



## Sea & serenity Croatia

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Dubrovnik & Split Retreat

Welcome to Croatia

#### Summary

#### Day 1

Arrival & Connect

Welcome to Croatia! Experience the breathtaking beauty of the Adriatic on a rejuvenating Yoga Retreat in Croatia, blending soulful wellness with unforgettable coastal adventure. This journey takes you through the historic charm of Dubrovnik and the vibrant seaside energy of Split, where ancient stone streets, crystal-clear waters, and Mediterranean culture create the perfect setting to unwind and reconnect. Between destinations, immerse yourself in the natural wonder of Krka National Park, home to stunning waterfalls and lush walking trails that invite exploration and awe. Enjoy curated visits to local wineries, tasting regional wines while soaking in Croatia's relaxed coastal lifestyle. Each day is anchored by nourishing yoga practices, designed to restore the body, calm the mind, and deepen your connection to the present moment. This retreat is the perfect blend of movement, nature, culture, and pure Adriatic magic.

#### Private Transfer

Departure: DBV Airport | Destination: Your First Hotel

#### Hotel More

Ul. kardinala Stepinca 33, 20000, Dubrovnik, Croatia

 [+385 20 494 200](tel:+38520494200)  [Website](#)

#### City Hotel Dubrovnik

Hrvatskog Crvenog Kriza 4, 20000, Dubrovnik, Croatia

 [+385 20 301 800](tel:+38520301800)  [Website](#)

#### Welcome Dinner

Hotel Restaurant

Time: 7:00pm

#### Day 2



Today enjoy a delicious breakfast and morning practice with the sent of the sea surrounding you. You will visit Mljet island and enjoy the beautiful waters on your private boat tour. Get your cameras ready for the brilliant blue waters and stunning nature. With your personal guide you will uncover the history and legends of this magical island. Visit Mljet Natl Park, explore lakes and Monastery.

 Private Boat Tour

Destination: Mljet Island (or visit Elaphiti Islands)

 Visit Mljet National Park, explore lakes and Monastery.

### Day 3

Ston & Dubrovnik Wineries await!

Ston & Dubrovnik Wineries await! Travel from Dubrovnik to Split through the stunning Dalmatian coast, pausing first at a modern hillside estate known for elegant, organic wines crafted from local grapes and shaped by sustainable methods. Continue to the rugged Pelješac Peninsula for a tasting in a traditional stone cellar, where bold reds are produced from ancient vines using time-honored techniques passed down through generations.

 Ston & Dubrovnik Wineries await!

 Wine Tasting

 Cora Hotel

Put Supavla 39, 21000, Split, Croatia

 [+385 21 293 100](tel:+38521293100)  [Website](#)

 BRIIG BOUTIQUE HOTEL

prilaz braće Kaliterna 1, 21000, Split, Croatia

 [+385 21 399 300](tel:+38521399300)  [Website](#)

### Day 4

Practice & Cultural Exchange

Hands-on culinary workshop

### Day 5

Yoga & Hiking

Welcome to Krka National Park! After a delicious breakfast and practice, head off the the Krka National Park for a day of beauty and adventure. Today you will combine the beauty of your surrounds as well as local customs and trades. Return to your hotel for a sunset practice and dinner.

 Short Transfer

Departure: Split | Destination: Krka National Park

 Scenic Hiking Adventure



🍴 Lunch at local ethno-agro park

📷 Guided Tour & Olive Museum

🚗 Short Transfer

Departure: Krka National Park | Destination: Split

## Day 6

Explore & Dubrovnik

Today enjoy your healthy and delicious breakfast before you meet your group to head back to Dubrovnik. You will stop and explore the city walls and enjoy some free time. Later, meet your group for a Farewell Dinner as you come together in gratitude for the week of shared experiences.

🚗 Transfer

Departure: Split | Destination: Dubrovnik

📷 Guided Walking Tour

🍴 Farewell Dinner

## Day 7

Departure

Rise and enjoy your breakfast before meeting your driver in the hotel lobby for your transfer back to the airport. We hope you depart with a full heart and a closer connection to yourself, your practice and the world around you.

🚗 Departure to DBV