



## Welcome to Suncokret Body & Soul Retreat!

Dear One,

Hello and thanks again for booking your retreat stay at Suncokret!

We've put together this welcome note with key information from our website to help you prepare for your upcoming stay with us.

Here are some of the most common questions our guests ask us upon signing up or prior to traveling to the retreat:

### **All About our Retreat**

#### **Location - Retreat in Dol Sveta Ana**

Suncokret welcomes you to retreat 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.

#### **Villa Surroundings & Ambience**

Our complex of semi-attached stone villas is nestled into a secluded corner of Dol, Sveta Ana. The retreat neighborhood remains unpopulated much of the year, providing deep peace and tranquility for our guests. During summer months, however, the village tends to fill up with holidaymakers, including natives taking up residence in their ancestral summer cottages that have been in the family for generations. The atmosphere becomes a more vibrant one - a true immersion into authentic village lifestyle on Hvar.

#### **Village Offerings vs. Town Conveniences**

The village features two local restaurants and a local cafe with WIFI access within walking distance from the retreat. There are no shops, banks or ATM's, post offices, etc., so please plan ahead, though there is plenty of pure nature with inviting footpaths to explore and unlimited supplies of fresh air to help you relax and disconnect from the stresses of city life... Enjoy it!

#### **Getting Around**

For your convenience, as part of our Classic Retreat and Co-Hosted Events Program Package, we provide complimentary scheduled transport to and from various points of interest each day of the retreat week. Guests may opt to remain at the retreat for quiet time during the day instead, or arrange their own transport needs.

The nearest town, Stari Grad, is located 2 km. from the retreat. The journey to Stari Grad takes about 45-minutes on foot, 10-15 minutes by bike, and only 5-minutes by scooter or car (rental options available in Stari Grad).

### **Shared Facilities**

In addition to the outdoor yoga terrace and a newly built indoor yoga shala, other shared facilities include the main living room and indoor dining area, an enclosed garden with outdoor dining and lounge areas, as well as several other patios, decks, balconies in which guests enjoy socializing with new retreat friends. Each cottage also features a tea-making corner, where you can prepare fresh herbal infusions using freshly picked ingredients from our garden.

Guests may borrow inspiring books, magazines, music & DVDs from our retreat library provided they are treated with care, and washing machines are available on a pay-per-load basis.

### **WIFI Access**

Though we encourage "switching off" as much as possible during retreat time, there is also unlimited Wi-Fi access available in all areas of the retreat property.

### **Seva - Community Service**

Acts of kindness and consideration for others create a rippling effect of positivity on those who experience and witness the action! That's why Seva (i.e. Karma Yoga) is considered an integral part of a true holistic yoga lifestyle. It provides everyone at the retreat the opportunity to act as a responsible and caring member of our community of like-minded friends and empowers each guest to become an agent of positivity, which benefits everyone, including you!

Keeping in mind a retreat is not a hotel, it is considered an integral part of the retreat custom and etiquette that each guest does her/his part to help keep the retreat property tidy, help out at mealtimes to set and clear the table, and lend a hand in any way they feel empowered to do so within the community. Additional hands-on activities that guests can participate in may also include helping out in the garden, lending a hand with foraging and/or produce harvesting, helping to preserve food and/or make natural cosmetics from garden ingredients.

### **Communing with Animals & Nature**

Suncokret retreat has several pets roaming the property who enthusiastically welcome you during your time here. Coco is our most loyal canine companion;

Simba & Delilah are our young cats; and Tigra and Mala, our eldest cats, might also come round to visit. Our numerous bunnies of various colors and sizes might also hop on by in the garden.

Though our pets are not allowed in the guest bedrooms, they do wander freely around the property, sometimes even dropping in for the outdoor yoga sessions!

Our family farm also houses a number of beloved chickens (for eggs), rabbits (for fertilizer), and a handful of working dogs, though they do not mingle with guests.

In fact, the entire island is teeming with wildlife, which you will surely come face to face with during your daily explorations!

If you suffer from allergies or fear of animals or Mother Nature, it is best to consult with us prior to booking your stay at Suncokret!

### **Pocket Money**

How much pocket money should I plan for lunch & other optional free time activities, which are not included in the program package price?

