Suncokret provides a dedicated retreat oasis, run by professional hosts, who offer you the support and expertise necessary to house your very own holistic retreat, worryfree, at our beautiful venue on Hvar Island.







### SUNCOKRET

Since 2004 we have been providing superior holistic retreat experiences for individuals and groups from all corners of the globe. Our space is best suited for 7-9 guests. To accommodate larger groups, we recommend booking two back-to-back events.

### LOCATION

Suncokret is located in the charming village of Dol Sveta Ana, a pristine 12th Century hamlet discretely nestled into the verdant brush & pinewood forest which majestically rises above the island's oldest settlement, Stari Grad.



## **RETREAT PRACTICE SPACES**

### **Outdoor Terrace**

The outdoor terrace features open views of the village and the neighboring island of Brac. It has a tile floor, bamboo roof, and flowing curtains that create an intimate environment during the practice. The terrace is best suited for up to 7 persons for dynamic practices or up to 9 persons for passive practices.

#### **Indoor Loft**

The light and spacious indoor loft features wood-laminate floorboards, exposed roof beams, doors facing east, windows facing south and west, and cooling and heating options. There is a lounge area with a library that contains spiritual and entertainment sections. The loft can comfortably accommodate 9+ participants.



# **ISLAND PRACTICE LOCATIONS**

### By the Sea

Twice weekly, your group will be swept away to gorgeous beach areas where you can hold afternoon practice and where you will find an endless number of stunning bays, flat rock plateaus, pebble coves, and surrounding forested areas, making for a spectacular and unforgettable outdoor practice experience.

### Hidden Nature Spots

There is also an option for your group to enjoy practice in hidden nature spots, where time has been frozen in its tracks. Here you can enjoy your outdoor practice in perfect silence under flat, shady areas, in front of ancient baroque churches framed by towering pines, or on the edge of the forest bed, with stunning views of the sea.





### ITINERARY

As part of our 7-day, 6-night Classic Retreat Visiting Group Program, we offer the chance to explore the best of Hvar Island's natural, historical and cultural spots via our scheduled daily outings. On top of that, the scheduled program sessions, held by the sea and in nature, will have you enjoying your practice in amazing locations, full of natural wonder and beauty. Toward the end of the retreat week, you have the option to enjoy a magnificent sunset experience that will deliver you in body and spirit to the divine light of the sun. The combination of our outings, complimented with your own leisurely exploration, will immerse you in our island's culture in every possible way.

Within the standard 7-day/6-night Classic Retreat format, 15 or more dedicated teaching/practice hours are easily provided.

# PROGRAM RHYTHM

- Self-catering coffee, tea
- Your morning program
- Brunch buffet
- 5-minute Karma Yoga clean-up
- Scheduled daily transfers to places of interest (possibility to add on activities see our Activities Plus PDF for more details)
- Your afternoon program (twice weekly at Suncokret / twice weekly by the sea + option for on practice nature)
- Scheduled daily transfers to the retreat
- Dinner
- 5-minute Karma Yoga clean-up
- Your optional evening program
- Observed quietude from 10 pm 7 am
- Optional end-of-week morning or sunset program in nature
- Optional restaurant dinner (not included in price) a packed lunch is offered as an alternative on that day, instead



# TASTY, SIMPLE & FRESH MEALS

We serve two meals per day, which are predominantly made from fresh, organic, locally produced island ingredients (often our own), and which are prepared and served with love.

Breakfast is served in the garden and generally consists of fresh seasonal fruit, nuts, warm and cold cereals, fresh farm eggs, local bread, bread spreads, yogurt, milk, and dairy-free substitutes. Tap water, mineral water, and herbal tea, (and coffee on request) are served complimentary with each meal.

Dinner is also served in the garden and typically consists of a soup and salad starter, followed by the main dish (vegetarian or Dalmatian seafood specialties). There is an option to enjoy dinner in a local restaurant during the week, in which case we offer a packed lunch instead.





### ROOMS



Earth & Fire Cottage This split-level cottage features three bedrooms, which are located on the upper floor. Each room is fitted with a fan and space heater and there is air-conditioning and heating for the common areas.

Rooms 1 & 3 are furnished with a single bed, while Room 2 has a double bed. The cottage is best suited for 3 people.

