

# Yogi Explorer in Croatia 2023

*13-19 May / 10-16 June / 8-14 July / 24 - 30 July / 20-26 August / 7 -13 October*

## Move your body, free your mind, and ignite your spirit!

Move your body, free your mind, and ignite your spirit. Enjoy a light-hearted, active yoga holiday adventure that combines an inspiring 5-Elements Yoga, Meditation, and Soft Adventure program in order to deepen your connection to yourself and Hvar's stunning temple of nature.

Modern life has got many of us stuck indoors. Whether it's in a stuffy workspace behind a PC or in the house doing a never-ending list of chores, it seems there is so little time to really feel and move our bodies or spend quality time in nature, while there is even less time to connect movement and nature together in an intentionally mindful way.

This program is dedicated to taking time out to move your body and quiet your mind while connecting to the elements and the spark that ignites us all.

## Approach

The Nature Explorer Program blends a daily, 5-Elements inspired, Integrated Holistic Yoga Sadhana (including pranayama, asana, mantra, mudra, and relaxation) with a daily soft adventure in inspiring locations around our paradise island. The soft-adventure activities include a mix of hiking and cycling, and, when the weather allows, sea adventures, including the option to enjoy snorkelling, SUP, sea kayaking, or windsurfing. The itinerary is adjusted according to weather conditions and the skill level of the participants.

The daytime activities are supported by our infamously delicious and nutritious “Dalma-Veg” meals, a program manual with journaling questions to inspire you each day, an introductory Satsang on the connection between yoga & the elements, a mid-week moonlight meditation, and sunset meditation on the final day, plus plenty of free time each day for you to rest & recharge, and relaxing evenings at the retreat.

This light-hearted yet meaningful retreat adventure is intended to get you tuned up and into yourself and the temple of nature so that you can better breathe, move, feel, be, and re-connect to yourself and the source of all life

## Sample Adventures

- **EARTH: HIKE FROM DOL THROUGH AGER TO STARI GRAD**

Feel the solid earth beneath your feet as you hike from the ancient hills of Dol, through the flat plains of Ager, and into Stari Grad, witnessing ancient Illyrian, Greek, and Roman history, frozen in time for over 4000 years (an 8.5 km. tour lasting 2 hours). Enjoy free time in Stari Grad, Croatia's oldest town, before heading back to the retreat for dinner and the evening program.

- **WATER: YOGA BY THE SEA & SEA (\*OR LAND) ADVENTURE IN SOLINE**

Today we'll head off to Soline, a beautiful beach resort with a well-preserved forested peninsula, framed by countless crystal clear coves and bays, where we will enjoy a morning Yoga Sadhana in

stunning nature. A picnic breakfast will be served after yoga, followed by a sea adventure of the group's picking: snorkeling, sea kayaking, or SUP (stand-up paddle boarding). Relax and enjoy yourself for the rest of the day, exploring the many charms of the area. \*In case the temperatures prohibit an immersive sea adventure, we will alternately take a long coastal hike instead.

• **FIRE: HIKE FROM FORTICA TO HVAR (OPTIONAL BOAT TRIP TO "HELL'S ISLANDS") & SCENIC TOUR OF THE HVAR HIGHLANDS**

Experience the fire element in Hvar's most sun-drenched town. Hike from the town fortress "Fortica" down the botanical-lined pathway and 182 steps to reach the town's main square. Once in the square, you can create your own itinerary: catch a water taxi to the nearby Pakleni (Hell's) Islands, where you can literally spend a day in hell while enjoying all the pleasures of paradise, or opt to remain in town, where you can enjoy sightseeing and quality swimming in the crystal clear waters just off the town promenade.

En route back to the retreat, we'll enjoy a scenic tour of the Hvar Island Highlands, where you can soak up spectacular views from a birds-eye perspective.

• **AIR: SEA ADVENTURE IN SOLINE (OR) CYCLING ADVENTURE FROM SOLINE TO JELSA**

Today we'll return to Soline, where the group can decide whether to enjoy an adventure by land or sea that helps us connect to the breeze.

