
YogiTribe Vis Island Yoga Retreat

12th - 17th September 2024
or
18th - 23rd September 2024

You are invited... to steal
away for a treat, to rest, restore,
heal and revive! Create a glow from
within to take home with you and
grow. Join us for a yoga retreat
adventure, a truly amazing
experience. Choose from a 3 day,
5 day or 10 day retreat!



Yoga

Every day you will be invited to yoga classes

Outdoor yoga amongst stunning scenery every morning and evening is offered from a dynamic practice in the morning to a softer practice or a workshop in the evening.

There will be a variety of Budokon and dynamic vinyasa flow practices, including restorative, yin yoga, Tai Chi-inspired movement, breathwork, Yoga Nidra and guided meditation practices. Being in a small group allows you to work on a much more personal basis to really excel your practice, and get those one-to-one adjustments and advice.

Most classes will be on the terrace at the villa overlooking the sea.... the most incredible view for yoga and meditation. We will also take a class at Srebrna Beach in a natural amphitheatre by the sea which is magnificent.

You will be mixing with positive, like-minded people, immersing yourself in yoga and beautiful surroundings and enjoying fresh Mediterranean vegetarian and pescatarian meals.

You will also have plenty of time to relax, journal, read, swim, and explore.



Vis Island

About Vis Island

Separated from the mainland of Croatia means no noise, smog and traffic jams, and makes Vis an ideal place for connecting people with nature.

Island of Vis is small and tranquil, with only about 3600 inhabitants. Its climate is Mediterranean making it an ideal place for growing lemons!
Vis has always been an island of fishermen and winegrowers.

There is a word used in the Dalmatian coast of

Excursions

During the retreat you'll have time to explore the little streets of Vis, or the beaches of Komiza.

We'll also take a boat trip to the picturesque Stiniva Bay, and to Budikovac Island.
You'll have the opportunity to go swimming in the Green cave.

We'll spend a morning at Srebna beach and practice yoga followed by a breakfast picnic.

A short walk from our villa is Milna beach where

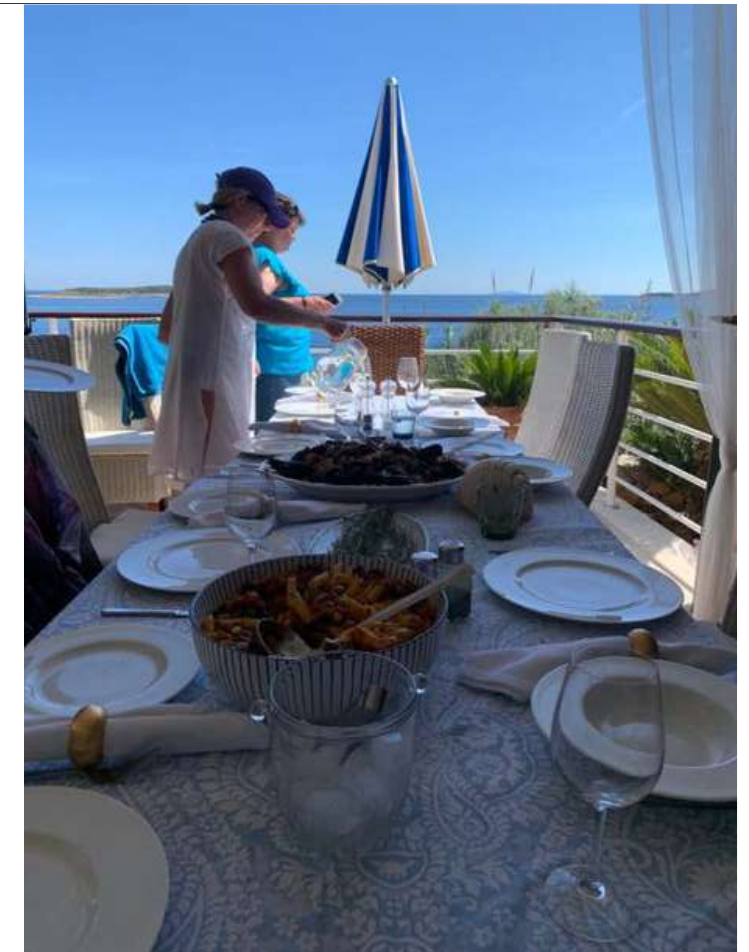


Food

Meals cooked by a private chef

Food really does make a retreat and has always been a delight at the Vis Island retreat with delicious fresh Mediterranean organic vegetables and fish, smoothies and energy balls, and mostly all local produce too.

