



YOGA & NUTRITION RETREAT

7 - 12 SEPTEMBER 2023

Join us in beautiful ISTRA, CROATIA



BMS-Retreats
BODY • MIND • SOUL



LAUREN ANNE



IS THIS RETREAT RIGHT FOR YOU?

WHETHER YOU'RE CURRENTLY EXPERIENCING DISCOMFORT/ DIS-EASE IN YOUR HEALTH OR LOOKING TO TAKE YOUR PERSONAL WELLNESS TO THE NEXT LEVEL THIS RETREAT WILL GIVE YOU THE TOOLS YOU NEED TO TAKE BACK YOUR POWER AND REALISE THE TRUE POTENTIAL OF YOUR BODY TO HEAL ITSELF.

IF YOU'D LIKE TO...

EXPLORE, EXPERIENCE & LEARN NEW THINGS

EXPAND YOUR HEALTH CONSCIOUSNESS

RELAX EMOTIONALLY, PHYSICALLY & MENTALLY TO 'RECHARGE YOUR BATTERIES'

MEET NEW & INSPIRING PEOPLE

IMPROVE YOUR OVERALL QUALITY OF LIFE

... THEN JOIN US IN BEAUTIFUL ISTRA, CROATIA FOR THIS UNIQUE & EXTREMELY INFORMATIVE RETREAT!

MINIMUM NUMBER OF PARTICIPANTS: 12 | MAX. 20

PROGRAMME 2023



YOGA & Nutrition Retreat

7 - 12 Sep 2023

Day One

14:00 Airport Transfer to Hotel

18:30 Welcome Circle & Dinner

20:30 Sound Healing Session

Day Two

07:30 - 09:00 Yoga & Breathwork

09:00 - 10:00 Breakfast

10:30 - 12:00 Introduction to blood-types & to your blood group diet

12:00 - 14:00 Lunch at your leisure

14:00 - 15:00 Healing your Inner Child Meditation

15:00 - 21:00 Excursion to one of the most beautiful cities in Croatia, Rovinj with guided tour + dinner

Day Three

07:30 - 09:00 Yoga & Meditation

09:00 - 10:00 Breakfast

10:30 - 12:00 Eat right for your type. Your strengths, weaknesses affinities to diseases + supplements to improve your wellbeing.

12:00 - 17:30 Lunch at your leisure

13:00 - 17:00 Private sessions bookable upon request: Chakra-Balance, Prana-Healing, Kinesiology, Coaching, Sound Healing or Yoga.

17:30 - 19:45 Forest walk to the dinner location, dinner & walk back to hotel

20:00 - 21:00 Sound Healing

Day Four

07:30 - 09:00 Yoga & Meditation

09:00 - 10:00 Breakfast

10:30 - 12:00 Alkalisising the body for overall wellbeing (i.e. detoxification, anti-inflammatory diet, anti-aging diet, energy-booster & superfoods.)

12:00 - 15:00 Lunch at your leisure

13:00 - 16:00 Private Sessions bookable upon request as previously listed.

17:00 - 20:00 Small bike-ride to our romantic, gorgeous dinner location

20:00 - 21:00 Sound Healing

Day Five

07:30 - 09:00 Yoga & Meditation

09:00 - 10:00 Breakfast

10:30 - 12:00 Healthy hormones, enzymes, vitamins & amino acids to boost metabolism, the immune-system & promote the healing process. Learn how to activate your happy hormones & other helpful tricks.

12:00 - 15:00 Lunch at your leisure

15:00 - 19:00 Truffle Hunting & Truffle Menu Tasting in the famous region of Buzet.

19:00 - 19:30 Sound Healing

19:30 - 21:00 Closing Ceremony & Aperitifs

Day Six

07:30 - 08:30 Meditation

08:30 - 09:15 Breakfast & Goodbye

09:30 - 12:15 Transfer to VCE airport

OUR RETREAT TEAM



Danijela Andric Casson

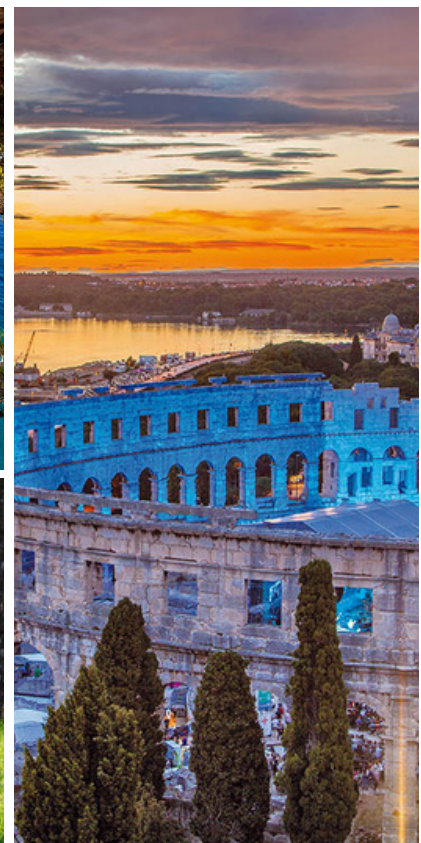
Holistic Practitioner, Prana-Healer, Kinesiologist, Psychotherapist, Nutritionist, Owner & Founder of BMS-Centre & BMS-Retreats

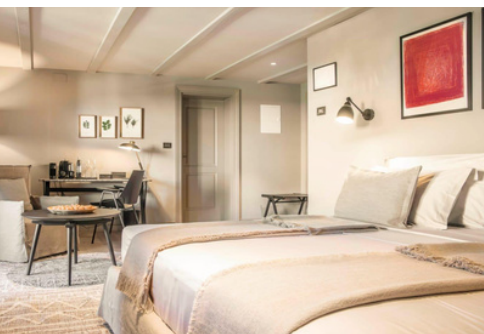


Lauren Anne

Elevated Internationally Recognised Yoga Teacher, Sound Healer, Breathwork & Meditation Leader, BA[H] Psychology, Co-Active Coach, Founder of Lauren Anne Wellness

EXCURSIONS





THE PACKAGE & INVESTMENT

6 DAYS/5 NIGHTS IN LUXURY ACCOMMODATION IN ISTRRA, CROATIA

ALL SCHEDULED GROUP-SESSIONS

BREAKFAST, LUNCH & DINNER WITH SOFT-DRINKS

YOGA EQUIPMENT

GROUP AIRPORT TRANSFERS FOR VENICE AIRPORT TO/FROM THE VENUE ON ARRIVAL
AND DEPARTURE DAYS

ALL EXCURSIONS WITH GUIDES & TRANSFERS

30-MINUTE FOLLOW-UP CONSULTATION VIA ZOOM WITHIN 21 DAYS OF THE RETREAT

SINGLE OCCUPANCY

€3,495

DOUBLE OCCUPANCY

€2,595 PER PERSON

TAXES INCLUDED

REGISTER NOW & SAVE YOUR PLACE BY [CLICKING HERE!](#)

NOT INCLUDED IN PACKAGE:

FLIGHTS & VISA FEES (SCHENGEN REQUIRED)

TRANSPORT COSTS TO / FROM VENICE OR DIRECTLY TO THE VENUE IF YOU ARE NOT COMING
THROUGH VENICE AIRPORT

EXPENSES OUTSIDE THE PROGRAM

PRIVATE SESSION(S) DURING THE RETREAT