There is a spacious house bathroom located on the ground floor. The ground floor also features the main indoor kitchen, where our chef prepares meals for your group, and an indoor dining area. The cottage also has an enclosed garden with dining and lounge areas, as well as an outdoor practice terrace.

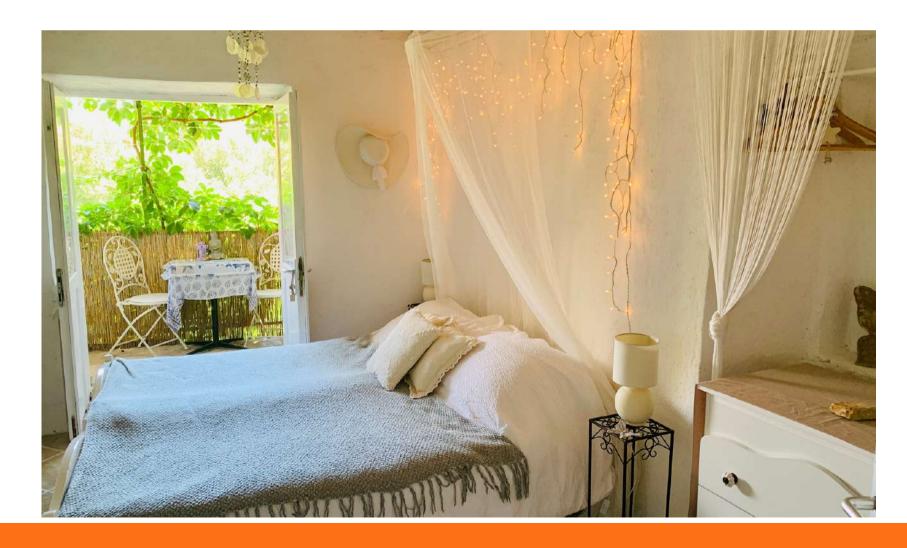




### Wind & Air Cottage

This cottage features two double rooms, an adjacent bathroom, a kitchenette, and a covered terrace. The cottage has airconditioning + heating and wifi access.

Room 4 is furnished with a beautiful metalframed bed. Room 5 comes with a set of twin beds (which can be placed together) and also features a cozy private balcony with a view.





### Ether Cottage

Light, bright & white attic suites with private bathrooms...

These elegant and beautiful, attic rooms come equipped with private, en-suite bathrooms and en-suite air-conditioning + heating. The cottage has open wifi access and is suitable for 3 or 4 persons.

Room 6 "Mini Suite" is furnished with a double bed. Room 7 "Master Suite" features twin beds that can be placed together for couples.

Ether Cottage residents share an indoor kitchenette & an outdoor terrace, and have easy access to the adjacent indoor loft with a practice area, lounge corner, entertainment area, and library.

### ROOMS





## FACILITIES

- Main Kitchen + 2 kitchenettes
- Indoor + outdoor dining areas
- Lounge areas
- 2 terraces
- 2 balconies
- Indoor & outdoor practice areas
- Washing machines
- Free Parking
- Two libraries
- Garden
- Veggie Garden
- Meditation areas
- Smoke & alcohol-free premises
- Free WiFi in designated areas





### PACKAGE RATES - CLASSIC PROGRAM

4 Private Rooms with shared bathroom, 150 € per night 1 Twin Room with shared bathroom, 140 € per night/per person 1 Twin/Double Room (Master Suite) with en-suite bathroom, 160 € per night/per person 1 Private Room (Mini Suite) with en-suite bathroom, 170 € night/person 1 Teacher/Organizer Gratis with a group of 8 (or) 2 Teachers/Organizers at 50% with a group of 7

Example rate for a group of 8 + 1 teacher in the Mini Suite: 7200 € for 6 nights. Example rate for a group of 7 + 2 teachers in the Master Suite: 7260 € for 6 nights.

