



RETREAT YACHTING

The Escapist Dream



The Experience

At **RETREAT YACHTING**, we have crafted a unique concept, tailored to engage and rejuvenate your entire essence: Your mind, your body and your soul. This is not just a retreat, but an adventure that reimagines the art of travel, culinary exploration, cultural immersion and holistic wellbeing.

When creating **RETREAT YACHTING**, our mission was not simply to offer a service but to create an **EXPERIENCE**. We aim to transform the concept of luxury yachting into an **exclusive escapist dream**. Every element is designed to appeal to all your senses leaving you feeling awakened and uplifted.



If you are not someone for whom the charter experience is solely about sipping cocktails, indulging in calorie-laden food and gaining extra pounds, but are interested in giving yourself a **reTREAT** during your holiday, it will be our privilege to serve as your oasis. If you want to turn back the clock on your years or better yet: add years to your clock instead of indulging in immediate pleasures that leave you feeling empty – Retreat Yachting will be your time capsule.

This transcendent experience offers you an escape from the disruptions of your universe, while enabling you to feel better, think better, move better, and be better. You will find yourself leaving us enlightened with newfound perspectives on yourself and the world around you.



The Adriatic Sea as a backdrop will never disappoint: lose yourself in its depths, its hidden beauty, and its secluded bays. Be inspired by historical sites, unspoiled nature, and a rich cultural heritage. Here, the appeal of off-the-grid seclusion is only moments away from civilization. You will experience the freedom of going offline and a completely different world that surrounds you when you take your eyes off the screen. Surrender to the waves and realize that the pursuit of the sun is the only race worth running.

The fusion of mesmerizing landscapes and secret retreats will recharge you. Activities that engage both your body and mind will broaden your horizons. Personalized cutting-edge treatments and nourishing cuisine will revitalize your very being. And days filled with introspection, discovery, and different customs will enrich every dimension of your life.



From energizing **sunrise rituals** that activate both mind and physique to custom-designed programs that trigger your senses, culminating in serene evenings – our programs are intimate, private, and exclusively yours. Whether you are seeking solace from stress triggers, struggling with weight control, aiming to extend your lifespan, or prevent potential health problems, our offerings are not only effective but also serve as key elements of a self-care routine aimed to enhance life quality and longevity. With us, you can escape, relax, detox, de-stress, rejuvenate, and ultimately find balance.

Unlike some other sea adventures, Retreat Yachting isn't about escaping nature; it's about embracing it. We'll gracefully follow nature's lead, seamlessly blending with the elements. Rather than hiding or running, we'll adapt, adjust, and merge with the wind, the sun, the clouds, the rain and the waves that accompany us throughout our journey.

During this experience, your **safety and privacy** stand as our primary concerns. Accompanied by a dedicated team of wellness, medical experts, and attentive crew members (12-15), you will find support for your every need. The yacht will be accompanied by a speedboat and a sailing vessel, ensuring maximum security and assistance throughout your journey. Our programs guarantee access to a doctor or nurse 24/7, always ensuring comprehensive care and peace of mind.

On your travels of self-discovery with RETREAT YACHTING, you will build a deeper connection to yourself, your natural environment and the people around you. We encourage you to hold on to this connection and carry it forward, as we truly believe that living in tune with yourself and your environment paves the way to a life that is both longer and more fulfilling.

This is the essence and vision of RETREAT YACHTING — where luxury is redefined, and life is reimagined.



5 Pillars

The Yachting Retreat is an experience anchored in five fundamental pillars: **initial assessment, engaging physical activities & practices, tailored nutrition, personalized therapies, consultations and treatments and an array of signature experiences enriched with delightful surprises** to remember us by.

1. Initial assesment

The initial diagnostic assessments are crucial; they evaluate your body and mind's starting condition, allowing our specialists to design a plan that maximizes the retreat's benefits for you. Initial assessments provide insights into your overall condition serving as essential starting points for your journey and they also serve to monitor your progress.



We will use bioimpedance to discover your body composition, analyze hormones that play an important role in aging and provide other elementary laboratory tests significant in creation of your custom programs. These assessments pave the way for tailor made nutrition, exercise, supplementation, and treatments plans. At the end of your RETREAT you can choose to further upgrade your diagnostics packages according to your needs and desires.





