

Our Days In Croatia

FRIDAY

Arrive in Dubrovnik and enjoy a private transfer along the Dalmatian Coast to NINON, with check-in beginning at 3:00 PM.

Take the afternoon to settle in, unpack, explore our home for the week, and ease into the slower rhythm of retreat life.

4:00 PM Welcome Gathering & Restorative Yoga

7:00 PM Chef-prepared dinner at the villa

SATURDAY

8:00 AM Pilates, breathwork & mindful conversation

9:30 AM Chef-prepared breakfast at NINON

10:15 AM Private guided tour of Dubrovnik's Old Town, followed by free time to wander, shop, and enjoy lunch at a local restaurant

Time to rest, restore, or explore at your own pace

6:00 PM Optional Restorative Yoga

7:00 PM Chef-prepared dinner at the villa

SUNDAY

8:00 AM Pilates, breathwork & mindful conversation

9:30 AM Chef-prepared breakfast at NINON

Today offers the freedom to choose your own adventure. Join us for an optional full-day journey through the Peljeac Peninsula featuring two boutique wineries, fresh oyster tasting, a short boat ride, and breathtaking views. This tour will last approximately from 10:30-5 PM and include a short tour of Ston. Prefer to stay closer to home? Enjoy your included massage, unwind by the pool, wander nearby villages, or simply soak in the peaceful rhythm of the villa.

6:00 PM Optional 30 minute Restorative Yoga

7:00 PM Chef-prepared dinner at the villa

MONDAY

8:00 AM Pilates, breathwork & mindful conversation

9:30 AM Chef-prepared breakfast at NINON

Set sail for a day of luxury on the Adriatic as we cruise along Croatia's breathtaking coastline, stopping to swim in crystal-clear waters, discover secluded coves, and soak in the beauty of the islands.

6:00 PM Optional Restorative Yoga

7:00 PM Chef-prepared dinner at the villa

TUESDAY

8:00 AM Pilates, breathwork & mindful conversation

9:30 AM Chef-prepared breakfast at NINON

Free day! Take the day at your own pace. Wander through Dubrovnik's historic streets, enjoy a hike along the coastline, relax by the sea, discover a local café, or simply enjoy the peaceful comforts of the villa.

7:00 PM Farewell Dinner at the villa

WEDNESDAY

Departure Day

We will arrange transportation for all of our guests. Please schedule your flights for the late morning, as we will depart the villa by 10 AM.



This schedule is not concrete – small changes may be made. All practices & excursions are always optional.