



MINDFUL YOGA RETREATS

PROGRAM EXAMPLE*

Day 1

- Check-in from 2 pm and welcome meeting with the hosts to introduce you to the program and decide about the food options, day trips and other program details.
- A relaxing evening in nature with the optional use of the Community Kitchen for preparing a nice dinner with organic food from our garden.
- Stargazing available.

Day 2

- Early yoga class followed by homegrown food for breakfast.
- After breakfast, we go for a clean-up action around the village.
- Free afternoon for a bit of rest.
- Wine tasting with the hosts.

Day 3

- Yoga in the open skies.
- Breakfast and free time.
- A stress relief workshop with our therapist.
- In the evening, we organise a group relaxing time with tea made of local herbs and handicrafts, plus a nutrition class with our nutritionist.

Day 4

- Early morning yoga followed by organic food breakfast.
- This is the day for swimming and/or hiking at one of the close-by lakes – Slano or Krupac.
- A relaxing evening featuring a Live gig at the FitCamp Montenegro estate.



Day 5

- Breakfast and a bit of relaxing time in nature
- Yoga outdoors
- Day trip

*Our recommendations will be given to the group at the welcome meeting on the first day and we will together choose the best destination for this day.

- Relaxing evening.

Day 6

- Check out after breakfast.

If staying for 7 days, this is your Day 6

- Early morning yoga followed by homegrown food breakfast.
- We go for a 2nd clean-up action around the area.

*On this day, we want also to include volunteering in the local community so that guests can help in the local households, at the FitCamp estate or similar.

- After an active day with a purpose, guests will have a relaxing evening for reading, social games etc.

Day 7

- Breakfast
- Yoga outdoors
- Cooking experience with the local Chef.

Day 8

- Check out after breakfast (up to noon).

*Details of the individual stay are to be agreed upon with the FitCamp Montenegro team