

Luxury SUP Yoga Retreat Croatia

Proposed Itinerary 2-9 July 2016

Saturday 2 July

Airport Transfer from Pula Airport (approx. 8pm to meet EasyJet Flight EZY8909)
Group meet & greet + check in at Park Plaza Bevedere Hotel including welcome gifts

Sunday 3 July

Beach yoga – overlooking the Adriatic Sea
Breakfast
Group Walk & Medulin Famil
Lunch at Hotel
SUP Yoga Workshop (2 hours)
Group Dinner in Town

Monday 4 July

Sunrise SUP Yoga in Medulin Bay (1.5 hours)
Breakfast
Free time + free lunch* (book in a spa treatment, hire a bike or a SUP or lounge by the pool)
Yin Yoga + Sunset Meditation
Dinner at hotel

Tuesday 5 July

SUP yoga (1.5 hours)
Breakfast
Group bike tour (1/2 day) + packed picnic lunch
Free time
Yoga workshop (2 hours)
Free dinner *

Wednesday 6 July

FREE DAY* (half board meals are still included on this day – breakfast and lunch/dinner is free at the hotel or choose to go where you want)
Join Kat on a half or full day sailing trip around the islands of Croatia (for an additional cost) or book a trip to Venice (only 2.5 hours away)

Thursday 7 July

Sunrise meditation (30 minutes)
Yoga workshop (possibly Jivamukti 2 hours)
Breakfast
Free time + free lunch* (or use your half board option to have lunch at the hotel) – explore Pula / Medulin or book in a spa treatment
Night Glow SUP Tour with Metta Float (1.5 hours)
Optional free dinner* (or relax at the hotel as we will arrive back late from the Glow SUP Tour)

Friday 8 July

Floating meditation + SUP Yoga (1.5 hours)
Breakfast
Free time
Group light lunch
Yoga flow by the beach (1.5 hours)
Final group dinner in Medulin Town

Saturday 9 July

Sunrise meditation, pranayama & yoga (2 hours)
Breakfast
Checkout – leave bags at hotel + free day depending on flight time



* Meals that are not included in the retreat price (average cost of meal is between £5-15 in Medulin Town or at resort bar) | Vegetarian / Gluten Free / Dairy Free options can be catered for, but options may be limited, unable to cater for Vegan as national & popular dishes in this region typically include cheese &/or fish. Flights to Pula are not included in retreat price. Itinerary may change slightly due to weather. Please let Kat know if you have any special requests or requirements to be catered for. Retreat price is based on twin share accommodation in a One Bedroom Suite Apartment with Sea View.