

## 6-Day Transformational Adriatic Detox & Energy Retreat in Croatia

**Makarska Riviera | Luxury stay by the Adriatic Sea | Detox nutrition + breathwork + movement + deep renewal**

Feeling exhausted, stressed, or out of balance? This retreat is your reset.

Imagine waking up to sea air and sunrise light, with more energy in your body, calm in your mind, and clarity inside — in luxury accommodation on the stunning Adriatic coast of Croatia, along the Makarska Riviera.

This is not only a detox of the body — it's a renewal of your life energy. Through a carefully structured program combining **detox nutrition, energy practices, breathwork (pranayama), Pilates, meditation, and holistic techniques**, you'll return to everyday life lighter, stronger, and more aligned with yourself.

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### Facilitator

Your retreat is led by **Mirjana Marinović Marjanović** — a highly qualified wellness and movement professional with a holistic approach to health.

Mirjana is the founder of **Performance Studio** (est. 1998) and trained at the **Faculty of Medicine, University of Zagreb** as a senior physiotherapist (occupational therapy). She has continued advanced education internationally and holds certifications in multiple therapeutic and movement methods, including **manual lymphatic drainage (Dr. Vodder), Ayurvedic massage, Pilates, yoga, reformer training, Nordic walking, and relaxation techniques**.

In 2017, she further strengthened her expertise by earning the title of **Professional Specialist in Kinesiology (Kinesitherapist)** at the **Faculty of Kinesiology in Split**. Her work integrates therapeutic methods, mindful movement, and practical lifestyle tools to support long-term wellbeing.

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### What's Included

- **5 nights luxury accommodation**
- **2 daily nutritious meals** (Breakfast & Dinner) + **healthy snacks throughout the day**
- **Pranayama (breathwork) classes**
- **Pilates classes**

- **Sound Healing rituals (Sound Bath / gong meditation)**
- **Relaxation rituals in nature and the Adriatic Sea**
- **EFT (tapping) & Detox workshops**
- **Specialized workshops** (stress release, mental hygiene, integration & planning)
- **Parking**
- **Wi-Fi connection**

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### **What You'll Gain**

- **Improved sleep and reduced stress**
- **Increased mental clarity and steady inner energy**
- **Natural detoxification** of body and skin through carefully selected nutrition
- **Practical tools and techniques** for long-term health, balance, and emotional resilience
- A sense of being **lighter, stronger, clearer** — inside and out

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### **What Makes This Retreat Special**

- **The Adriatic Sea** is rich in minerals and known for its restorative effect on the body and skin.
- The program is designed to be effective but gentle — no extremes, just consistent daily practices that work.
- Daily sessions are guided by **Mirjana**, a highly qualified teacher who supports you with care, professionalism, and depth.
- You leave not only refreshed, but with a **clear routine and practical habits** you can continue at home.

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### **Food & Nutrition (Detox & Energy Menu)**

Fresh Croatian Mediterranean cuisine from local chefs complements the detoxification program for healthy wellbeing.

For your health journey, you'll enjoy a selection of **healthy salads, quality proteins, seasonal vegetables and fruits**, and **delicious detox-friendly beverages**, aligned with the retreat's goals.

Please advise of **any allergies or dietary needs at the time of booking**, prior to arrival.

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## **Full Program Overview (6 Days)**

We have created a carefully designed program that combines detox nutrition, energy exercises, meditation, and holistic techniques so that you can return to your everyday life lighter, stronger, and full of life clarity.

- Day 1: Arrival & Registration**

A warm welcome, settling in, gentle connection, and preparation for the transformative days ahead.

- Day 2: Detoxification & Energetic Reset**

Cleansing begins — gentle practices to release overload, restore balance, and reconnect with your energy.

- Day 3: Deep Detox**

A deeper level of cleansing and emotional release, supported by EFT and sound healing.

- Day 4: Energy Recharge**

Replenish energy reserves, calm the nervous system, and awaken vitality through movement and rituals.

- Day 5: Integration & Reflection**

Reflect, integrate insights, plan your continuation routine, and anchor new habits.

- Day 6: A New Beginning**

Closing practices and departure with clarity, lightness, and a renewed sense of direction.

