

Hormonal Reset & Detox Retreat - Iz (Croatia)



with Shakti Simone Lehner & Tereza Schmitt

Sunday Oct 2 – Sunday Oct 9, 2022

To make every Retreat to suit everybody in the best possible way, we reserve the right to change details in the program - this way we can adapt to spontaneous opportunities, the weather and other conditions. All our program is optional and you take as much or little part in it, as it suits you most in the given moment. We look forward to spend this week with you!

Feel free to arrive or depart on any other day. We hope this might give you better options to find a good flight connection.

Please check the boat-schedule Zadar-Iz on our website to find out, if you might need an extra accommodation in Old Town Zadar - there are plenty.

The price of the Retreat includes 7 nights with half board.

Extra nights at our hotel can be booked through us without any problem (appr. 60,- Euro per night incl. a special discount for our group members, depending on your type of accommodation) and be paid cash or card on site.

All events will be Anglo-German depending on the need, so everybody is on board.

Our schedule:

Sunday - Arrival Day

16:30 h optional: gentle grounding Yoga Flow with Tereza

18:30 h Dinner

20:00 h Welcome, Introduction, Overview with Shakti & Tereza

Monday

07:30 h optional: Detox Yoga Flow „Letting go“ with Tereza

09:30 h Breakfast

14:30 h Workshop: „Hormone Yoga Therapy and You“ with Shakti

16:30 h Hormon Yoga Class with Shakti
18:30 h Dinner

Tuesday

07:30 h Hormon Yoga Class with Shakti
09:30 h Breakfast
14:30 h How to detox, release and cleanse your body and mind -
practical tips with Tereza part 1
16:30 h Hatha Flow for juicy fascia and a healthy connective
tissue with Tereza
18:30 h Dinner
20:15 h Yoga Nidra, Pranayama, Anti-Stress-Exercises for a deep
and restful sleep with Shakti

Wednesday

06:15 h Silent walk to Korinjak Hill (164m) - Sunrise-Meditation
09:30 h Breakfast
14:30 h How to detox, release and cleanse your body and mind -
practical tips with Tereza part 1
16:30 h How does HY work - Class and Theory with Shakti
18:30 h Dinner
20:15 h Surprise

Thursday

07:30 h Hormone Yoga Class with Shakti
09:30 h Breakfast
12:30 h Hormone Yoga Teacher Special - new science on pathology,
special cases, alternatives for special needs, Q&A with Shakti
15:00 h optional: Boat trip to the little island Rudnijak - swimming,
snorkeling
16:30 h Sunshine Yoga Flow on the little island with Tereza
we'll be back for
19:00 h Dinner

Friday

- 07:30 h Silent Flow „Unifying the Prana Within“ with Shakti
- 09:30 h Breakfast
- 14:30 h Inner purification through the chakra system - Workshop with Theory & Practice with Tereza
- 19:00 h Dinner
- 20:15 h Good Night Meditation with Shakti

Saturday

- 07:30 h Hormone Yoga Surprise with Shakti
- 09:30 h Breakfast
- 14:00h Hormonal Reset, Detox & Wellness@home with Shakti & Tereza
- 16:30 h Pranayama & Wellbeing-Flow with Tereza
- 18:30 h Dinner
- 20:15 h Farewell-Party

Sonntag - Departure or Day off - your Options:

- 14:55 h Boat to Zadar
- 09:00 h Breakfast
- 18:35 h Boat to Zadar
- 19:45 h Ferry to Zadar, ca. 75 Min.

or

Book an extra Night for appr. 60,- Euro incl. Half Board
and take the boat the next day - on Monday Morning:

- 06:10 h Boot to Zadar
- 09:00 h Breakfast
- 12:40 h Catamaran/Fast Boat to Zadar

Have a safe journey home!