

*Maslina Yoga Retreat*



PHAROMATIQ WELLNESS



## *Why is it called Pharomatiq Wellness?*

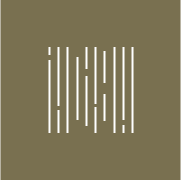
‘Pharos’ pays tribute to the ancient name of Stari Grad, while ‘aromatic’ honors Hvar Island’s healing plants and herbs.

Wellness is at the core of Maslina Resort.



# Maslina Yoga Retreat

THE CONCEPT



# HVAR ISLAND

Hvar is an island where time stops, where the realities of the modern world are renewed with the relics of the past. It is a place where rural architecture meets untouched nature, where ancient history mingles with the tales of seasoned fishers and local shopkeepers. A soulful balance of culture, customs, and contemporary creations, Hvar captivates conscious travelers driven by mindful and meaningful experiences.

The history of Hvar dates back to 384 BC when Greek settlers built the first island settlement on the Adriatic. The ancient city of Pharos, modernly known as Stari Grad, was the capital of the island that today boasts six UNESCO World Heritage protections - Stari Grad Plain, 'Following the Cross' Procession, Agave Lace from Benedictine Nuns, the famous Mediterranean Diet, Klapa Singing, and the art of Dry Stone Walling.



— *Hvar is an island where time stops* —



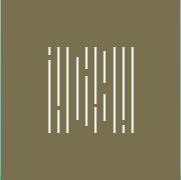
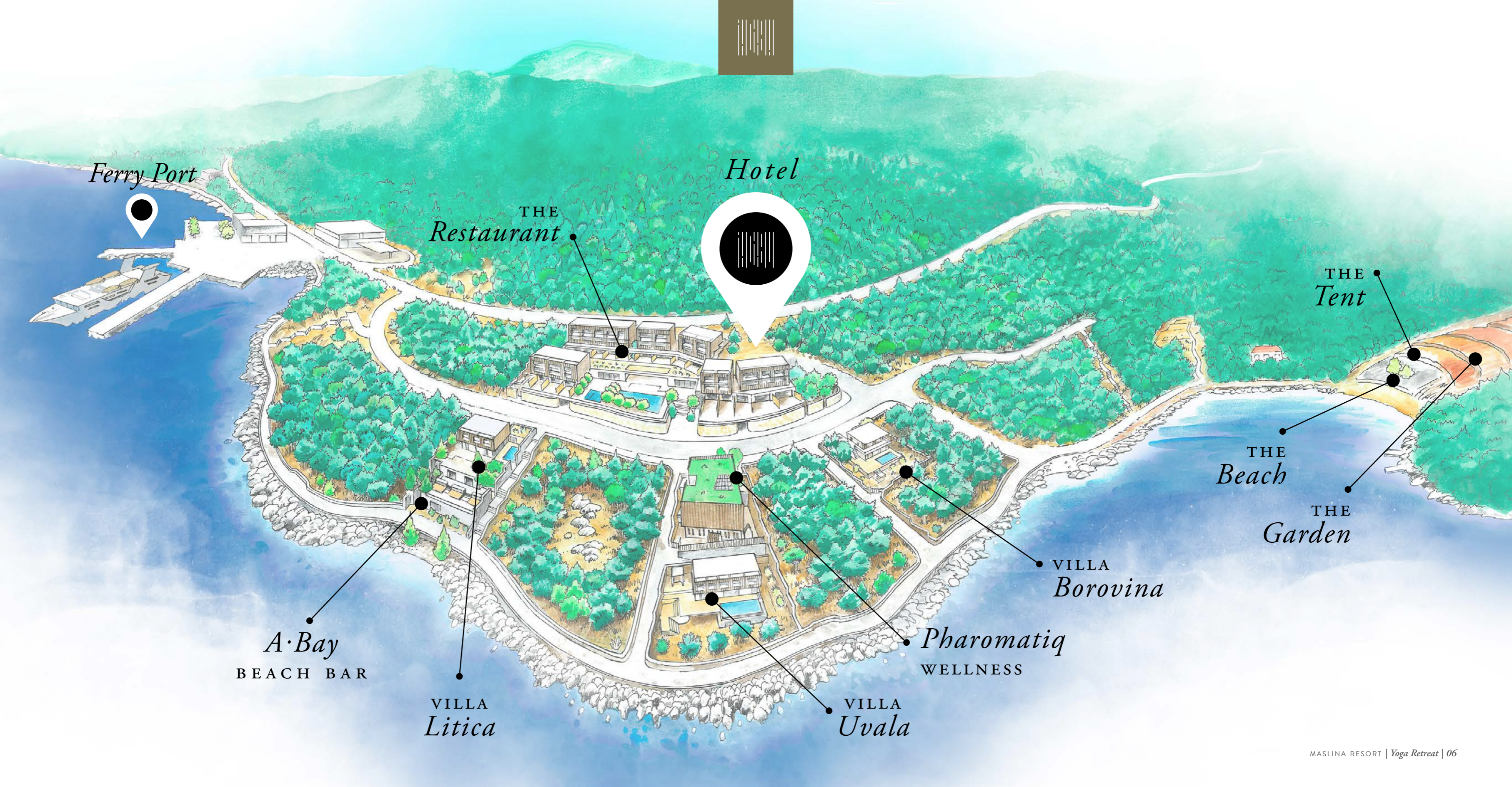
## A HISTORY OF HEALTH TOURISM

