

ABC'S of Wholehearted Living

7-Day Immersive Yoga Retreat – Croatia

Sunday 13th - Saturday 19th June 2027

A transformational 7-day yoga retreat offered from an exclusive use venue in Croatia, surrounded by 7 hectares of lush greenery and organic orchards.

This special retreat will explore four key aspects of wholehearted living – Autonomy, Belonging, Cause, and Self-Esteem. We'll delve into each subject with curiosity, compassion and purpose, in the hope of better understanding how we might create balance and contentment in our lives.

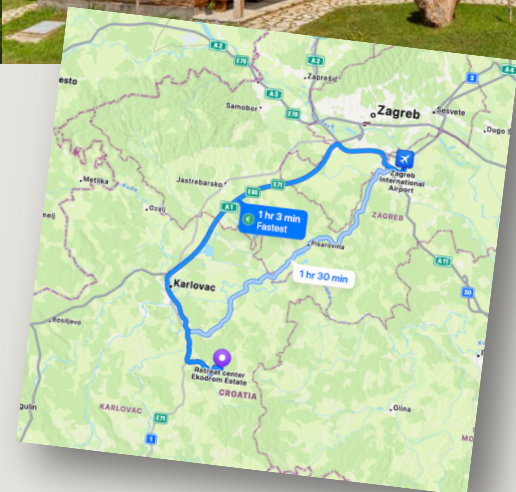


Retreat Centre Location

Hidden in a completely private location, surrounded by organic plum orchards, the venue offers exclusive use of multiple traditional buildings, both indoor and outdoor yoga spaces, communal fire pit, plus wood-fired hot tubs, ice tub and sauna (made available on one designated day of the retreat).

The retreat centre is located just one hour from Zagreb, with free parking available if you arrive by car. Return flights to Zagreb (Croatia's capital, close to the Slovenian border) are available from around £100 - £200 with airlines such as Ryanair, Croatia Airlines or British Airways. Flight times are approximately 2-2 ½ hours.

Taxi transfers from the airport can be arranged with the retreat venue, though students may wish to extend their travels to explore stunning locations within 1.5 hours of the venue, or nearby Slovenia, Hungary, or Bosnia and Herzegovina (all within 1-3 hours' drive from Zagreb).



Yoga Practices

Daily yoga will be provided either from the interior yoga room, or the outdoor terrace, with a backdrop of beautiful views. The retreat includes two yoga sessions per day, combining a wide variety of yoga styles and practices:

- Yoga Philosophy
- Somatic movement
- Hatha Yoga
- Slow Flow Vinyasa
- Yin Yoga
- Restorative Yoga
- iRest Yoga Nidra
- Pranayama/Breathing Practices
- Guided Meditations
- Mantra and Mudra
- Mindful Journaling/Discussion

Mid-retreat, there will be an opportunity to enjoy a tub-crawl experience (three hot tubs: hot, tepid and cold), alongside a sauna & fire-pit.

Sessions are suitable for all experience levels, with adaptations and props used to support postures as and when appropriate. Students are encouraged to listen to their body and only do what feels nourishing and beneficial to them and their personal circumstances.

Yoga is taught either from a cosy indoor space, with stunning exposed brick walls and wooden beams, or from outdoor shaded areas over-looking the orchards. Yoga mats, blocks and bolsters are provided, though students are also welcome to bring their own equipment, if preferred.

Each session follows the retreat theme: 'ABC'S of Wholehearted Living'. We'll explore the importance of self-empowerment, a sense of belonging within oneself and the world, our human tendency to search for cause and meaning, and the practice of self-care and compassion to enhance self-esteem and resilience.

There will be time dedicated to learning, movement, deep rest and guided meditation, aiding the digestion and processing of the subject, leaving students feeling inspired and recharged.





Daily Schedule

- 07:00:** Light breakfast snacks/smoothies, tea and coffee made available before yoga practice.
- 08:30:** Satsang: Group gathering to discuss and reflect upon the daily theme
- 09:00:** Morning yoga: a dynamic practice combining somatic movement, slow-flow vinyasa yoga, pranayama (breathing techniques), mudra and guided meditation, followed by the provision of optional journal prompts.
- 11:00:** Delicious shared brunch to recharge the mind and body.
- 12:00:** Free time, for relaxing, reading, journaling, swimming, walking, socialising, etc.
- 15:00:** Afternoon snacks before yoga practice.
- 16:30:** Evening yoga: a soothing practice combining time for reflection, mindful movements, pranayama, yin yoga, restorative yoga, mantra, and yoga nidra.
- 19:00:** Nourishing buffet dinner on the veranda.
- 20:00:** Evenings will allow for social connection, personal reflections, and music.

