

# Balance & Bliss Retreat

Gain balance & restore your natural state of bliss with this classic 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.

We all recognize that the demands of daily life in the 21st century can be extremely overwhelming and energy-depleting. If you are feeling totally tapped out or simply lacking inspiration and fresh direction, then it's high time to tap into the inner and outer sources of natural energy that can restore you back to balance and help return you to your natural state, which is one of bliss!

This classic yoga retreat program offers daily Chakra-Inspired Yoga Sadhana sessions (including mantra, mudra, pranayama, asana, and relaxation in conceptualized flows), adjusted to your needs, and daily "deep-dive" sessions involving meditation and discussion or workshops on holistic topics of interest.

The holistic yoga program is complimented by daily outings to the best spots on the island, where you can spend dedicated free time each day, relaxing at the beach and/or in one of our quaint coastal towns, recharging your batteries in whatever way suits you. A glorious sunset adventure and dinner in a local restaurant will top off the experience.

## 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 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, deep-dive sessions, and daily outings where you can explore the island on your own, you may also dedicate a portion of your retreat time to working one-on-one with the resident Holistic Lifestyle Coach who offers a range of a la carte holistic services to support your well-being and personal development.

## Your Way

In addition to adjusting the practice, daily rhythm, and outings to meet our guests' wishes and needs, we also offer flexible arrival/departure dates during the lowseason events in spring and autumn, during which you can sign up for a shorter stay. You can also request a custom retreat outside of the listed and we'll be happy to discuss the possibilities with you.

## Who is this for?

The program is suitable for anyone in need of a sacred shelter in which to explore the body, mind, and soul while also enjoying the benefits of taking a holiday break on a beautiful paradise island, far away from the hectic pace of ordinary life.

## Sample Itinerary

### Day 1: Arrival at the Retreat Center in Dol with 1-to-1 Consultations, Dinner, Walking Tour & Welcome Circle with Intro to the Chakra Yoga Program

After check-in, you'll consult with your program leader, enjoy a delicious dinner in the garden, and get to know your new retreat family.

After dinner, we'll take you on a guided walking tour of our beautiful 12th-century hamlet, where you will awaken your senses by coming into contact with the island's indigenous flora and fauna and where you will be dazzled by spectacular views of the island from our ideally perched hilltop position. We'll return to the retreat and settle into a welcome circle to introduce the program and get you started on your beautiful yoga journey for the week.

### Day 2: Root Chakra & Grounding - Discovering Stari Grad Town & Coves, Satsang on the 8 Limbs of Yoga & Meditation

After the first morning practice and a delicious breakfast in the garden, you'll be invited to join us on a daily outing to Croatia's oldest town where you can see ancient Greek & Roman ruins, visit historical museums, browse through funky art galleries and boutique shops, or sit in a waterfront cafe for some people-watching.

From the edge of town, you can catch a taxi boat to the beach resort area on the other side of the bay, or simply stroll along the beautiful coastline to find the perfect little cove in which to swim and sunbathe the rest of the afternoon away! We are also happy to drop you off in a naturist bay, from where you can stroll into town at your leisure just in time for the transfer back to the retreat.

After dinner, you'll enjoy an informative and inspiring Satsang on the 8 Limbs of Yoga followed by a simple but beautiful meditation.

### Day 3: Sacral Chakra, Creativity & Pleasure - Outing to Vrboska & Free Time in Soline, Meditation by the Sea & Scenic Tour through Ager

Visit Vrboska, "the little Venice of Hvar" where you can stroll over quaint bridges, see an impressive fortress, and then make your way over on foot to Soline, a lovely resort that features two restaurants, boho-chic cafes, a hotel resort featuring a luxury spa, and a land and water sports center, all within a 20-30-minute stroll along the coastline. Leave the crowds behind to find your own little slice of heaven along the Soline peninsula, which offers a multitude of tiny coves with crystal-clear waters, sure to take your breath away. The afternoon deep-dive session will be conducted at the beach before heading back to Dol.

En route to/from Soline, you will be taken on a scenic tour through the UNESCO-protected plain called "Ager" where you will witness the pure splendor of ancient fields and vineyards that date back over 2400 years. We'll make a stop to climb an ancient field house, pick some herbs, flowers, or edible plants and share insight into the local customs associated with these ancient plants & their delicious products.

Recommended Free Time Activities in Soline: sea kayaking, SUP, cycling & Spa services by appointment.