*The island of Hvar is a health sanitarium. With the founding of the Hvar Health Society on May 15, 1868, the first organized tourism in Europe came into being, with tourism based on health and recuperation rather than historical sites.*



“After due consideration, and with the approval of the most capable doctors and excellent naturalists, it has been established that nowhere is better than Hvar for those with chest illnesses. With its location, the particular nature of the town, and the special features of its climate, it can not only rival Venice, Pisa, Nice and so on, but can often outshine them.”

As the birthplace of organized tourism, the Hvar Health Society provided everything needed for visitors to have a pleasant stay, ‘so that their sufferings are eased, and their diseased lungs can benefit from our mild climate and health-giving air.’ Today, locals and visitors alike come to Hvar to reap the benefits of its clean and healthy sea air. They can also experience more than 600 wild medicinal, aromatic and honey plant species in Croatia, 120 of which are traditionally used in folk medicine, food, oils, spirits, and more.



Ferry Port

Hotel

THE  
Restaurant

THE  
Tent

THE  
Beach

THE  
Garden

VILLA  
Borovina

Pharomatiq  
WELLNESS

VILLA  
Uvala

VILLA  
Litica

A·Bay  
BEACH BAR



## PHAROMATIQ WELLNESS

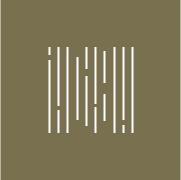
WELLNESS

*Inspired by Hvar's healing environment and the Mediterranean lifestyle, we have carefully crafted a series of wellness offers to treat your whole self*



Maslina is an integrated wellness resort that provides the space for guests to feel, think, and improve their overall wellbeing through connection with themselves, each other, and nature. We intend to positively impact the people and places we interact with to leave a legacy for future generations. Pharomatiq's wellness therapists integrate various healing modalities, including traditional massage treatments, sound healing, and therapeutic-grade essential oils. Mindful Movement Classes are an integral part of our wellness services, including various forms of yoga, meditation, and fitness.

Surrounded by native pines, medicinal herbs, and olive trees, Pharomatiq Wellness is situated just steps away from the main hotel building and villas, with a fitness space, hair salon, and Aquathermal facilities with indoor and outdoor relaxation areas.



