A photograph taken from the perspective of someone on a boat, looking out through a narrow sea cave. The walls of the cave are high, rugged, and have a golden-brown hue, likely due to the lighting. The water is a vibrant blue with gentle ripples. The boat's dashboard and part of the steering wheel are visible in the lower foreground.

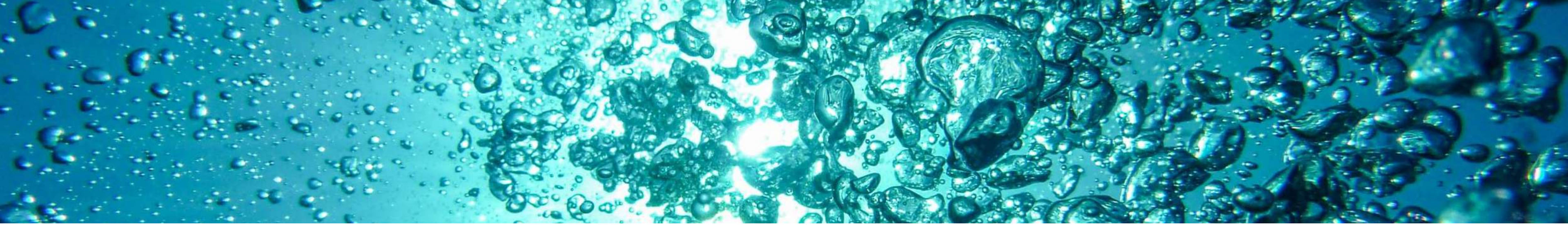
Our "Retreat Plus" offer provides you with the opportunity to add on a select range of leisure, adventure, and holistic activities to enhance our Classic Retreat program package.

Create a bespoke event package for your group by selecting from the range of services below.

Co-design the retreat of your dreams with us to make the most of the Suncokret experience on Hvar Island!

Disclaimer:

(Listed prices are subject to change without prior notice)



SCUBA DIVING

Did you know scuba diving is a great way to use breathing techniques practiced in Yoga?

Come dive in the crystal clear waters from the beautiful shores of Stari Grad while encouraging the body to absorb and use oxygen more efficiently, and discover all the formations, light and aquatic wildlife cherished by our skilled divers.

Price per person: 35 euros

Duration: 2 hours

Available on Mondays

Included: Instruction, equipment

Group booking only



WINE TASTING

Classical tasting of 4 wines in a beautiful winery

Join us for this unforgettable tasting of the fine, flavorful wines of Hvar. You will tour the winery, learn about the 2000+-year-old history and traditions of winemaking distinct to the Island, and experience a plethora of intense colors and aromas.

Price per person: 20 euros

Duration: 90 minutes

Available on Wednesdays

Included: Winery tour + 2 quality & 2 top quality wines

Group booking only



SAILING AND SNORKELING

This sailing trip offers you just the right amount of time to discover the beauty and wonder of the hidden gems in and around the Pakleni islands archipelago located near Hvar Town.

Enjoy swimming and snorkeling in the clear blue waters and top of the experience with a delicious glass of wine accompanied by a small snack.

Price per person: 50 euros

Duration: 4 hours

Available on Fridays

Included: water, wine, snacks, and snorkeling equipment.

Group booking only



REIKI I WORKSHOP

Awaken the healer within. Learn to channel healing energy to heal the body, mind, and spirit! This 5-hour workshop includes :

- Introduction to Reiki
- Reiki I attunement ceremony
- Learn & practice channeling Reiki in your hands
- Learn & practice self-administering Reiki
- Reiki I manual & certificate of course completion

Price per person: 150 euros

Duration: 2 x 2.5 hours

Available on Tuesdays/Thursdays

Group booking only



IAYT PROGRAM

The Integrated Approach to Yoga Therapy is the practice of yoga for total personality development. Gain insight into yoga as a complete science for conscious living and experience its healing powers. **What's Available?**

Morning Yoga Sadhana: gentle yet deep and comprehensive yoga practice that balances your chakras and helps you start your day in a balanced, focused and sacred way

Satsang: What is IAYT and how can it enhance my life?

Advanced Healing Meditation Practices:

- MSRT (Mind Body Spirit Healing Technique)
- Cyclic Meditation (Mindfulness + Anti-Stress Technique)
- PET (Pranic Energization - Prana Channeling Technique)

Price per person: 10 euros per 60-minutes (or) 115 euro package including 5 x 90-minute morning Yoga Sadhana + 1 x 60-minute Satsang + 3x 60-minute Advanced Healing Sessions.

Duration: 60-90 minutes per session

Available as agreed

Group booking only



SEA KAYAKING

If you are feeling sporty and adventurous, why not head over to nearby Zečevo Island (the Rabbit's Island) and check out if there is something to the name; Palinica Beach is great for snorkeling and discovering a water cave. Or simply cruise the stunning coastline of the Soline peninsula to discover a plethora of beautiful, hidden bays and coves that await your visit!

Price per person: 20-30 euros (single or double kayak)

Duration: Per Day

Available on Tuesdays/Thursdays

Included: Single or Double kayak equipment

Individual or group booking possible



SUP

Can you think of a more stress-free experience and a better connection with nature than when you are paddling on the open sea, passing by stunning stretches of coastline, surrounded by crystal clear water, with absolutely no one and nothing to break the silence?

Price per person: 11 or 30 euros
Duration: 1 hour or the whole day
Available on Tuesdays/Thursdays
Included: SUP equipment

Individual or group booking possible



SPA

Pamper your body and soul with a wide range of spa services, including innovative facials, hand and foot care treatments, and massage, such as:

Medical Body Massage: A physical therapy method with the goal of manipulating body tissue (skin, subcutaneous tissue, muscles and muscle fascia)

Energy Body Massage: Energy massage with special essential oils for mood stimulation.

Price per person: varies

Duration: varies

(many options available, ask for details)

Available on Tuesdays/Thursdays

Individual or group booking possible



CYCLING

Hvar has well-marked bike roads which sweep across the unique and beautiful scenery of our stunning island.

Enjoy cycling through the ancient Stari Grad plain, or through coastal towns, and/or ancient inland villages; or simply bike along our sunny seaside, stopping along the way for a fresh dip in the crystal clear sea to cool down!

Price per person: 11 / 22 / 34 euros
(City Bike / Cube MTB full suspension XT / E-Bike)

Duration: Per day

Available Monday-Thursday

Included: Helmet, basket, locker

Individual or group booking possible



HOLISTIC CARE

Balance your chakras, boost your wellness and/or gain insight into your life's biggest questions employing the wisdom of the Tarot. These one-to-one holistic consultations and treatments are done together with Suncokret's resident Holistic Yoga Therapist and Spiritual Life Coach, Evening Marie.

Available services:

- 30-minute Bioenergy Immunity + Wellness Boost
- 30 or 60-minute classic Reiki or chakra balancing
- 30 or 60-minute life coaching with Tarot

Price per person: 30 euros for 30 minutes or 50 euros for 60 minutes

Duration: 30 - 60 minutes

Available Monday-Thursday

Individual bookings only

Listed prices are subject to change without prior notice



CONTACT US



@SUNCOKRETDREAM



SUNCOKRET BODY & SOUL RETREAT



INFO@SUNCOKRETDREAM.NET



WWW.SUNCOKRETDREAM.NET