Throughout the retreat there will be a breakfast, lunch and dinner, or on some days brunch and dinner cooked by our private retreat chef. All meals will be vegetarian or pescatarian, and dietary needs catered for on request. We will have one dinner out either in Komiza or Vis town.



We'll also have a breakfast picnic on our beach yoga day at Srebna.

The view from the dining table at Villa Tempera is absolutely stunning, and many stories and laughs have been shared over the dining table, whilst enjoying the morning sunshine, watching the sunset, or gazing at the moon and the stars as the evening sets in.

Villa Tempera is such a special venue and the food matches this. Usually, everyone goes home feeling healthy and well-fed... and wanting to take the chef home too!

Wine down



Organic wine is served with dinner.

Croatia has some amazing vineyards and beautiful wines and enjoying a beautiful glass of wine whilst connecting with others is all part of the Vis Island retreat experience, after all laughter is the best medicine.

YogiTribe retreat groups end up feeling like a family and often have reunions afterwards!

Situated just a 15-minute walk away from our retreat villa, we have the option to visit a vineyards that has been in the same family for 370 years.

Here, you can sample the Vislander wines whilst sitting outdoors overlooking the vineyards; a lovely authentic experience. This is all of course optional and your retreat can be tailored to your specific needs.

Schedule

Example of a Flexi-schedule:

8 am - 9.30 am: Morning Wake up and Glow Yoga, and Guided Meditation

9.30 am: Journalling, showers/ baths etc

10 am: Breakfast

11 am - 1 pm: Free Time or Optional Stand up Paddleboarding excursion and class

1.30 pm: Lunch

2.30 pm - 5.30 pm: Free Time on our private beach, or an optional excursion such as a Stand up Paddleboarding excursion and yoga class

6pm - 7 pm: Workshop class such as making lavender eye pillows, making a vision board, a Yin class, cookery class

7.30 pm: Dinner

Please note, on some days we might have brunch and dinner and a longer excursion



The Villa

Villa Tempera was built by the owner and is in such a beautiful spot right by the sea, and surrounded by lavender and rosemary plants.

We return to this villa year after year because it is so idyllic, and Vis Island is so calm and easygoing, just perfect for a retreat.

The comfortable lounge is perfect to snuggle up and read a book or watch a film in. There is an indoor and an outdoor dining room.

Each bedroom has an en suite with a bath/shower.

There is an indoor and an outdoor kitchen, and meals are eaten with a beautiful view of the sea.



The Garden

As well as having a magical sun terrace, Villa Tempera has its own private entrance to the sea, with sun loungers to relax on.

Relax, restore and renew amongst the most beautiful surroundings. You will also find lavender and rosemary growing around the villa, blissful.

There are a couple of bikes available if anyone wants to explore.



Accommodation

TOP FLOOR MASTER BEDROOM

This top floor master bedroom has the best view all around with two terraces and can sleep up to four people. It has 2 private terraces with chairs and tables and beautiful views all around.

It is the best room of the house offering privacy, en-suite bathroom with walk in shower, air conditioning, a mini fridge, tv, wardrobe, wooden/glass room divider and armchairs.

Prices include all meals from our private chef, and all yoga and meditation classes and workshops.



Accommodation

All other bedrooms can be made up as twin or doubles.

There is the main floor room leading on to the terrace, the top floor twin, and also two large garden rooms which have separate entrances to the main house and their own little outdoor seating areas.

All rooms have air conditioning, en-suites, hair dryers and towels.





Prices

5 days including transfers, excursions, yoga, SUP and all meals

Top Floor Deluxe Room

Double Occupancy: £1300 p/p

Single Occupancy: £2100

All Other Rooms

Double Occupancy: £1100 p/p

Single Occupancy: £2000

Prices include transfers to and from the airport, all yoga classes and workshops, all refreshments and meals cooked by a private

I hope you can join us for this incredible experience! Get in touch: yogitribe@icloud.com