#### Package includes:

-Scheduled transport from/to the Stari Grad Port

-Accommodation + 1 set of bed linens and bath towels

-Free access to all retreat facilities

-6 Vegetarian Brunches

-5 Dinners, 1 Packed Lunch & 1 Sunset Adventure - OR - 6 Dinners

-Outings & activities as listed on the Balance & Bliss page

-All local taxes

#### BALANCE & BLISS



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## **PACKAGE RATES - YOGI EXPLORER**

4 Private Rooms with shared bathroom, 160 € per night 1 Twin Room with shared bathroom, 150 € per night/per person 1 Twin/Double Room (Master Suite) with en-suite bathroom, 170 € per night/per person 1 Private Room (Mini Suite) with en-suite bathroom, 180 € night/person 1 Teacher/Organizer Gratis with a group of 8 (or) 2 Teachers/Organizers at 50% with a group of 7

Example rate for a group of 8 + 1 teacher in the Mini Suite: 7680 € for 6 nights. Example rate for a group of 7 + 2 teachers in the Master Suite: 7740 € for 6 nights.

#### **Package includes:**

-Scheduled transport from/to the Stari Grad Port -Accommodation + 1 set of bed linens and bath towels -Free access to all retreat facilities -6 Vegetarian Brunches -5 Dinners + 1 Packed Lunch & 1 Sunset Adventure - OR - 6 Dinners -Outings & activities as listed on the Yogi Explorer page -All local taxes

#### <u>YOGI EXPLORE</u>R



## **PACKAGE RATES - SLICE OF PARADISE**

4 Private Rooms with shared bathroom, 160 € per night 1 Twin Room with shared bathroom, 150 € per night/per person 1 Twin/Double Room (Master Suite) with en-suite bathroom, 170 € per night/per person 1 Private Room (Mini Suite) with en-suite bathroom, 180 € night/person 1 Teacher/Organizer Gratis with a group of 8 (or) 2 Teachers/Organizers at 50% with a group of 7

Example rate for a group of 8 + 1 teacher in the Mini Suite: 7680 € for 6 nights. Example rate for a group of 7 + 2 teachers in the Master Suite: 7740 € for 6 nights.

Package includes:

-Scheduled transport from/to the Stari Grad Port

-Accommodation + 1 set of bed linens and bath towels

-Free access to all retreat facilities

-6 Vegetarian Brunches

-5 Dinners + 1 Packed Lunch & 1 Sunset Adventure - OR - 6 Dinners -Outings as listed on the Slice of Paradise page

-All local taxes

#### <u>SLICE OF PARADISE</u>



### PAYMENTS & CANCELLATION

A 1400 € Deposit secures the reservation, 50% of the estimated fee is due 75 days prior to your event start, and the final balance is due 21 days prior to your event start.

-100% refund is given in case of cancellations made 90 days before the scheduled event start. 100% credit is given for rescheduling requests made up to 75 days prior to the scheduled event start; 50% credit is offered when rescheduling 74-45 days prior; 25% credit is given when rescheduling 44-21 days prior. No credit is given for rescheduling made 20-0 days prior.

# EXTRA ACTIVITIES

In case you would like to co-create a bespoke program for your group, here are some activities you can add to the Classic Program Package for Groups a la carte:

- Hiking/Walking Tours
- Bike Rental & Cycling Tours
- SUP Rental & Yoga SUP lessons
- Kayak Rental & Kayaking Tours
- Exploratory Diving Lessons
- Sailing & Snorkeling Tour
- Spa Services
- Holistic Services & Workshops
- Yoga & Meditation Program (intended for groups traveling without a yoga teacher)
- Wine/Olive Oil Tasting

See our "Retreat Plus Extra Activities PDF"





# **OPTIONAL HOUSEKEEPING SERVICES**

- Mid-week housekeeping of the entire Suncokret property including bedrooms, bathrooms, and all retreat common areas: Price 155 €
- Mid-week laundry service bed sheets and bathroom towels: Price 15 € per guest
- Use of on-site washing machine: 2 € per load, includes washing liquid

### SEASONAL AVAILABILITY

Villa Suncokret is available for group visits from May - October. The best time to host a group event is when the weather is mild and pleasant, typically from mid-May until mid-June, and from mid-September until mid-October. See a list of pre-selected dates for group visits on our consultation form.

Note: Group events that are scheduled in July and August (our peak season) have an increased package rate of 10%.



# **CONSULT WITH US**

We'd love to learn more about you and your ideas for hosting an Exclusive Group Event with Suncokret!

Please send us a consultation form so we can learn more about your ideas and wishes.

We're looking forward to consulting with you soon!





### **CONTACT US**



### SUNCOKRET BODY & SOUL RETREAT



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### INFO@SUNCOKRETDREAM.NET



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