The retreat will also include one afternoon spa session - use of three wooden hot tubs (one filled with ice water, one with air temperature water, and the other as a traditional hot tub, fuelled by burning logs), plus a sauna trailer and fire pit – a rare opportunity to experience a ‘tub crawl’!!! We will also have access to a projector and sound system, meaning movie nights are also an option.



Accommodation

This retreat centre is a tiny hamlet of 5 beautifully renovated and modernised traditional cottages in the middle of a plum orchard in the beautiful rolling countryside of northern Croatia:

Mandala House:

Up to 5 guests in 3 bedrooms with a communal lounge and kitchen with tea & coffee making facilities. Mandala has 1 bathroom, with 2 additional toilets, and a terrace with hammocks. (See M1, M2 & M3 photos)

Plant Cottage:

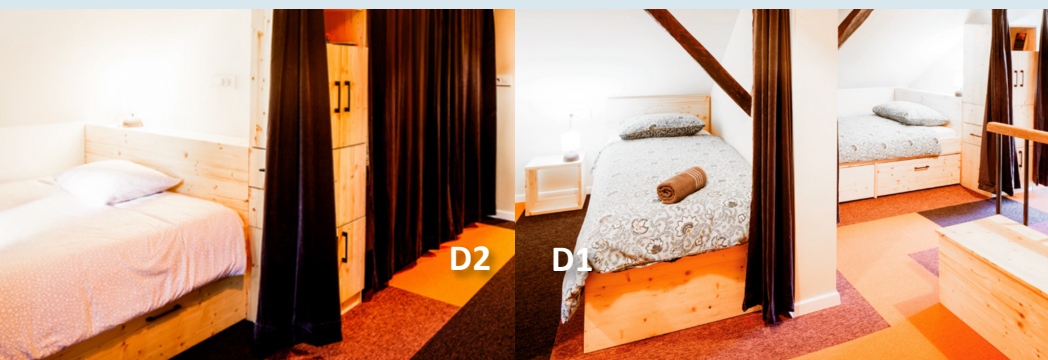
Up to 3 guests in 2 bedrooms with a communal lounge and kitchen with tea & coffee making facilities. Plant has 1 bathroom and a terrace with a hammock. (P1 & P2) *(Note: the stairs are very steep in this cottage).*

Fox Cottage:

2 or 3 guests sharing a twin bedroom and a sofa-bed in the communal area. Fox has a kitchen area with tea and coffee making facilities, 1 bathroom and private terraces / balconies. Can be reserved as the whole cottage for just 2 sharing guests at £100 extra each. (See F1 & F2)

Dormitory:

Up to 6 guests sharing a large dormitory space. Each bed area has a privacy curtain and private storage. The dorm has 2 bathrooms with 2 additional toilets. (See D1 & D2)



Food and Drink

All meals are prepared with love and care by the retreat chefs, who are passionate about producing quality food, using local produce wherever possible. Expect to be impressed and well nourished.

Breakfast Snack: The day starts with a selection of fresh and dried fruits, alongside breakfast smoothies, tea and coffee

Brunch: After the morning yoga session, we share a delicious brunch including a variety of fresh salads, colourful vegetable dishes, fresh breads, variety of eggs, and nutritious dips

Afternoon Snack: Healthy sweet treats to sustain energy levels

Dinner: A varied evening meal caters for all preferences and appetites, consisting of dishes such as: red lentil curry with rice, baked cauliflower and salad, or tortillas filled with veggies and cheese, served with salad.