2. Physical activities & practices

Our **physical activities & practices** are led by distinguished experts and we plan them according to your personal needs and wishes. They include a diverse range of options: peaceful nature walks, captivating hikes and runs, various body workouts, Pilates, stand-up paddleboarding (SUP), a spectrum of yoga practices, and different breathing techniques from intensive breathing to meditative breathing exercises.



3. Nutrition

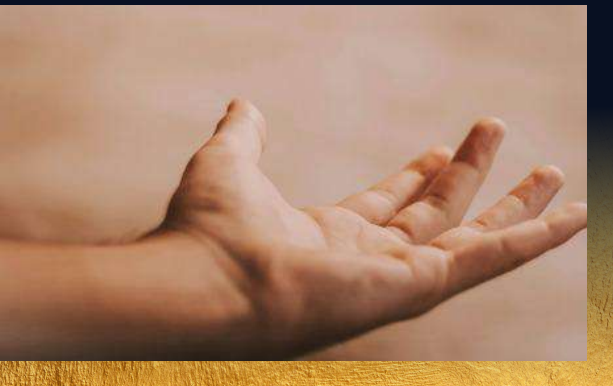
We place a significant emphasis on **nutrition**, one of the key aspects of your experience. Enjoy locally sourced, seasonal Mediterranean cuisine, each dish prepared with the utmost care and premium ingredients. Each meal is nutritionally balanced and created to nourish both body and soul. Our menus are customized to align with your health needs, preferences, and dietary restrictions, including allergies.



With a dedicated nutritionist as part of our team, we adapt your dining experience on the fly, ensuring you can surrender to the expertise of our chefs and nutritionists. You will also be given a chance to explore some of their culinary techniques with our interactive cooking classes.

All of our programs include special and personal nutrition and supplementation plans depending on their focus: wellness, weight-loss or longevity. These plans are a combination of detox, fasting, reduction of oxidative stress and inflammation and aim to recharge and rejuvenate.





4. Therapies, consultations and treatments

4th pillar combines **individual therapies, consultations and treatments** which are designed to enhance your well-being, happiness, and relaxation. They cater to your every need, ensuring a unique and rejuvenating experience.

Our offerings range from Osteothai, Moxa, Craniosacral therapy, Cupping (in both glide and static styles), and Thai trigger point therapy to an extensive variety of body and facial massages. Additionally, you'll benefit from one-on-one sessions with our nutritionist, lifestyle coaches, physical movement specialists, psychologists, longevity and medical experts.



5. Signature experiences

Our **signature experiences** are what truly set this retreat apart. Variety of workshops from nutritionist to culinary, lifestyle to breathwork, mental training to longevity will give you fresh insight, great guidance and abundance of useful information. Our adventures will take you away from your everyday problems.



You'll have the chance to experience educational sailing, vineyard and olive garden tours, the exhilarating Via Ferrata, a day with local fishermen, photography workshops, and arts and crafts sessions. You will also be able to enjoy your private time, relax, introspect, be creative, motivated and often surprised :).



Retreat Yachting Programs

Retreat Yachting is available through 3 different Programs



1. Wellness

It is the fundamental of Retreat Yachting and it guarantees to give you the much needed „time off“ your daily life, a break from your routine and wheels you into this dreamy marine experience we like to call: THE ESCAPE.

Analyses such as electromagnetic bioimpedance will give us a preliminary insight into your overall state and help steer you into the right direction. This unique, first of its kind, approach to wellness and retreat programs will quickly become ingrained in your life.

We will take on a journey of a complete lifestyle makeover introducing you to new experiences every day through our workshops and activities designed to trigger all of your senses and affect your overall wellness.

Focus:

Focuses on rebalancing your mind, body and soul and includes **anti-stress, relaxation, balance and lifestyle** programs and routines. Throughout this entire journey or goal is for you to: go offline, relax, find balance, destress, and revitalize.

Vision:

Wellness is much more than massages, facials and yoga classes. Once we set our course, you will find yourself immediately detached from your daily worries and immersed in a new universe of self care and wellbeing.