Lunch and snacks - can be had in town or by the beach for as little as 5-15 euros for set lunch menus or light snacks (possibly a little more, depending on what you choose). You can also purchase snack foods at the local markets in town.

One restaurant dinner - expect to pay between 25-50 euros (depending on what you order) for typical 2 or 3-course meal.

Other approximate costs:

- Ferry to & from the Stari Grad Port (7.5 euro one way) 15 euros round trip
- Museums entrance fees 4-10 euros
- Bus fair to or from Hvar Town to Dol 7.5 euros, one way
- Taxi fare to the retreat from the Stari Grad Port 20 euro, Jelsa 25 euro, and Hvar towns 35 euros one way
- Bike rental 14+ euros per day, depending on the bike
- Scooter rental 40+ euros per day
- Car rental (not including petrol costs) 70+ euros per day.

**\*Please note** prices on our website and in this note are listed in Euro. You can check the conversion rate to your own currency by using an online currency converter, such as this one: <http://www.x-rates.com/calculator.html>

### **Covid-19 Policy**

We follow government-suggested guidelines and protocols to keep the retreat experience safe for everyone involved. You can check out our guidelines on our dedicated page here: <https://www.suncokretdream.net/covid-19-faq>

Please note: Please note: In order to keep everyone safe while attending the retreat, we require anyone showing signs of illness to take a Covid-19 rapid antigen test. If the test results are positive, they will be required to self-isolate and follow the guidance of the local authorities until their symptoms subside and a negative test is provided. For this reason, we remind all our guests to take out appropriate travel insurance.

Please see our [Terms and Conditions](#) for all relevant details.

### **What should I pack?**

We recommend that you bring the following:

- Comfortable yoga or active wear
- Clothes for various kinds of weather (even in summer)
- Comfortable walking shoes
- Flip flops or shoes you can easily slip on and off while on the property
- Waterproof beach shoes (for rocky sea bottom, though we have a collection of them at the retreat you can borrow)
- 2 swimming suits (May- October)
- Beach towel or sarong (you may also borrow one from us)
- Mosquito repellent
- Refillable water bottle (you may also borrow one from us)
- A journal (most of our programs involve optional journaling exercises)
- Ear plugs
- A flashlight (for moonlight strolls in Dol)
- Toiletries
- Appropriate travel Insurance!

We provide a complete yoga kit during your stay, under the condition it is cared for and washed down by you prior to departure.

### **How should I settle final payment?**

Full payment is due 14 days prior to the retreat start date (or as otherwise indicated on your invoice).

Please see your invoice for payment instructions and kindly send us message when the payment is on the way so we can confirm receipt of payment on our end.

In case you have booked last minute and need to settle the outstanding payment upon arrival rather than by bank transfer, please be aware that there are no ATM machines in our village. You may find ATM machines at the airport and near all ports. Please come prepared and be aware that we do not accept credit card payments!

## **What are the Terms and Conditions for participation in a Suncokret retreat?**

Upon submission of your booking form, you have signed an agreement to our Terms and Conditions, which you can review again in full here:

[https://www.suncokretdream.net/files/ugd/76e389\\_476619ff8f0b4a86a50759d03a3d2831.pdf](https://www.suncokretdream.net/files/ugd/76e389_476619ff8f0b4a86a50759d03a3d2831.pdf)

## **I have health issues... can I still participate in the program?**

For your own protection, we not only recommend attending retreat when you are in good health, but also require that any health issues be disclosed and discussed with us - and your doctor - openly and honestly prior to booking a retreat stay or participating in the retreat program itself.

In the case that you need to cancel your participation in the retreat due to unforeseen health issues (or other unexpected and unavoidable emergency circumstances), we will issue a voucher for the deposited amount, which shall be redeemable within 1 year of its issue date.

## **What is your smoking / alcohol policy at the retreat?**

As a sacred shelter for nurturing the body, mind & soul, where many guests come with the intention to take a break from unhealthy/unconscious lifestyle habits and build more conscious, life-affirming ones, we ask that all retreat members to make a commitment to refraining from smoking, drinking or taking non-prescription drugs during retreat time. This includes during all scheduled group activities on and off the retreat premises.

If you need to smoke or have desire to sample the local wine / beer / spirits, please do so with discretion, away from the coordinated group activities, and in your free time. And for safety reasons, please do not come to the practice under the influence of alcohol or other substances, as this can be extremely dangerous.

