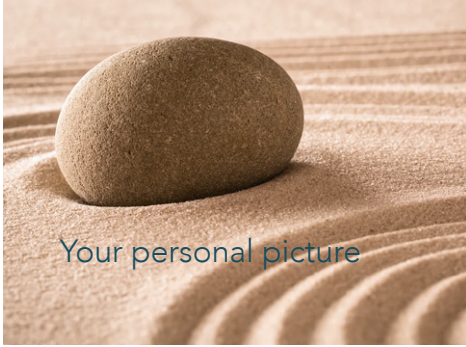


SAMPLE PROGRAM



YOUR RETREAT TITEL

Your Retreat Subline / Description

YOUR RETREAT DATES

PROCESS

SUNDAY, 06/08/2024
DAY OF ARRIVAL

On the day of arrival, we welcome all guests arriving by plane at the airport at 2:30 p.m.

02:30 P.M.

Joint journey to the **ZENZONE Retreat Resort**

ARRIVE AND ENJOY

04:00 – 05:30 P.M.

After a welcome drink and moving into your lodge, tea, coffee, cold drinks and snacks are available for you in the outdoor kitchen area for refreshment.

05:30 – 07:30 P.M.

Introduction – Sifu John Smith and Kristina Jovic welcome you and introduce you to the weekly program.

Sifu John Smith introduces you to the contents of the retreat „Your Retreat Titel“ and the program of the afternoon healing sessions (participants who have registered for this will receive their afternoon treatment appointments).



Short round of introductions between the participants.

Meditation / energy exercise

08:00 P.M.

Dinner together – a delicious vegan/vegetarian buffet awaits you in the outdoor kitchen area.

Gentle ending

MONDAY – SATURDAY

The day starts gently. Enjoy the view from the terrace of your lodge. We recommend a short individual morning meditation to get you in the mood for the day in the wonderful surroundings.

MORNING RETREAT MONDAY TO FRIDAY

8:00 – 8:45 A.M.

CHINESE YOGA – DAO YIN

Dao Yin exercises are over 3000 years old and are used to open the muscles, joints and energy channels (meridians). Dao Yin translates as directing and stretching. These exercises lead to flexibility and suppleness of the body. In the Daoist teachings, this is described as follows: „Remain supple and flexible like a baby because hardness and stiffness are companions of death“.

8:45 – 9:00 A.M.

Break

9:00 – 9:45 A.M.

TAIJIQUAN

The application of the highest harmony is called Taijiquan. Taiji (supreme harmony) exists when yin and yang are equal. Practitioners experience this principle in the exercises of Taijiquan. The slow and harmonious movements unite up-down, right-left and inside-out. Taijiquan is actually Kung Fu in origin and belongs to the Chinese internal martial arts and can also be used for self-defence.

9:45 – 10:00 A.M.

MEDITATION

The calm, immobile engagement with our mind is called meditation. This is the highest level and leads to deep inner realisations. Who am I, what is the meaning of life, why do I not have my thoughts under control or how can I stop my thoughts can be resolved through meditation.

10:00 – 11:00 A.M.

Gourmet breakfast – help yourself in the outdoor kitchen area

approx.

NOON – 04:00 P.M.

If you have decided in advance in favour of a treatment with Sifu John Smith, you will be informed on the day of arrival when you will have your first session at noon/afternoon.



For those who do not have treatments in the afternoon,
there is the option of taking part in organised tours.
NOTE: The organised tours are not included in the retreat price.

EVENING RETREAT MONDAY TO FRIDAY

- 06:00 – 06:45 P.M.** **NEI GONG – ENERGY EXERCISES**
Nei Gong exercises increase our energy potential. More energy means being less tired for everyday tasks, but also no stress. Stress only ever develops when things become too much, you quickly reach your limits. Inclination is a good way to counteract this.
- 06:45 – 07:00 P.M.** **BREAK / WALKING MEDITATION**
This type of meditation teaches us in action (movement) to keep our thoughts calm and composed. In everyday life, we are always on the move. It is therefore helpful to master this type of meditation. Here we practise not getting off centre despite movement.
- 07:15 – 08:00 P.M.** **QI GONG**
Exercises with the life energy is the translation of Qi Gong. The effect of Qi Gong is to become healthy, stay healthy, vitality and longevity. If our life energy can flow freely, we are free from pain and illness. These ancient energy exercises have an equal effect on the body, energy and mind. Only when these three human treasures (body, energy and mind) are free can we realise our full human potential.
- 08:00 – 09:00 P.M.** Dinner
- FRIDAY, 06/13/2025** End the day and socialise by the ZENZONE Fire
- SATURDAY, 06/14/2025** After the morning retreat and breakfast, the participants have
DEPARTURE DAY time at leisure, or for final treatments.
- NOON – 01:00 PM** Farewell
- approx. 01:00 PM** Departure to the airport