What's Included:

- Exclusive use of the entire retreat centre
- Six night's accommodation
- Wireless internet connection
- Accommodation in traditional cottages that include private kitchen and lounge spaces
- Delicious, nutritious food – breakfast snack, brunch, afternoon snack, dinner
- Morning yoga session, based on the daily theme
- Use of yoga mats and props
- Free time for relaxation, journaling and social connection
- Afternoon/evening yoga session
- One afternoon/evening spa session, utilising three wooden tubs, sauna and fire pit
- One evening projector movie night
- Final evening celebrations

What's NOT included:

- Flights and transfers
- Travel insurance
- Local taxis, travel, etc.
- Optional excursions and activities
- Holistic treatments
- Additional accommodation before/after retreat dates
- Alcoholic drinks



Dates and Investment

The retreat starts at 2pm on Sunday 13th June 2026 and ends at 11am on Saturday 19th June 2026

Please note: An initial, non-refundable deposit is payable to secure a booking, with a final balance due 16 weeks prior (by 21/2/2027). To support people with travel arrangements, Emma will set up a private WhatsApp group for everyone attending the retreat. This group also allows guests to connect & share information and photos, etc.

Book Direct At:
bookwhen.com/llg

Please feel free to contact us if you have any questions.

E: info@learnlivegive.co.uk

By booking, you agree to our full terms and conditions at:

www.learnlivegive.co.uk/tandc.html

Sharing Options:

Dormitory single bed (D1), or small double sofa-bed (120x200cm) in Fox Cottage (F2):

£995 pp

Or Dormitory double bed (D2):

£1025 pp

Deposit £450 (at time of booking)

Twin occupancy room (single beds) in Mandala House (M2 & M3) or Fox (F1)

£1295 pp

Deposit £550 (at time of booking)

Optional £100pp extra to reserve whole of Fox cottage between 2 guests.

Double occupancy (king-size bed) (P2)

£1295 pp

Deposit £550 (at time of booking)

Single occupancy:

With king-size bed (M1 & P1)

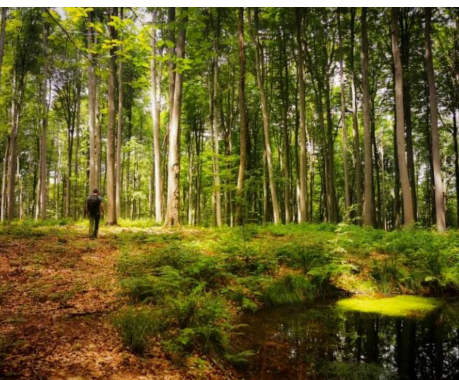
From £1395 pp

Deposit £600 (at time of booking)

Extra Information:

It's possible to organise an afternoon excursion (between yoga sessions) to wild swim in the Korana or Mreznica Rivers, assuming a small group would like to share the cost of transport.

Exciting news: The content of this retreat: "The ABC'S of Wholehearted Living" will also be coming to life as a digital home retreat, available to purchase from Learn Live Give in 2027. As a special gift to all Croatia retreat attendees, you'll receive your own complimentary access, complete with video practices you can return to again and again, long after the retreat ends.



About Your Teacher - Emma Bacon

Emma is a dedicated yoga teacher who guides students toward personal balance and happiness through yoga, somatic movement, philosophy, and self-development practices. She welcomes everyone - all levels, ages, bodies, and backgrounds - creating an inclusive space where each person can explore their practice authentically.

Emma teaches Hatha, Slow Flow/Vinyasa, Yin, and Restorative Yoga, alongside iRest Yoga Nidra, somatic movement, and meditation. Her classes weave in breathwork, mudras, mantra, journaling, and the wisdom of yogic and Ayurvedic traditions, offering students a rich toolkit for self-discovery.

At the heart of Emma's teaching is personalization and empowerment. She encourages students to honour their individual needs and circumstances, trusting their own inner wisdom. She believes yoga strengthens the mind-body connection, cultivates self-compassion, and supports meaningful transformation.

Beyond her extensive yoga training, Emma brings qualifications in somatic coaching, Ayurveda, nutrition, fitness, martial arts, eating disorder support, and trauma therapies. She's also run a yoga studio and led retreats across the UK and internationally. Emma considers herself a lifelong student, continually learning through accredited courses, mentors, her students, travel, and diverse cultural experiences.

Passionate about making yoga philosophy accessible, Emma co-hosts a light-hearted educational podcast with her husband that's been running for over a year. The show explores yoga principles in a relatable way and has gained significant traction with listeners from all walks of life.

As a wife and mother of two, Emma understands first-hand the demands of modern life. She's found her own balance through yoga and mindfulness, and her greatest joy is sharing these tools with others - watching people step into their most authentic selves; open and curious to all that life offers.

