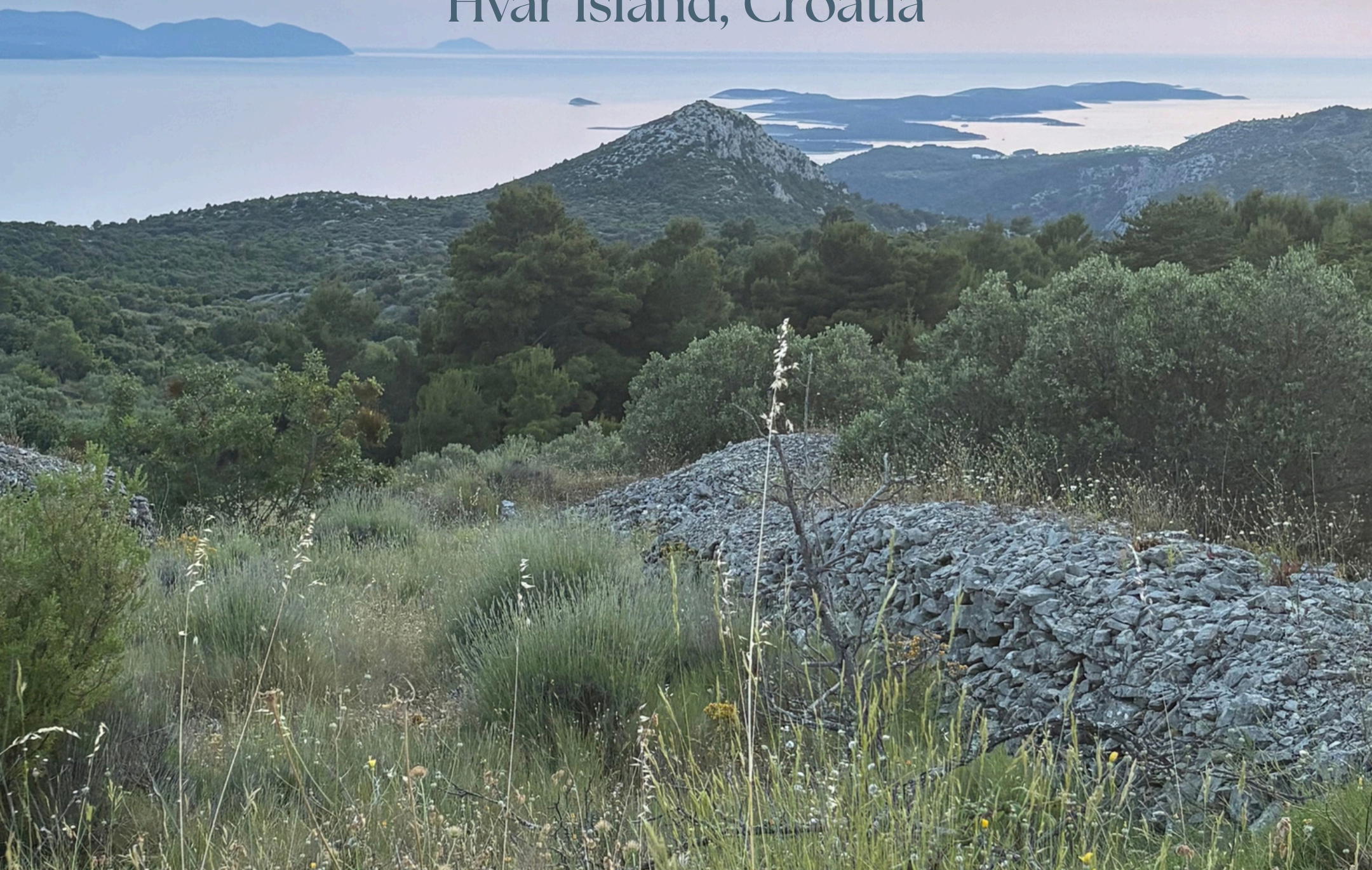


RETURN TO YOURSELF

A THERAPEUTIC MOVEMENT & YOGA RETREAT

August 23-27, 2027
Hvar Island, Croatia



ABOUT THE EXPERIENCE

There are moments in life when we become so focused on moving forward that we forget to pause, breathe, and ask ourselves: How am I, really?

Return To Yourself is an invitation to slow down, reconnect, and come home to the person you've always been beneath the noise, expectations, and responsibilities of everyday life.



Created by two childhood best friends, this intimate retreat brings together our shared love of movement, adventure, creativity, and human connection. Over five days and four nights in Croatia, we'll explore the island of Hvar and the many ways our bodies can help us reconnect with what's happening within.

YOUR RETREAT HOME

We will be immersed in the authentic Dalmatian village of Dol in the heart of Hvar Island, Croatia. Nestled up on the island's hillside, Villa Suncokret is a true safe haven away from the fast paced style of our daily life. Suncokret is not just a place to stay - it is a place to reset, connect with others, immerse yourself in nature, and truly feel like you found a home away from home.



Our days at Suncokret will include movement sessions in either the indoor or outdoor yoga space, communing in the garden to enjoy the most incredible homegrown vegetarian meals, exploring the scenic towns of Hvar Island, and free time to recharge in your private accomodation with your own outdoor space, or in our communal spaces to connect with other guests.