ORGANISED TOURS

MONDAY AND TUESDAY

RASTOKE – a charming village in Croatia, located at the confluence of the Slunjčica and Korana rivers. Known for its picturesque waterfalls, old mills and charming wooden houses, Rastoke offers an idyllic setting with lush nature. Visitors can stroll along the well-preserved wooden walkways and admire the small waterfalls that cascade between the old mills and traditional houses. The vibrant mix of nature and cultural heritage makes Rastoke a unique destination that captures the beauty of the Croatian landscape in a charming way.

<https://rastoke-croatia.com/sightseeing/>

This year, the World Tourism Organisation (UNWTO) included Slunj/Rastoke in its list of the world's best tourism villages because it is an outstanding rural destination with recognised cultural and natural treasures, a commitment to preserving community-based values and a clear commitment to innovation and sustainability in economic, social and environmental terms.

WEDNESDAY AND THURSDAY

PLITVICE LAKES National Park World Heritage Site

The Plitvice Lakes National Park in Croatia is known for its breathtaking waterfalls, emerald green lakes and lush forests. The UNESCO World Heritage Site offers visitors a network of boardwalks and hiking trails that lead through the picturesque landscape. The 16 interconnected lakes and numerous waterfalls create an impressive backdrop for nature lovers and photographers. The park is home to a wide variety of flora and fauna, making it a unique destination.

There is enough time in the afternoon for programme B (duration 3 – 4 hours; route length 4 km): Route B starts at the northern entrance to the park („Entrance 1“). The tour takes place in a circle and includes a walk through the limestone canyon of the „Lower Lakes“, an electric boat ride on the largest Plitvice Lake – „Kozjak“, a ride on the panoramic train and a walk along the eastern side of the Canyon to the starting point at „Entrance 1“. Within the programme you will see the spectacular large waterfall „Veliki slap“ and „Sastavke“, the beautiful blue-green lakes „Novakovića brod“, „Kaludžerovac“, „Gavanovac“ and „Milanovac“, as well as the vastness of the lake „Kozjak“.

FRIDAY

KAYAKING AT THE MREŽNICA WATERFALL

The Mrežnica River is considered one of the most beautiful in Europe and is also known as the „playground of waterfalls“. It flows away from the main tourist attractions and stretches between the village of Rastoke and the Plitvice Lakes National Park. The river landscape is characterised by a dense forest environment and cliff-lined gorges.



Access to the waterfalls along the river is often only possible by kayak, which gives the place a natural and unspoilt atmosphere. The source of the river, about 12 kilometres upstream, provides clear drinking water. The Mrežnica Gorge offers an impressive backdrop with dense forest, gently flowing rapids and calm waterfalls. During this tour along the Mrežnica River, participants have the opportunity to explore 10 waterfalls. The brave can jump into the water from different heights, between 1 and 8 metres. For the less adventurous, there is the option of swimming behind the waterfalls, travelling behind them in a kayak or paddling behind them at a leisurely pace. The tour also includes a break for a picnic in the middle of nature (snack package inclusive). Afterwards we swim in the clear green-blue water of the river.

SUPPLY

In your lodge there is a small fridge and the option of making coffee or tea. There is a guest fridge in the outdoor kitchen area that you can use for yourself. We only offer vegan or vegetarian meals during the retreat weeks.

IN THE MORNING

10:00 – 11:30 A.M. Brunch buffet is ready for you in the outdoor kitchen area. Enjoy your healthy brunch on the terrace of your lodge or in the outdoor kitchen area.

IN THE AFTERNOON

15:00 – 17:00 P.M. Teatime
In the outdoor kitchen area you will find fresh fruit, yogurt, honey, coffee, tea, various types of milk and cake...

IN THE EVENING

08:00 – 09:00 P.M. Dinner buffet in the outdoor kitchen area
Daily changing vegetarian and vegan dishes and salads.

Enjoy a week of self-care and healing in our relaxing environment.