



**InRetreat**  
TRANSFORMATIVE JOURNEYS

13 - 18 September 2024

# CROATIA RETREAT



# Celebrate the last of summer on hidden gem of the Adriatic, Brač.



As the last rays of summer linger, slow down and embrace the pace of life in a seaside village in Croatia.

Inhale energising sun, healing sea, sweat and soul-nourishing yoga. Join Jannicke Wiel in a historic villa on a hidden gem island. Brač rests along the sparkling blue, ancient Adriatic Coast. Explore the white sand beaches around Supetar, dive into warm crystalline waters, savour the scent of lavender and pine forests, dine on fresh, local cuisine, and toast to the glory of late summer light. Let this be your harvest time; collect all that is beautiful, pure and sublime.



# Your InRetreat guide



## Jannicke Wiel

Jannicke is a lover of nature and yoga. After studying yoga and Indian philosophy in the Indian Himalayas during the 1990's, she took her MA in philosophy in Oslo in 1998. In 2002, she founded Oslo Yoga, which has been one of the leading yoga studios in Oslo for the last 20 years. Her books "what is YOGA" (2020) and "The Magic of Yoga" (2023) demonstrates her understanding of yoga in a broad sense, as a physical and mental practice, a life style and a philosophy of life.

Her contact with nature is a great resource in her own life, which she is inspired to share with others. Jannicke will lead 2 yoga classes per day, and host the retreat throughout.

# Anticipate a journey ...



## ISLAND ADVENTURE

Discover hidden caves, stroll on beaches surrounded by dramatic cliffs, and swim in azure warm seas. Cycle through olive groves and pine forests, or along ancient roads. Brač island is our playground! Besides the exciting retreat programme there is much to explore. Brač remains unspoilt by tourism and offers many wonderful encounters with nature, history and local people.

## REGIONAL FOOD & WINE

Dinners will be enjoyed together at local restaurants we adore, including Kala, a swish establishment in Supetar awarded a Michelin star in 2023! All the restaurants we've chosen offer fresh, local cuisine. Taste the Adriatic! Each morning after yoga practice, we will linger over a brunch buffet on the Villa Vela Luca terrace. This is an extensive buffet with choices for every taste.



## ENERGISING ADVENTURES

We'll engage in gentle adventures on the island of Brač, soaking up the sun, whilst enjoying the gift of movement, breath and island vistas. The retreat includes a guided kayak trip, and a guided bicycle trip to Sutivan, a truly charming village. We'll stop for photos, a swim and a delicious coffee in one of Sutivan's hip cafés. The excursions are inclusive and can be adapted to all levels.



### YOGA 2X DAILY

Join Jannicke for 2 yoga classes per day. The morning session includes dynamic Vinyasa that will make you sweat, open your heart, and energise you. Jannicke will guide all experience levels and ages to find their personal edge. As the energy of the day subsides, join an evening meditative and calming Yin yoga session on our magic yoga deck overlooking the sea.

### HISTORIC VILLA

Villa Vela Luka is a tastefully restored historic building. The character of Brač, and the influence of culture and nature over time, are all woven into the walls, tapestries and fittings of this villa that will be our home for 5 nights. All the rooms are spacious with contemporary fittings. This is a luxurious hotel, with friendly and character-filled touches, blending together for the perfect holiday setting.



### ADRIATIC WELLNESS SPA

Included in the retreat package is a 60 minute full body massage at the Villa Vela Luka wellness spa. Choose from a range of other top-rated spa wellness treatments and beauty treatments, available for you to book on site!



# Retreat location: Brač, Dalmatian coast

Brač is the largest island on what is known as the 'Dalmatian coastline' of the Adriatic Sea. It consists of rocky outcrops, pine forests, vineyards and olive groves, sandy and rocky beaches. All around the island is a distinctive border of azure, crystal clear water. The main town of Brač is Supetar, with just over 3000 inhabitants. The island's tourism is mostly concentrated around Bol, however, and the rest of the island remains quiet and quaint, with mostly private villas and local agrarian industries. There are no high rise hotels or over-rampant tourism like in Hvar and Split. Brač is most famous for its high quality limestone, which was used in the interior of the White House in Washington DC and Agia Sofia in Istanbul, in the Vatican, and other iconic buildings.

