



Welcome to Suncokret Body & Soul Retreat!

Dear Friend,

Hello, and thank you for registering your stay with us! We are truly delighted to welcome you on retreat and hope you will benefit from your time with us.

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

About The 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 retreat program, 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 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 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 corner, where you can prepare herbal teas, instant coffee, and coffee substitutes at your convenience.

Guests may borrow inspiring books, magazines, music & DVDs from our retreat library provided they are treated with care, and washing machines are available on request.

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.

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 set and clear the table at meal times, and lend a hand in any way they feel empowered to do so within the community.

Communing with Animals & Nature

Suncokret retreat has several pets roaming the property who enthusiastically welcome you during your time here. Our pets are not allowed in the guest bedrooms, but they do wander freely around the property!

Coco is our most loyal canine companion, Simba & Lyla are sibling cats, Mici is our youngest adopted stray cat, while Tigra is our eldest at 20 years of age. Our numerous bunnies of various colors and sizes might also hop by alongside our chickens, and you might even spot one of our tortoises in the garden at meal times. 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!

Alcohol and Smoke-Free Zone

Suncokret provides an alcohol and smoke-free sanctuary for the body, mind and soul. All guests are asked to refrain from bringing or using these and other non-prescribed substances while on the property, within the group environment, including during group

activities, with the exception of wine sampling as part of an organized wine tasting activity, should this activity be included the event program you have signed up for, or during a celebratory dinner, if scheduled at the end of the event. In such cases, alcohol consumption should be kept to a discrete minimum.

Pocket Money

During your stay, you will want to have some pocket money. Cash is king on the island, though it is possible to pay with a card for some services.

Possible Expenses to Consider

- ♣ Ferry to & from the Stari Grad Port, 8.40 euro or 47.60 euros per car (one way)
- ♣ Lunch in a restaurant: 15-25 euros+
- ♣ Dinner in a local restaurant: 22 – 40 euros+
- ♣ Round-trip ferry to & from the island: 17 euros
- ♣ Museums entrance fees: 4-12 euros
- ♣ Bus from Hvar Town to Dol 6 euros, one way
- ♣ Taxi to Dol from the port in Stari Grad (20+ euros), Jelsa (35+ euros) Hvar Town (45+ euros)
- ♣ Bike rental: 27+ euros per day
- ♣ Scooter rental: 40+ euros per day
- ♣ Car rental: 70+ euros per day
- ♣ Massage: 30 euros for 30 minutes, 60 euros for 60 minutes (some providers charge more and some less)

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

Recommended Packing List

- ♣ 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 (you may borrow a pair from us)
- ♣ 2 swimming suits (May- October)
- ♣ Mosquito repellent
- ♣ A journal
- ♣ Ear plugs
- ♣ A flashlight (for moonlight strolls in Dol)
- ♣ Refillable water bottle (you may borrow one from us)
- ♣ Beach towel or sarong (you may borrow one from us)
- ♣ Your favorite toiletries (bathrooms are stocked with soap, shampoo, and hairdryers)
- ♣ Appropriate travel Insurance!

Please Note: You may borrow yoga kit during your stay, under the condition it is cared for and washed down by you prior to departure.

Terms and Conditions for Participation in a Suncokret Retreat

Upon submission of your booking form, you have agreed to our Terms and Conditions, which you can review again in full here: https://4b9f6966-cefb-47cb-beeb-263e3b8c7a8b.filesusr.com/ugd/76e389_fa447c1f1eef4789b3296ecea8552e6.pdf

Travel Tips to Hvar Island

Transfers from Split Airport to Split Port

The closest airport is Split. You will need to make your way from the airport to the Split port and take a ferry to Hvar Island by bus or taxi.

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 8 euros. It takes about 30 minutes to get to the city center. You can find the schedule here: <https://plesoprijevoz.hr/en/split-croatia/>

Additional information on bus departures in Split can be obtained by telephone at +385 99 711 8889 or by e-mail split@plesoprijevoz.hr

Taxi

A taxi to Split costs about 33-40 euros. You can book a taxi online: <https://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

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 in and opposite the ferry port, and in the train station and bus stations.

Leaving luggage in Split Port costs approximately €3.50 to €7 per day per bag, depending on the service and size of your luggage, though some providers offer hourly rates starting from around €1, with lower daily rates for longer storage.

Buying a Ferry Ticket

At the Split Terminal (which includes the ferry, bus, train and taxi stations) there are ticket booths for the various ferry providers including a booth for Jadrolinija, Krilo, and TP Line.

