"Retreat Plus" activities provide you with the opportunity to add on a select range of leisure, adventure, and holistic activities to enhance your "Classic Retreat" group program package.

Select from the range of services below to co-design the retreat of your dreams. We're looking forward to hosting your unique event!



WALKING & HIKING TOURS

Experience the island on foot with these informal yet	Gro
informative tours:	1.5-

- Hidden Sites Hiking Tours explore Hvar's matural landscape where you will discover a plethora of hidden historical, cultural, and natural wonders dating back to time immemorial.
- Town Gems Walking Tours enjoy guided tours of Pharos, Croatia's oldest town, Hvar's "Little Venice," and/or Hvar Town, a "Living Museum."

Group offer: 1.5-hour Town Gems Walking Tours: €20 per person, including a guide & a museum entrance fee

2.5-hour Hidden Sites Hiking Tours:€30 per person, including guide & refreshments

Available: As agreed



CYCLING ADVENTURE

What better way to connect to our island's unique and beautiful scenery? Go it solo or sign up for a guided cycling tour(s). After the tour you can enjoy the bike on your own for the remainder of the day:

- Stari Grad Town & Plains Tour
- Inland Villages Tour
- Coastal Villages & Coastline Tour

Group offer: Half-day Cycling: €40 per person, including a 1.5-hour guided tour + use of a full suspension bike, helmet, basket, and lock. (*E-bike upgrade costs an additional $\in 20$ per bike.)

A la carte:

Bike Rental (per day): €22 Full

suspension bike / €42 Full suspension e-

bike + helmet, basket, and lock.



SEA KAYAKING

Sea kayaking is a wonderful way to explore Hvar's coastline and nearby islands.

You may opt for a 4-hour guided tour led by an experienced guide who leads you safely to nearby islands, where you can swim, snorkel and enjoy a drink in a boho-chic cafe before heading back to the starting point.

Group offer: 4-hour Guided Tour: €50 per person, including guide & equipment

A la carte:

Kayak Rental: Single: €11 per hour -OR- €22 per day (or) Double: €14 per hour €38 per day
Available: As agreed



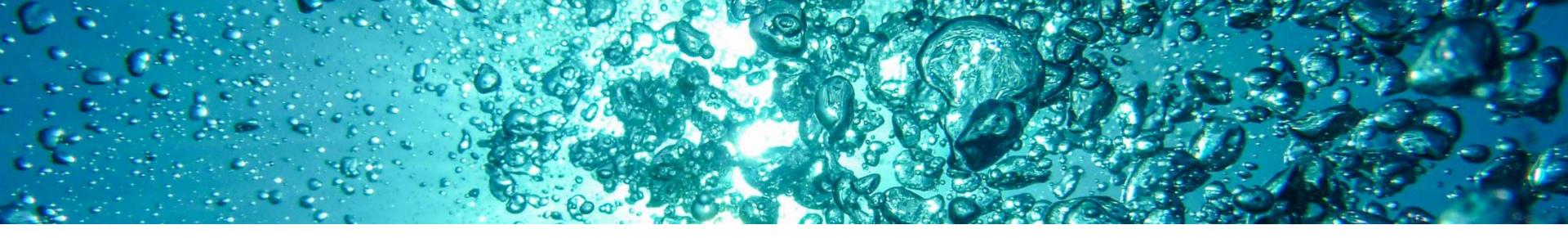
SUP

What could be more inspiring than paddling on the open sea, passing by stunning stretches of coastline, surrounded by crystal clear water?

We can organize a Sup Yoga lesson for your group or you can simply rent sup boards a la carte at many of the locations we visit during your stay.

Group offer: 1-hour Sup Yoga Lesson: €40 per **person**, including instructor and equipment

- A la carte:
- Sup Rental: €15 per hour or
- € 45 per day
- **Available:** As agreed



SCUBA DIVING

The "Discover Scuba Diving" session is a quick and easy introduction to what it takes to explore the underwater world.

Learn the basics of how to use scuba gear and get a quick and easy introduction to what it takes to explore the underwater world. Learn the basic safety guidelines and skills needed to dive under the direct supervision of a PADI Professional. No prior experience is necessary.

Group offer: 2-hour Scuba Diving Lesson: 80€ per person, including instruction & equipment

Available: As agreed



SAILING AND SNORKELING

Group Offer: This sailing trip offers you just the right amount of 4-hour Sunset Sailing Tour: €110 per time to discover the beauty and wonder of the person, including water, wine, snacks, hidden gems in and around the Pakleni islands and snorkeling equipment. 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.

Available: May - September on Wednesdays, Thursdays, or Fridays



SPA

Pamper your body and soul with a wide range of services, including:

- Spa Treatments
- Body Massages
- Facial Treatments
- Spa Zone
- Hand & Foot Care
- Hair Removal

A la carte: prices vary (many options available, ask for details)

Available: Usually Tuesdays or Fridays, or as agreed

Individual bookings only



HOLISTIC CARE

Balance your chakras, boost your wellness and/orA I gain insight into your life's biggest questions€4 employing the wisdom of the Tarot.

Available services:

- 30-minute Bioenergy Wellness Boost
- 30- or 60-minute Reiki Chakra Balancing Session
- 30- or 60-minute Tarot Life Insight Session

Individual bookings only

A la carte: €40 per person, including a 10minute consult + 30-minute session €80 per person, including a 10minute consult + 60-minute session

Available: As agreed



REIKI I WORKSHOP

Awaken the healer within. Learn to channel healing energy to heal the body, mind, and spirit! This 6-hour workshop conducted in two afternoon sessions 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: €200 per person, including the workshop, Reiki I attunement, and a Reiki I certificate

- **Duration:** 2 sessions of 3 hours each
- Available: Monday-Thursday



IAYT PROGRAM

The Integrated Approach to Yoga Therapy is the practice of yoga as a complete science for conscious living. If your group is traveling without a yoga teacher, you can sign up for one or more of the following sessions:

Yoga Sadhana: A daily practice for balance & bliss. Satsang: A talk on IAYT and how can it enhance your life. Advanced Meditation Series:

- Cyclic Meditation (Anti-stress, mindfulness technique)
- MSRT (Mind Sound Resonance for deep inner healing)
- PET (Pranic Energization heal your body with life force)
- OM Meditation (Connecting to the sound of the universe)

Group offer: 20€ per person for a 90minute session €200 per person for the complete package, including 5 x 90-minute morning Yoga + 1 x 90-minute

Satsang + 4x 90-minute Advanced Healing Meditations.

Available: as agreed



WINE TASTING

Classical tasting of 4-6wines 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 Hvar Island, and experience a plethora of intense colors and aromas.

90-minute tasting: €40 per person, including the tasting of 4 wines + refreshments

Available: As agreed



OLIVE OIL TASTING

Treat yourself to a unique and unforgettable tasting
 of one of the island's most precious and prestigious
 products - olive oil - in a local distillery!
 Po-minute tasting: €30 per person,
 including a professionally-guided
 tasting of 4 types of gourmet oils +
 refreshments

During the tour you will:

- visit the oil mill and learn about oil production
- taste 4 different olive oil types
- enjoy a professionally-guided tasting
- gain tips on recognizing Extra Virgin Olive Oil

Available: As agreed

The listed prices are for informative purposes only. During the consultation process, we will confirm the latest prices for the selected activities.

CONTACT US



@SUNCOKRETDREAM



SUNCOKRET BODY & SOUL RETREAT



INFO@SUNCOKRETDREAM.NET



WWW.SUNCOKRETDREAM.NET