## WELLNESS FACILITIES

*Because we honor your self-care, spend your free time listening to your body and needs, whether you want to sleep in, treat yourself to a soothing massage, relax at Pharomatiq Wellness, or sit back and embrace the spring colors of the sea.*



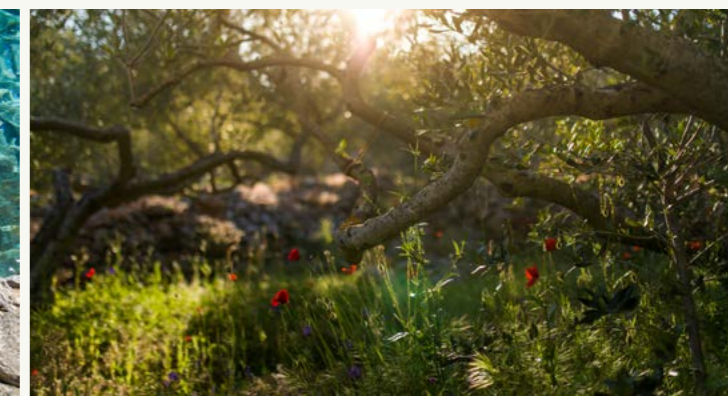
~ HYDRO POOL ~ AROMATHERAPY STEAM ~ FINNISH SAUNA ~ EXPERIENTIAL SHOWERS ~ TREATMENT ROOMS ~ GYM ~ HAIR SALON ~



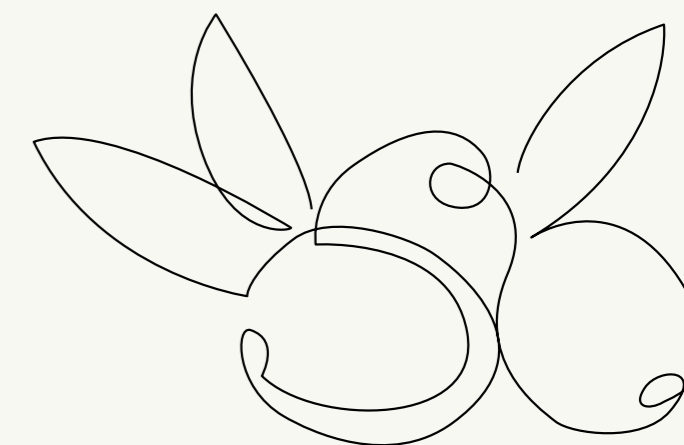


## THE NATURE

*Blissfully escape into the healing haven of Hvar, Croatia's sunniest island and health sanitarium with tourism based on wellbeing and recovery since 1868. Reap the benefits of its clean and healthy sea air and landscapes adorned with over 600 wild medicinal, aromatic, and honey plant species, 120 traditionally used in folk medicine, food, oils, and spirits.*



Hvar's enchanted natural environment is an idyllic backdrop for our Maslina Resort yoga retreat, decorated by vibrant spring colors, fragrant Mediterranean aromas, and the azure waters of the Adriatic Sea. Picture yourself on this sun-kissed island, whose serene ambiance effortlessly invites inner peace and self-discovery.





## EXPLORE THE ISLAND

*Hvar Island beckons with its sun-kissed landscapes and ancient charm. Discover cobblestone streets that wind through medieval towns adorned with lavender fields. Explore historic fortresses overlooking azure waters. Relish local delicacies at seaside cafes and unwind on pebbled beaches as the island whispers tales of its healing heritage.*



Embark into the outdoors during our yoga retreat to uncover the natural beauty of Hvar Island. Hike through breathtaking island landscapes and ride through the Stari Grad Plain, a UNESCO World Heritage site where local farmers have grown olives, grapes, and lavender since the

4th century. Indulge in local fare at traditional restaurants tucked into these famous fields. Traverse quaint villages and their timeless streets lined with ancient architecture before savoring a taste of local wines. Your Hvar Island exploration is endless.