You can also buy your ticket online

- <https://www.jadrolinija.hr/en/home> - the recommended provider for the 2:30 pm ferry from Split to Stari Grad Port, arriving at 4:30 pm
- <https://www.tp-line.hr/en/>
- <https://krilo.hr/en/>

Good to know:

1. ***There are 4 ports on Hvar Island. The closet port to Suncokret Retreat is the STARI GRAD PORT.**
2. **We Provide Free Transfers from and back to the Stari Grad Port** – On arrival day at 16:30, and at 10:45 on departure day (for the 11.30 ferry to Split). The transfer between the Stari Grad Port and Suncokret Retreat takes about 5 minutes.
3. **Retreat Check-in & Check-out times** - You may check-in on the official arrival day at 16.45 (4.45 pm) and check-out is scheduled at 10.45 on the closing day of the event.
4. **To match your travel plans with the start / end of the retreat event, it is best to take the following ferries:**
 - **On arrival day: Take the 14:30 ferry run by Jadrolinija from Split, arriving 16:20 at the Stari Grad Port**
 - **On departure day: Take the 11:30 ferry run by Jadrolinija from Stari Grad, arriving in Split at 13:20**
 - **You can buy your ticket online here: <https://www.jadrolinija.hr/en/home>**
 - **The one-way ticket to Stari Grad on the Jadrolinija ferry costs about 8.4 euros per person** (please double-check prices at the Jadrolinija website or ticket office as prices may be altered without notice), and 48 euros for a car.
 - **No advanced reservation is needed for foot passengers** but you can certainly buy your ticket online and it is always best to buy your ticket in advance if you are traveling by car as places in the garage are limited.
 - **If you buy your ferry ticket at the ticket booth instead of online please be sure to ask for a ticket to “Stari Grad Port,” don’t just say “Hvar,”** otherwise you will likely end up on the other side of the island and you will have to take a bus or taxi to reach us! The taxi can cost 50 euros!
 - **Please be sure to confirm your travel plans to the retreat with us in advance.**

Arrivals at Other Times & Ports

If you plan to arrive / depart at other times or from other locations, it is best to check with the ferry operators for options and then take a taxi to/from the retreat, keeping in mind the official check-in time is 16.45 and check-out is at 10:45. Taxis are stationed at the ports but you can pre-order a taxi using PickApp: <https://pickapp.hr/en/>

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 check out options from the following providers:

<https://www.jadrolinija.hr/en/home>

<https://www.tp-line.hr/en/>

<https://krilo.hr/en/>

Tip: If you arrive in Hvar Town early, you can leave your luggage at the Hvar Town public luggage storage facility, located just off of St. Stephen's square near the central bus & taxi stand. Or you can use a private company for luggage storage:

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

When ready, you may make your way to the north side of the island by taxi or bus.

A Map from the Hvar Catamaran Station to the Bus Station: Here's a map to help you make your way from the point of arrival by catamaran to the bus and taxi station:

<https://maps.app.goo.gl/gn1KQAurTX1J4fWbA>

The Hvar – Stari Grad bus timetable: <https://cazmatrans.hr/hr/novosti/hvar-vozni-red-bus-timetable/>

Luggage storage in Stari Grad

You can take an early bus to Stari Grad town and leave your luggage at the Hvar Unlimited Travel Agency for a small fee: <https://www.hvar-unlimited.com/>

We advise you to coordinate your travel plans so that you can either be collected at the Stari Grad Port at 16.30, or from Stari Grad town at 16:40 (also free of charge).

Or you may make your way to us by taxi in time for the 16:45 check-in. The ride will take about 30 minutes.

A Map from the Hvar Town Taxi Stand to the Suncokret Retreat Center:

<https://maps.app.goo.gl/pV5Ak69Ko5jK17qu6>

For more tips, please see our Reach Us travel page: <https://www.suncokretdream.net/travel>

And Finally... please be sure to connect with us before you travel:

- **WhatsApp/Viber/SMS: +385917392526 (Evening – Program Manager)
+385915198717 (Stipe – Transfers & Local Guide)**
- **Messenger: m.me/suncokret.retroat**
- **Instagram: <https://www.instagram.com/suncokretdream/>**
- **Our Address:** Suncokret Retreat, Gojava 9 Dol Sveta Ana (just below Sv. Mihovil Church). You can find us on Google Maps:
<https://goo.gl/maps/iqE9JHz2AnN2>

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