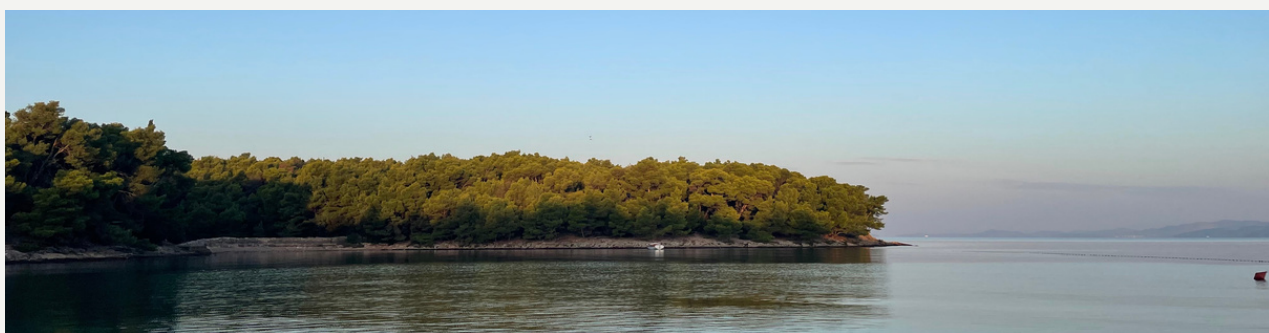
Temperatures in early Autumn range from min. 15 °C / 59 °F to max. 30 °C/ 86 °F.



# Your accommodation: Villa Vela Luka

Set amongst lush Mediterranean gardens and only steps from the sea and beach, our historic Villa Vela Luka is charming and full of character. It was the first property ever built on Brač over a hundred years ago. All the rooms are ensuite and some have terraces or balconies. The rooms look out over the sea, or onto the lavender and citrus gardens.

Villa is part of a gated resort village, where convenient amenities like a cafe, spa, gym, swimming pools and concierge services are available, and yet it retains independent space and character.





# All the retreat details ...

## Getting there



### ARRIVAL:

Fly into Split, Croatia - Resnik Airport (SPU). On September 13th, our speedboat departs from the Ferry Port Divulje at 3pm. The ferry port is 8 minutes walking distance from Resnik Airport.

If you are travelling from outside of Europe, we strongly advise arriving in Croatia one day before the retreat starts.

For guests arriving the night before, we recommend staying at Brown Beach Hotel in Trogir.

### DEPARTURE:

Boat transport to Ferry Port Divulje, arriving at approximately 11:30 am. Split Airport is a short walk from the Pier. We advise scheduling your departing flight no earlier than 2pm.

If you need any additional travel advice for Croatia, please don't hesitate to ask.



# Retreat package

## WHAT'S INCLUDED

- 5 Nights accommodation at Villa Vela Luka seaside room
- Daily brunch buffet at the Villa
- Daily dinner at our favourite restaurants! All dinners with a glass of local wine
- Speed boat transfer to and from Ferry Port Divulje.
- Twice daily yoga with Jannicke Wiel
- 1 x 60-minute massage
- ±3 hour kayak (stand up paddle) session with a guide
- ±3 hour leisurely bicycle adventure to a small village
- A goodie bag of lovely gifts!

## NOT INCLUDED

- Flights to/from Split airport
- Visas
- Additional Spa treatments
- Additional beverages with dinner (one glass of wine with dinner each night is included)
- Lunch (we have a large late brunch after yoga, so you may not need much more food.)

## BOOKING TERMS

- A non-refundable deposit is required to secure your spot.
- The balance payment is due by 13 July 2024.
- If there is an unforeseen circumstance that causes us to postpone the retreat, all payments will be paid forward to new dates, or refunded in a voucher.
- It is strongly advised that you take out travel insurance.



# All the options ...

## Retreat investment 13 - 18 November



### TWIN/SHARING ROOM

Sharing room p/p  
€ 1699

Deposit for sharing p/p  
€ 510



### SINGLE ROOM

Single room p/p  
€ 2199

Deposit for sharing p/p  
€ 660



# What guests are saying ...

## Reviews

*"I booked this retreat as part of my 60th birthday celebrations. Spending time with my daughter. I dip in and out of yoga a bit so was a little concerned that I wouldn't be up to standard. Nina 's yoga sessions cater for all levels. Everyone felt very comfortable The whole group gelled. We cycled, kayaked and relaxed along with our yoga sessions. Would thoroughly recommend."*

~ Barbara, 2023

*"A gem of an island in the Adriatic Sea, beautiful accommodations, yoga and gourmet food. Nina's heartfelt direction elevates the entire experience and nourishes your body and soul. You will walk away with a renewed purpose after attending this retreat!"*

~ Debbie, 2023

*"I had a wonderful time in a stunningly beautiful place, with a great Yoga teacher amongst nice and like-minded participants. The sports activities and the excursion to Split were so enjoyable!"*

~ Theresa, 2022

*Celebrate the last rays of  
summer on the charming  
Adriatic island of Brač*

[CLICK HERE TO BOOK](#)





CONTACT US

[nina@inretreat.co](mailto:nina@inretreat.co)

+4792206221

[inretreat.co](http://inretreat.co)