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## **Detailed Daily Schedule (Sample)**

### **Day 1 — Arrival & Grounding**

**3:00 PM** — Arrival & Registration (check-in, room accommodation)

**4:30 PM** — Getting to know each other (meet the instructor & program manager, introduction, short presentation, welcome gift)

**5:30 PM** — Guided nature walk (light walk by the sea / nearby forest to connect with nature and set a positive mindset)

**6:30 PM** — Dinner (Detox & Energy menu)

**7:30 PM** — Autogenic training by the sea (guided relaxation for deeper rest and better

sleep)

**8:30 PM** — Free time (quiet relaxation area by the pool)

## **Day 2 — Detox Basics & Energetic Reset**

**7:00 AM** — Awakening of mind and body (guided breathwork to encourage energy flow, calm the mind, positive affirmations)

**8:00 AM** — Morning stretch Pilates (activate internal energy; harmonize movement & breathing)

**9:00 AM** — Breakfast (Detox & Energy menu)

**11:30 AM** — Workshop: Detox & healthy eating basics (cleansing education, hydration importance, practical tips)

**1:00 PM** — Free time + snacks available (walks, sea swim or retreat pool, quiet zone relaxation)

**5:00 PM** — Evening relax & stretch (balance + breath coordination; props)

**6:00 PM** — Dinner (Detox & Energy menu)

**8:00 PM** — Energizing ritual by the sea (guided breathing + relaxation; awareness of energy centers)

**8:30 PM** — Free time (reflection or optional activities)

## **Day 3 — Emotional Release & Deep Relaxation**

**7:00 AM** — Awakening of mind and body (breathwork + affirmations)

**8:00 AM** — Light stretching + 5 Tibetan exercises (stretching, energy activation, breath coordination)

**9:00 AM** — Breakfast (Detox & Energy menu)

**11:30 AM** — EFT workshop (tapping technique to release emotional/energy blockages)

**1:00 PM** — Free time + snacks available (walks, swimming, pool, quiet zone)

**5:00 PM** — Evening stretch Pilates (props for balance; harmonize breathing with exercise)

**6:00 PM** — Dinner (Detox & Energy menu)

**8:00 PM** — Sound Bath (gong meditation lying down; vibrations guide deep relaxation)

**8:45 PM** — Free time (rest, reflection)

## **Day 4 — Mental Hygiene & Energy Recharge**

**7:00 AM** — Awakening of mind and body (breathwork + affirmations)

**8:00 AM** — Morning stretch Pilates (energy activation; movement + breath)

**9:00 AM** — Breakfast (Detox & Energy menu)

**11:30 AM** — Mental hygiene workshop (release stress, worries, negativity; build habits for optimism and inner peace)

**1:00 PM** — Free time + snacks available (walks, sea/pool, quiet zone)

**5:00 PM** — Evening relax & stretch (balance; breathing coordination)

**6:00 PM** — Dinner (Detox & Energy menu)

**8:00 PM** — Energizing ritual by the sea (autogenic guided breathing + relaxation; energy centers)

**8:30 PM** — Free time (reflection or optional activities)

### **Day 5 — Integration, Celebration & Closing Circle**

**7:00 AM** — Awakening of mind and body (breathwork + affirmations)

**8:00 AM** — Morning Pilates ritual (wake up the body; balance, joint mobility, tension release)

**9:00 AM** — Breakfast (Detox & Energy menu)

**11:30 AM** — Workshop: Integration & continuation plan (group reflection, gratitude diary, goal setting)

**1:00 PM** — Free time + snacks available (walks, swimming, quiet zone)

**5:00 PM** — Evening relax & stretch (balance + breath coordination)

**6:00 PM** — Dinner (Detox & Energy menu)

**8:00 PM** — Final group reflection (symbolic certificates, info about future retreats, dance & music social time)

### **Day 6 — New Beginning & Departure**

**7:00 AM** — Awakening of mind and body (breathwork + affirmations)

**8:00 AM** — Light stretching + 5 Tibetan exercises (energy activation; movement + breath harmony)

**9:00 AM** — Breakfast (Detox & Energy menu)

**10:30 AM** — Check-out (return home with a new sense of lightness)

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### **Ready for a Complete Renewal?**

If you feel it's time to cleanse, recharge, and return to yourself — this is your moment.