## **What will the day-to-day retreat time look like?**

For your convenience, we've published a sample weekly itinerary on our website: <https://www.suncokretdream.net/itinerary>

However, the itinerary does vary according to the specific event you have signed up for; there is a specialized itinerary for each of our event themes, which you can read about on the event page itself.

## **How should I coordinate my arrival & departure plans to and from the retreat?**

Because we have limited time to prepare in between groups, we ask all participants to follow our arrivals & departures schedule as posted on our reach us page: <https://www.suncokretdream.net/travel>

**The most common and convenient plan that coordinates well with the retreat schedule is as follows:**

### **Transfers from Split Airport to Split Port**

#### **Bus Transfer to the Port:**

A bus operated by Croatia Airlines departs from just outside the terminal door. You buy the ticket from the driver, approximately 6 euros. It takes about 30 minutes to get to the city center.

There is also a local bus that goes to the bus station in Split to and from Trogir every 20 minutes from a stop on the road in front of the Airport Terminal. The price of the ticket is approximately the same.

[Busses to / from airport](http://www.plesoprijevoz.hr/) <http://www.plesoprijevoz.hr/>

#### **Taxi**

A taxi to Split costs about 33-40 euros. You can book a taxi online: [croatia-taxi.hr](http://croatia-taxi.hr)

### **Getting to the Ferry Port from the Taxi or Bus Station**

The airport bus stop is at the entrance to Split's "old town". From there you can see the ferry, just a quick, 1-minute stroll away.

#### **Split Luggage Check**

Finally, in case you have extra time on your hands and wish to explore the beautiful & historic Old Town in Split, there are also multiple luggage facilities opposite the ferry port, train station and bus station (all located beside the other) where you can leave your luggage: 2-3 euros per bag, or you can get a locker at the train station lobby for approximately the same price.

#### **Buying a Ferry Ticket**

Next to the ferry / bus / train / taxi station are ticket booths for Jadrolinija, the ferry company, where you can buy your ferry tickets. Alternatively, you can buy your ticket online: <https://www.jadrolinija.hr/en/home>

### **Check in / check out & Free Stari Grad Port Transfers to & from the Retreat**

Unless otherwise noted according to the official retreat dates supplied, **check-in begins on the official arrival day at 16.45 (4.45 pm) and check-out is at 10.45** on the

closing day of the event week, when we take the participants back to the Stari Grad Port for the 11.30 ferry back to Split.

**Kindly confirm your travel plans to the retreat with us in advance!**

The closet port on Hvar Island to Suncokret Retreat is the “STARI GRAD PORT.”

**Tip:**

**When buying your ferry ticket...**

Be sure to ask for a ticket to “Stari Grad Port,” don’t just say “Hvar,” otherwise you will end up on the other side of the island and you will have to take a bus or taxi to reach us!

**The one-way ticket to Stari Grad costs about 7.5 euros per person** (though please double-check prices at the Jadrolinija website or ticket office as they do sometimes alter prices without advanced notice), and 44 euros for a car.

**No advanced reservation is needed for foot passengers**, though it is best to buy a ticket a few hours in advance if you are coming by car!

**To match your travel plans with the start / end of the retreat event, it is best to take the following ferries:**

- 14.30 ferry from Split, arriving 16.30 at the Stari Grad Port on the retreat arrival day
- 11.30 ferry from Stari Grad, arriving in Split at 13.30 on the retreat departure day

**We provide free transfers from/to the Stari Grad Port on the retreat start date at 16.30 and back to the Stari Grad Port on the departure date at 10.45 (for the 11.30 ferry back to Split).**

The transfer between the Stari Grad Port and Suncokret Retreat takes about 5 minutes.

If possible, please send us a recent photo so we can easily spot you at the port.

And... Please be sure to connect with us via WhatsApp, Viber or SMS at: +385917392526 so that we can stay in touch while you are en-route to the retreat and throughout your stay.

**Arrivals at Other Times & Ports**

If you plan to arrive / depart at other times or from other locations, it is best to check with Jadrolinija <http://www.jadrolinija.hr/> or Krilo <https://www.krilo.hr/en/> for options and then take a taxi to the retreat upon arrival, keeping in mind the official check-in time of 16.45.

