. Special practices that help promote hormonal balance while evoking a sense of calm and joy will be integrated into these sessions.

The daily deep-dive sessions will include a blend of Face Yoga - learn to exercise and tone the muscles of your face, which will, in turn, restore vital energy and nutrients to your skin and glands and bring back a healthy, radiant glow - Hormone Balancing practices and self-healing techniques, including Ayurvedic Self-Massage with a focus on Marma Points, TYT (Transformational Yoga Technique), and a range of other holistic self-healing practices that help to revitalize and renew your entire being.

In alignment with the Wild Flower & Lavender Festival At the end of the week, there will be a hands-on, Organic Spa Workshop where you will learn to use common kitchen and garden ingredients to create a delightful "home spa" experience that is shared together.

The Daily Outings are intended to help you relax and rejuvenate, and there will be an opportunity to sign up for spa treatments and visit a natural cosmetics boutique, too. For those who are interested, a natural cosmetics workshop will be made available to our group (minimum 4 persons) on an a la carte basis.

Additional Offers

- Spa Treatments with a local expert
- Organic Beauty Product Workshop where you can learn about the combination of essential oils and flower essences from the island and how to whip up wonderful ointments, creams, and tonics that can be used on the skin - 60 EUR

Program Package

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

Accommodation & Meals

- 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 free consultation with our holistic lifestyle coach
- Sacred opening & closing ceremonies
- Chakra test to assess your overall state of being
- A daily integrated Yoga Sadhana practice

- A daily "deep-dive" into holistic practices that restore your radiance
- An organic spa workshop
- 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 onto 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)
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- 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)