

## 4-Day Wellness Adriatic Detox & Energy Retreat in Croatia

**Makarska Riviera | 3 nights by the sea | Detox nutrition + breathwork + Pilates + energy reset**

### Summary

Feeling exhausted, stressed, or running on empty? This 4-day retreat is designed as a gentle but powerful reset for your body, mind, and energy.

Imagine waking up by the Adriatic Sea with a clearer mind, a lighter body, and steady inner strength — in comfortable accommodation along Croatia's stunning Makarska Riviera.

This is not an extreme detox. It's a supportive wellness program combining **detox-focused Mediterranean nutrition, breathwork (pranayama), Pilates, sound healing, relaxation rituals in nature and the sea, and EFT (tapping) workshops**. You'll leave feeling lighter, calmer, and equipped with practical tools you can continue at home.

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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

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

- **Pilates classes** (morning & evening practices)
- **Sound Healing Rituals** (Sound Bath / gong meditation)
- **Relaxation rituals in nature and the Adriatic Sea**
- **EFT & Detox workshops**
- **Specialized workshops** for long-term balance and wellbeing
- **Parking**
- **Wi-Fi connection**

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

- Improved sleep and reduced stress
- Increased mental clarity and inner energy
- Natural detoxification and skin support through carefully selected nutrition
- Practical techniques for lasting health and inner balance

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

- A breathtaking Adriatic seaside location known for mineral-rich waters and restorative nature
- A carefully designed program balancing cleansing, energy activation, and deep relaxation
- Expert guidance with Mirjana's therapeutic + movement-based holistic approach
- A calm, supportive atmosphere where everything is organized — so you can truly switch off and restore

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### **Full Program Overview (4 Days)**

#### **Day 1: Arrival & Registration**

Settle in, meet the group, connect with nature, enjoy a detox dinner, and unwind with guided relaxation.

#### **Day 2: Detoxification & Energetic Reset**

Breathwork and Pilates in the morning, a detox & healthy eating workshop, free time by the sea/pool, and a deep Sound Bath in the evening.

### **Day 3: Integration & Reflection**

Pilates, Tibetan exercises, an integration workshop to plan your post-retreat routine, EFT (tapping) for emotional release, and an evening stretch practice.

### **Day 4: A New Beginning**

A gentle morning reset, detox breakfast, and check-out — returning home with a new sense of lightness.

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### **Food**

Fresh Croatian Mediterranean cuisine from local chefs complements the detox program and supports healthy wellbeing. You'll enjoy a selection of **healthy salads, quality proteins, seasonal vegetables and fruits, and delicious detox-friendly beverages**.

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

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### **Ready for a Complete Reset?**

Book now and secure your place on the Adriatic coast — and return home lighter, clearer, and fully recharged.