

CROATIA / SLUNJ

ZENZONE

RETREAT RESORT



TREAT
MENTS
WORK
SHOPS
&
ACTIVITIES



MORNING MOVEMENT & SOUND MEDITATION



Start every morning with an invigorating exercise session for body and mind.

- NERVOUS SYSTEM REGULATION
- SENSUAL STRETCHING (for women only)
- YOGA
- DYNAMIC MEDITATION
- ANIMAL MOVEMENT

PRICE

€ 20 per person

DURATION

45 minutes

NUMBER OF PARTICIPANTS

min. 4 people – max. 18 people



A sound journey helps to deepen mindfulness, improve focus and creates a feeling of lightness and well-being.

- DEEP RELAXATION
- NERVOUS SYSTEM REGULATION
- STRESS REDUCTION
- BLOCKED EMOTIONS RELEASE

PRICE

€30 per person

DURATION

60 minutes

NUMBER OF PARTICIPANTS

min. 4 people – max. 20 people





TREATMENTS

Treat yourself to a break and let our therapists pamper you.



SOUND MASSAGE *(after Peter Hess)*

PRICE

€ 70

DURATION

60 minutes



SHIATSU MASSAGE

PRICE

€ 90

DURATION

45 minutes



HOT STONE MASSAGE

PRICE

€ 80

DURATION

60 minutes



CLASSIC MASSAGE

PRICE

€ 90

DURATION

45 minutes



CUPPING

PRICE

€ 50

DURATION

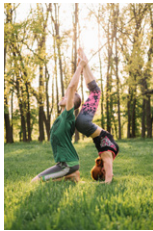
30 minutes





WORKSHOPS

Makrame, acro yoga, natural cosmetics –
Let our offers inspire you.



ACRO YOGA

PRICE

€ 40 per person

DURATION

120 min /day

NUMBER OF PARTICIPANTS

min. 4 people – max. 20 people



AERIAL SILK *(3-day beginner workshop)*

PRICE

€ 150 per person

DURATION

120 min /day

NUMBER OF PARTICIPANTS

min. 4 people – max. 20 people



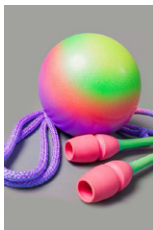
ECSTATIC DANCE

PRICE

€ 30 per person

DURATION

120 min



FLOW ARTS

PRICE

€ 30 per person

DURATION

120 min

NUMBER OF PARTICIPANTS

min. 4 people – max. 10 people



MAKRAME *(2-hour beginner workshop)*

PRICE

€ 40 per person

DURATION

120 min

NUMBER OF PARTICIPANTS

min. 4 people – max. 10 people



NATURAL DIY *(Energy Balls & Natural Cosmetics)*

PRICE

€ 40 per person

DURATION

90 min

NUMBER OF PARTICIPANTS

min. 4 people – max. 10 people



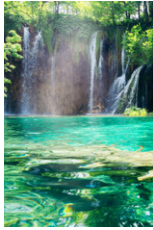


TRIPS & HIKES*

Explore the lush landscapes, discover hidden waterfalls and panoramic viewpoints.



* Subject to change, depending on availability.



PLITVICE LAKES

- Drive (45 min)
- Tour (3 hours with guide and entrance)
- Possibility of having lunch (90 min)

PRICE	DURATION
€ 80	4 hours



RASTOKE

- Drive (30 min)
- Tour (3 hours with guide and entrance)
- Possibility of having lunch in Rastoke (90 min)

PRICE	DURATION
€ 30	3 hours



RAFTING MREŽNICA

- Drive (15 min)
- Tour (3 hours with guide)
- Lunch box

PRICE	DURATION
€ 60	3 hours



KORANA & SLUNJČICA CANYON

- Drive (30 min)
- Hike (2.5 hours)
- Possibility of having lunch in Slunj (60 to 90 min)

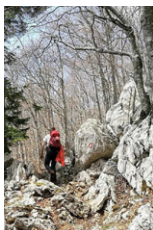
PRICE	DURATION
€ 60	3-4 hours



BARAĆ CAVES

- Drive (45 min)
- Tour (60 min with guide and entrance)
- Lunch box

PRICE	DURATION
€ 70	3 hours



KLEK

- Drive (90 min)
- Hike (2 hours)
- Enjoying the view (45 min)

PRICE	DURATION
€ 70	5 hours