### Day 4: Solar Plexus, Confidence & Identity - Visit to Hvar Town & Beaches, Scenic Drive through Hvar Highlands

Today we'll transport you to Hvar Town, where you can enjoy a multitude of historical and cultural sights, artisan boutiques and galleries, as well as a countless number of cafes and restaurants. Catch a water taxi to the neighboring Pakleni Islands, an exotic extension to Hvar's beach-life culture, or take a refreshing dip in a town cove before heading back to the retreat.

En route to the retreat, you'll be taken on a scenic drive along the island's highlands, passing through ancient villages, lavender plantations, and impressive stone walls, beautifully framed by the setting sun.

After dinner in the garden, we'll gather for a powerful evening meditation to top off the day.

#### Day 5: Heart & Throat Charkas, Love & Truth - A Relaxing Day in Milna, Dinner in a Local Restaurant, Scenic Drive through the Lavender Villages & Sunset Meditation

Today we'll sweep you off to "Mala Milna (our "Little Slice of Heaven on Earth") or Zarace, (a stunning twin bay with the most amazing boho-chic outdoor restaurant & lounge), where you'll be spoiled by sundrenched pebble beaches set alongside shady pinewood forests and hidden naturist coves.

While here you can stroll, snorkel, or hike along the coastline for a little exploration and enjoy another glorious afternoon of relaxation, sea, and sun in paradise.

We'll re-group for dinner at one of the island's best restaurants, and enjoy a scenic drive through the Lavender Villages, stopping for a glorious Sunset Meditation before returning to the retreat.

#### Day 6: 3rd Eye & Crown Chakras - Inner Knowing & Higher Connection - Yoga by the Sea, Free Day Your Way & Celebratory Dinner at the Retreat

After an inspiring morning Yoga Sadhana by the sea in Soline and a delightful picnic breakfast, you are invited to create your own itinerary for the rest of the day.

One option to hop on our transfer service to Jelsa, the island's "youngest" seaside resort, with its bustling main square featuring numerous cafes, a handful of boutiques, famous ice cream parlors, and popular pebble and sandy-bottomed beaches.

As an alternative, you might prefer to kick-back and relax in Soline, enjoying water sports or spa services, or revisiting your favorite beach spot from the previous visit. You can also rent a bike from here and cycle the coastline to Jelsa and back (only an 18 km. trip) and discover the coastline and its endless stretch of gorgeous coves and beaches galore. Alternatively, the whole group may request a return trip to any of the locations visited earlier in the week, or to a location not yet visited nor on our standard itinerary.

After your free day enjoying your Hvar experience your way, we'll regroup for a celebratory dinner back at the retreat before heading off to bed for a good night's rest prior to the program conclusion the following morning.

#### Day 7: All Charkas - Conclusion and Departure in a State of Balance & Bliss

The program concludes on the 7th day with an intuitively guided Sadhana where we will tune into to all of our chakras mindfully before closing with a final meditation.

After the session ends and you've had time to complete your packing, we'll gather in the garden for a final meal together.

Checkout is scheduled for 10.45 when we provide you with a free transfer service back to the Stari Grad Port.

## Sample Schedule

### DAY 1

16.30: Transfer from Stari Grad Port

17.30: Welcome Circle, Dinner & Walking Tour of Dol

21.00: Mauna (quietude)

### DAYS 2-6

7.30: Self-Catered Coffee / Tea

8.00: Morning Yoga Sadhana

10.00: Breakfast

11.30: Outings & Free Time in town or by the sea

17.00: Deep Dives into Meditation & Holistic Topics

18.30: Dinner 20.00: Socializing/Journaling/Self-Reflection

22.00: Mauna (quietude)

### DAY 7

8.00: 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 dinner in a local restaurant
- A Sunset Adventure

## 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

### **Holistic Lifestyle Program**

- A free consultation with our holistic lifestyle coach
- Sacred opening & closing ceremonies
- A chakra test to assess your overall state of being
- A daily integrated morning Yoga Sadhana practice adjusted to participants' level
- A daily "deep-dive" meditation, discussion, or workshop, according to the weekly theme & adjusted to meet participants' wishes
- A Program Manual with daily prompts to help you better understand and focus on key concepts addressed during the yoga practice
- 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 that can be added to your package

### **Transfers & Tours**

- Free transfers from & to the Stari Grad Port
- Conceptualized daily outings to gorgeous towns, villages & beaches, including:
- Welcome Tour of the Village of Dol
- Outings to Stari Grad, Soline, Vrboska, Hvar, Milna or Zarace, and Jelsa
- Tour of the UNESCO-protected Stari Grad Plain
- Tour through the "Hidden Lavender Villages" & Hvar Highlands
- Dedicated free time each day to sightsee, swim, and enjoy various activities & adventures on your own
- A magical sunset experience & wholesome celebration