2. Weight loss

Is carefully crafted holistic approach to achieving and maintaining a healthy weight designed and led by Croatian Biggest Loser coach Sanja Žuljević with over 20 years of experience working with individuals facing different weight issues.

You will gain insight into your body's really workings and why it accumulates weight. You will dive deep into your mind to discover all the wonderful ways it controls your every cell. You will understand why your body still reacts like you live in a cave although you are on a 5-star yacht. Through interactive sessions, you will learn about the principles of nutrition, portion control, mindful eating, and the importance of physical activity.

This program includes more extensive diagnostics and differs in the physical activities plans, nutrition plans and the extent of nutrition workshops.

Focus:

Activation and wakening of all your systems. Starting with a deep clean, this program focuses on returning your body in a state of balance or, for some, achieving it for the first time. The workshops emphasize sustainable lifestyle changes rather than quick fixes, empowering you to make informed choices and develop healthy habits to last you a lifetime.

Vision:

Weight management goes beyond calories and scales; our vision is to give you knowledge and guide you in seamlessly integrating it into your daily life.





3. Longevity

LONGEVITY program is based on scientific findings of an award winning scientist **Francois-Xavier Pellay** whose discoveries are a crucial part of the program. For centuries, people have been searching for the fountain of youth, a magical elixir that would grant them eternal youth and vitality. Although it has not yet been found, the rapidly advancing field of regenerative medicine offers new hope in the quest for longer, healthier lives.

This innovative field is focused on harnessing the body's natural self-healing abilities, often using stem cells, tissue engineering, and advanced biomaterials. The progress of regenerative medicine has the potential to delay or even reverse the aging process, leading to a better quality of life as we age.

We start the program with LONGEVITY diagnostics enabling the creation of personalized nutrition plans. These plans are a combination of detox, fasting, and the reduction of oxidative stress and inflammation. Additionally, our rejuvenating nutrition program is complemented by a customized activity and supplementation protocol. Within this program you will gain insight into every part of your life building upon another, how things are connected and affected.

Our bodies are the consequence of our genetics, but much more of our surroundings, lifestyle, nutrition and workout habits.

Focus:

Longevity module focuses on integrated approaches from all fields of expertise with one goal in mind – rejuvenating your body, mind and soul. We aim to reactivate the health potential of each person. We want to revitalize your physical appearance and energy levels by slowing down the biological clock through a holistic approach.

Vision:

We are not really fighting age, we are fighting to enhance life quality. At Retreat Yachting, we aim to add years to your life. Years you can enjoy and live through to the fullest.



Upgrade to the Premium package

At the end of your Retreat you will be given the option to upgrade your diagnostics package according to your desires after which you can book:

- **Online consultations** or
- **Extended weekend arrival** on the yacht for a PREMIUM PROGRAM depending on your wishes.



*All programs include all 5 pillars and activities, treatments, programs and workshops which are listed in the programs table.

**Of course, the daily / weekly time table is always subject to change since we will be following in nature's footsteps using the wind, the sun, the clouds and the waves as our partners.



Create your journey

Perhaps the most special part of this unique Experience is the opportunity to co-create it with us. When we say “custom”, we really mean it.



Your journey will be crafted according to the preference list you will receive upon booking. You will be able to show us what you are passionate about and we will make sure you get the experience you dreamed of. Whether you are an adrenaline junkie or a, whether you want to learn new skills or practice old ones, whether you are a history fan and culture enthusiast or you are more fond of nature's beauty and design, we will create your route and every day in it with one single goal: to best suit YOUR needs and wishes.

You can let your imagination run wild, because our lists are already full of options but we keep expanding them. You can create whatever you think of....

Of course, like we mentioned before: rather than hiding or running from nature, we'll adapt, adjust, and merge with the wind, the sun, the clouds, the rain and the waves that accompany us throughout the journey which means your days will be adapted to current conditions.

Whatever you dream up, we promise you: it will be pure perfection.



Some of our signature experiences you will choose from...



Culinary experience with a chef

History and culture

From farm to table day

Sailing (school)

Day at the vineyard

Via ferrata experience

Day with the fisherman

Photography day

AND MUCH MORE...