Taxis are readily available at or near all ports - you need to walk through the Hvar Town (and Jelsa) promenades & town square to get to the bus terminal & taxi stand - and fares cost approximately: from Stari Grad 15-20 euro, Jelsa 20-25 euro and Hvar town 30-40 euros.

You can also pre-order a taxi using PickApp: <https://pickapp.hr/en/>

### **Our Address is:**

Suncokret Retreat, Gojava 9 Dol Sveta Ana (just below Sv. Mihovil Church).

Find us on Google Maps: <https://goo.gl/maps/iqE9JHz2AnN2>

### **Suggestions for Alternate Travel Plans**

**If you cannot match your travel plans to make the 14.30 ferry to Stari Grad, consider these alternatives:**

- **Split - Bol - Jelsa Catamaran: 16.30 departure from Split -18.10 arrival in Jelsa.** However, be sure to get off at the 2nd and final stop (not the first, which is on another island)!!!
- **Jadrolinija's 17.00 ferry from Split – arriving 19.00 at the Stari Grad Port** (summer months only).

Always double-check the schedule with Jadrolinija <http://www.jadrolinija.hr/>

Either of these connections will have you arriving at the retreat in time for dinner and the welcome circle, so they are fine options to consider!

### **Arrivals from Dubrovnik**

**Those arriving from Dubrovnik can catch the following options:**

- **Jadrolinija's 7.00 catamaran to Hvar Town arriving at 10.30 – 38 euros** (available only from 07 June – 26 September 2023)  
[https://www.jadrolinija.hr/docs/default-source/o-nama/dubrovnik---kor%C4%8Dula---hvar---bol---split.pdf?sfvrsn=7097412b\\_1](https://www.jadrolinija.hr/docs/default-source/o-nama/dubrovnik---kor%C4%8Dula---hvar---bol---split.pdf?sfvrsn=7097412b_1)



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- **Krilo's 16.15 catamaran, arriving in Hvar Town at 19.30** (available from 01.04. – 31.08.2023) **or 16.00, arriving in Hvar Town at 19.10** (available from 01.09. – 30.10. 2023). <https://www.krilo.hr/plovidbeni-red/split-dubrovnik/>

Tip: If you choose to arrive in Hvar Town at 10.30 from Dubrovnik, you can leave your luggage at the Hvar Town public luggage storage facility, just off of the main square on the way to the bus & taxi stand, which is also equipped with public bathroom & showers. Or you can use a private company for the same:

<http://www.lukarent.com/en/internet-corner/left-luggage>

<https://radicalstorage.com/luggage-storage/hvar#>

That way your adventure on the island can begin with a little free time to explore Hvar Town, **after which you can plan to take the 15.00 bus to the Stari Grad Port (arriving 15.30** – giving you a little time to do a bit of shopping in the nearby mall or enjoy a cool drink by the sea) or, in summer months, you can also take the 16.30 bus to Stari Grad town (arriving at 17.00).

**It is wise to double-check Hvar – Stari Grad bus timetable here:**

<https://getbybus.com/en/>

We can collect you from the Stari Grad Port as scheduled at 16.30, or from Stari Grad town at 17.00 (also free of charge). This way, you can start the retreat experience at or around the same time as all other participants.

**And finally...**

**Please connect with us is via  
WhatsApp/Viber/SMS/Messenger/Instagram**

(not email, as they can get blocked by your server):

+385917392526 (Eve)

+385915198717 (Stipe)

[m.me/suncokretretreat](https://www.instagram.com/suncokretretreat)

<https://www.instagram.com/suncokretdream/>

We hope we've helped you to become well informed about your upcoming stay with us. However, should you have any further questions, please do not hesitate to ask!

We're looking forward to welcoming you to Suncokret soon!

Your retreat hosts,

Evening & Stipe

P.S. Would you like to contribute to research? If you're interested in sharing your retreat experience and contributing to scientific research, consider participating in a study conducted by Leiden University to explore how practices like yoga and meditation influence core beliefs. To read more refer to:

<https://docs.google.com/document/d/1xDw0hwTmbauaBmLIMW1HZL0nKWA2BO3/edit?usp=sharing&oid=117248923036243893745&rtpof=true&sd=true>