The group can opt to go on a sea kayaking or windsurfing adventure, which starts off the northern coast of the Soline peninsula in a gorgeous channel that stretches between Hvar Island and the Island of Brac. If you're talented enough to navigate the winds, you might just manage to glide your way over to the nearby Zecevo (Rabbit) Island before heading back to Soline for another day in this stunning nature reserve and popular resort.

Alternatively, we can go on a cycling adventure, which will take you along the shady, aromatic coastline from Soline to Vrboska, a fisherman's village known as the "Little Venice" of Hvar with quaint footbridges, and then onto Hvar's most wind-exposed town, Jelsa, where you can refresh yourself with a scoop of the island's most famous gelato before continuing onwards to its famed sandy-bottomed beaches for some swimming and relaxation before heading back to Soline just in time for the transfer back to the retreat (18 km. round trip).

• **ETHER: YOGA IN A SURPRISE LOCATION, FREE DAY IN "LITTLE HEAVEN ON EARTH" & SCENIC DRIVE, GENTLE HIKE, AND SPECTACULAR SUNSET**

On this last Yogi Explorer adventure together, we'll treat you to yoga in a hidden spot in nature, followed by a free day in Mala Milna, known as "Little Heaven on Earth" where you can spend the day in joyful contemplation, connecting to all the elements that are within and around you.

In the evening, we'll enjoy a celebratory meal together in a traditional restaurant before heading off on a gentle hike, where we will soak up glorious views and be carried into an etheric state by a transformational sunset meditation that will connect us to the space, the stillness, and the energy of that which contains and holds us.

• \*Note: This itinerary serves as an example only. We reserve the right to make adjustments according to weather, participant needs, and other factors will and do our best to ensure you have an unforgettable experience on Hvar!

## Sample Schedule

### DAY 1

16.30: Transfer from the Stari Grad Port  
 17.30: Welcome Circle, Dinner & Walking Tour of Dol  
 21.00: Mauna (quietude)

### DAYS 2 - 6

07.30: Self-Catered Coffee / Tea  
 08.00: Morning Yoga Sadhana 9.45: Breakfast  
 11.00: Daily Yogi Explorer Adventures & Free Time  
 17.00: Dinner & Deep-Dive Meditations 20.00: Socializing/Journaling/Self-Reflection  
 22.00: Mauna (quietude)

### DAY 7

08.00: Closing Circle, Breakfast  
 10.45: Check-Out & Free Transfer to Stari Grad Port

### ONCE WEEKLY

- A packed lunch instead of 1 dinner so that we can enjoy dining out in a local restaurant
- A Sunset Adventure

### WHO IS THIS FOR?

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.

**ADDITIONAL SERVICES:** Holistic TLC Services by Appointment

## 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
- A celebratory dinner in a local restaurant (you are given a packed lunch on this day instead)
- 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

### **Holistic Lifestyle Program**

- A multi-dimensional Holistic Lifestyle program that includes:
- A free consultation with our holistic lifestyle coach
- Sacred opening & closing ceremonies
- 5 Elements quiz to assess your overall state of being
- A fully-integrated daily Yoga Sadhana practice
- A Satsang on the connection between yoga & the elements
- A daily meditation dedicated to connecting to the element of the day
- A Program Manual with key concepts and journaling assignments to enhance the daily experience
- 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 holistic treatments/workshops or spa treatments that you can add onto your package

### **Transfers & Tours**

- Free transfers from & to the Stari Grad Port
- Conceptualized daily outings with soft-adventure activities, including:
- Walking tour of Dol
- Hike from Dol through Ager to Stari Grad
- Yoga by the Sea & Sea Adventure (or Hike) in Soline
- Hike from Fortress to Hvar (Optional Boat Trip to "Hell" Islands) & Scenic Drive through Hvar Highlands • Sea Adventure in Soline - OR - Cycling from Soline to Jelsa & back
- Yoga in a Surprise Location, Free time in Milna, Dinner in a local restaurant & Scenic Drive through the Lavender Villages, Gentle Hike & Spectacular Sunset
- \*Note: All adventure equipment is included in the package price, however, \*e-bike upgrades cost an additional 20€. Dinner in a restaurant is not included in the price; on this day, you are given a packed lunch instead of dinner