## SOUND HEALING

*Our yoga retreat harmoniously blends tranquil practice and island exploration. From sunrise meditations connected to your dreams and unconscious mind to sound healing sessions with Maslina's in-house healer Damien beneath the sunset sky, every moment is crafted to reconnect your mind, body, and spirit.*





## DAILY YOGA SESSIONS

*Immerse yourself in daily yoga sessions led by our experienced instructors, guiding you through various yoga styles, breathing techniques, and mindfulness practices. Between sessions, explore the island's unparalleled beauty, from cycling through UNESCO World Heritage and hiking along Adriatic trails to discovering hidden coves by speedboat.*





## ACCOMMODATION

*Choose the tranquility of Hvar Island and Maslina Resort as your sanctuary for self-discovery and holistic wellbeing, where the rhythmic flow of the Adriatic Sea harmonizes with your mind, body, and soul.*



# PRIVATE VILLAS

## — Uvala · Litica · Borovina —

*Unwind in our luxurious villas designed to complement your relaxation, providing a peaceful retreat to reflect and rejuvenate before another day.*



The Villas are pristinely located along the coastline, with endless sea views from all rooms, ample indoor and outdoor living spaces, private heated infinity pools, and lush gardens. With the option to choose between four and five bedrooms, the villas also include a full kitchen to prepare for your gathering. Our villas are perfect for those looking to celebrate their love with their closest friends and family members.

- VILLA LITICA:** 8 guests
- VILLA BOROVIDA:** 8 guests
- VILLA UVALA:** 10 guests



## ROOMS & SUITES

*Every detail is authentic to the elements that make Hvar Island unique, harmonizing Mediterranean simplicity and French art styles with natural materials*



Our rooms and suites range in size from 42 to 144 sqm and offer a mix of spacious terraces and loggias, private gardens, or heated plunge pools, all of which magnify the view of Maslinica Bay. Guests enjoy king-size beds, separate toilets, and bathrooms with walk-in showers, wooden bathtubs, and double vanities in specific units. Connecting rooms are also available.

Aligned with our Mindful Luxury philosophy, Maslina's rooms & suites are decorated with organic cotton linens and signature amenities created with natural ingredients and local essential oils.

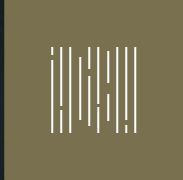


## THE FOOD

*Savor the flavors of the Mediterranean with locally sourced, nourishing meals that tantalize your taste buds and support your wellness journey. Recharge and indulge from breakfast to dinner with fresh, wholesome fare rich in vegetables and the island's renowned olive oil.*







# YOGA RETREAT PROGRAM

*Blissfully escape into the healing haven of Hvar, where the sunniest Croatian island sets the backdrop for a retreat decorated by vibrant spring colors and medicinal Mediterranean aromas, filled with movement, vibrancy, and unforgettable moments before the Adriatic Sea gently rocks you to sleep.*

*\*\*We reserve the right to change the program due to weather conditions\*\**

## DAY I

— ARRIVAL —

### WELLNESS WELCOME

Begin your wellness journey with warm herbal tea and a healthy snack as you are welcomed to Maslina Resort. Take time to settle into your room and explore the resort and its natural surroundings.

### OPENING CIRCLE

Join our outdoor meditation to deeply connect with yourself and nature, ensuring you are wholly present. After the mediation, get acquainted with others and learn more about the yoga retreat program.

### DINNER

Indulge in a healthy vegetarian menu designed to nourish your body and soul.

### YIN YOGA

Sensitively guided by our yoga practitioner, this Yin yoga practice gently moves your body, aiding in letting go and sinking into deep relaxation.

### SOUND HEALING

Wholly relaxed from yoga, lie back and slip into the healing sounds of our meditative instruments, guiding you into a restful slumber.



# DAY II

## SUNRISE MEDITATION

Set out into nature and sit in silence to experience this special time of the morning dawn, still connected to your dreams and unconscious mind.

## YOGA

A dynamic bodywork with elements of embodiment, traditional, soft Ashtanga yoga, and breathwork wake and energize you for the beautiful day ahead.

## BREAKFAST

A healthy and fresh vegetarian breakfast revitalizes you for the day.

## FREE TIME / WELLNESS TREATMENTS

This moment is for you. Listen to your body and follow your needs, whether you want to sleep in, treat yourself to a soothing massage, relax at Pharomatiq Wellness, or sit back and embrace the colors of the sea.



## LUNCH

Delight in light and tasty snacks that stimulate all senses.

## RESTORATIVE YOGA

Merge mindfulness and movement with therapeutic exercises created to bring a healthy balance back into your body and mind.

## DINNER

Indulge in a healthy vegetarian menu designed to nourish your body and soul.

## SOUND HEALING

Tune into healing sounds, softly guiding you into a relaxing and restful sleep.

# DAY III

## SUNRISE MEDITATION

Set out into nature to sit in silence and meditate in the soft light of the rising sun.

## YOGA

A dynamic bodywork with elements of embodiment, traditional, soft Ashtanga yoga, and breathwork wake and energize you for the beautiful day ahead.

## BREAKFAST

A healthy and fresh vegetarian breakfast revitalizes you for the day.

## MEDITATIVE HIKE

Embark into the outdoors with an experienced guide and hike through the breathtaking landscapes of the island. Walk some stretches in silence to experience the heart-opening beauty of nature even more intensively.



## LUNCH

Delight in light and tasty snacks that stimulate all senses.

## RESTORATIVE YOGA

Our playful and thorough therapeutic exercises deepen the understanding of your body day by day, helping you find your healthy balance of stability and flexibility.

## DINNER

Indulge in a healthy vegetarian menu designed to nourish your body and soul.

# DAY IV

## SUNRISE MEDITATION

Set out into nature and sit in silence to experience this special time of the morning dawn, still connected to your dreams and unconscious mind.

## YOGA

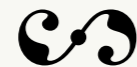
A dynamic bodywork with elements of embodiment, traditional, soft Ashtanga yoga, and breathwork wake and energize you for the beautiful day ahead.

## BREAKFAST

A healthy and fresh vegetarian breakfast revitalizes you for the day.

## BOAT TRIP OR VISIT A CAVE

Embark on a journey of the Adriatic Sea and immerse yourself in Hvar Island's picturesque surroundings. Let the crystal-clear waters and captivating landscapes guide your wellbeing as you uncover the island's hidden gems and captivating beauty. Enjoy a Mediterranean lunch on the island.



## RESTORATIVE YOGA

Our playful and thorough therapeutic exercises deepen the understanding of your body day by day, helping you find your healthy balance of stability and flexibility.

## DINNER

Indulge in a healthy vegetarian menu designed to nourish your body and soul.

## SOUND HEALING

Tune into healing sounds, softly guiding you into a relaxing and restful sleep.

# DAY V

## SUNRISE MEDITATION

Set out into nature to sit in silence and meditate in the soft light of the rising sun.

## YOGA

A dynamic bodywork with elements of embodiment, traditional, soft Ashtanga yoga, and breathwork wake and energize you for the beautiful day ahead.

## BREAKFAST

A healthy and fresh vegetarian breakfast revitalizes you for the day.

## BIKE TOUR

Ride through the Stari Grad Plain, a UNESCO World Heritage site, where local farmers have grown olives, grapes, and lavender since the 4th century. Enjoy a light lunch in a traditional restaurant tucked into these famous fields.

## FREE TIME / WELLNESS TREATMENTS

This moment is for you. Listen to your body and follow your needs, whether you want to sleep in, treat yourself to a soothing massage, relax at Pharomatiq Wellness, or sit back and embrace the colors of the sea.



## YIN YOGA

Sensitively guided by Lisa, this Yin yoga practice gently moves your body, aiding in letting go and sinking into deep relaxation.

## DINNER

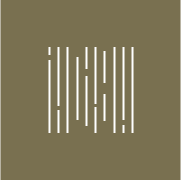
Indulge in a healthy vegetarian menu designed to nourish your body and soul.

## CLOSING CIRCLE

Meet in our evening circle to reflect on your experiences. Close the retreat with a ceremony of gratitude.

## SOUND HEALING

Tune into healing sounds, softly guiding you into a relaxing and restful sleep.



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Email [events@maslinaresort.com](mailto:events@maslinaresort.com)  
to book your Maslina Resort Yoga Retreat.