This retreat is intentionally intimate - spots are LIMITED. We strive to create a deeply connected, personal experience, while still giving you plenty of space to make it your own. Reserve your spot before it fills up!

WHATS INCLUDED

- 4 nights accommodation
- daily yoga & therapeutic movement classes
- 2 vegetarian meals a day (breakfast & dinner)
- transfers to/from Stari Grad Port
- daily outings to nearby towns
- individual coffee & tea stations
- free wi-fi

WHATS NOT INCLUDED

- Flights/Travel Expenses
- off-site meals (lunches will be offsite)
- Additional experiences (kayaking, bikes, spa treatments, etc)
- Travel Insurance



SAMPLE DAILY SCHEDULE

8am: Energizing Morning Yoga Practice

10am: Breakfast

11:30am: Daily transfer to nearby town

12-5pm: Free time to swim, shop, explore, and relax

5:30pm: Daily transfer back to the retreat

6:30pm: Dinner

8pm: Restorative Therapeutic Evening Practice



HOW TO GET THERE

Guests will fly into Split Airport (SPU). From there, you will need to take a ferry from Split to Stari Grad. Once you arrive in Stari Grad, we will have arrangements made for your transportation to Villa Suncokret.

We recommend flying into Split the day before the retreat starts since there is also a two hour ferry journey to Hvar Island.

More details on flight recommendations, arrival times, pickup instructions, and more will be provided to the registered guests closer to the retreat date.

MEET YOUR HOSTS

Annie and Ali are so excited to host their first retreat together! What started as two little girls from Arkansas who loved to dance has now emerged into a lifelong friendship that has always been rooted in movement. Now residing in NYC, they both share their love of movement in different ways. Read below to find out more!



ANNIE NISWANGER is a yoga teacher who strives to give people tools through movement and breathwork to help ease their mind and body. She cultivates a space that leads with curiosity, not judgement, so you can feel safe and comfortable to show up as you are. With a background in dance and functional strength training, she incorporates creative sequencing and challenges to strengthen both the body and the mind.

ALI MCCLELLAN is a registered dance/movement psychotherapist (R-DMT) and creative arts therapist (LP-CAT). Ali is passionate about reframing the belief that our bodies are simply a means to an end, but rather a vessel for creative expression. Ali believes that movement helps expand the body's capacity for positive sensory and somatic experiences and in turn, expands range for emotional expression. Ali's classes include a combination of improvisation movement and structured movement prompts.

ROOMS & PRICING

We've created a range of accommodation options so you can choose the space that feels right for you and your retreat experience. Each room has air conditioning and access to wi-fi.

Earth & Fire Cottage

This cottage has three private rooms and a shared bathroom. The rooms are located on the upper floor, while the bathroom is located on the ground floor along with the main kitchen and dining area. Outside, there is an enclosed garden space, a patio, and an outdoor terrace. This cottage is great for solo travelers who are comfortable with sharing communal areas.



Room 1
Twin Bed
\$1700



Room 2
Double Bed
\$1800



Room 3
Double Bed
\$1800

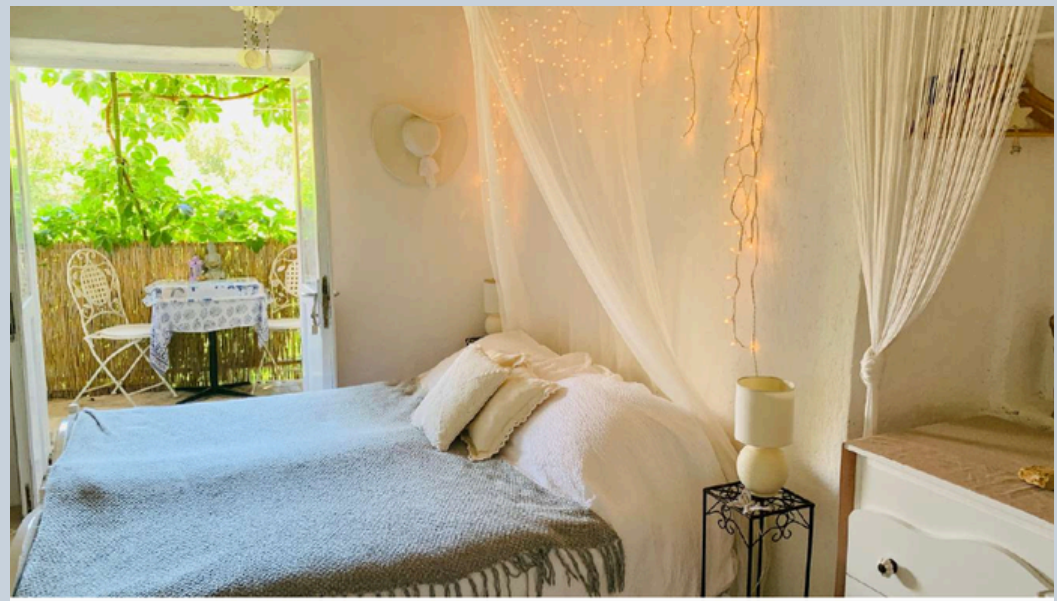
ROOMS & PRICING

Wind & Air Cottage

This cottage features two adjacent bedrooms, a shared bathroom, a kitchenette, and a patio. This is a great option for friends or family who are traveling together.



Room 4
Double Bed
\$1800



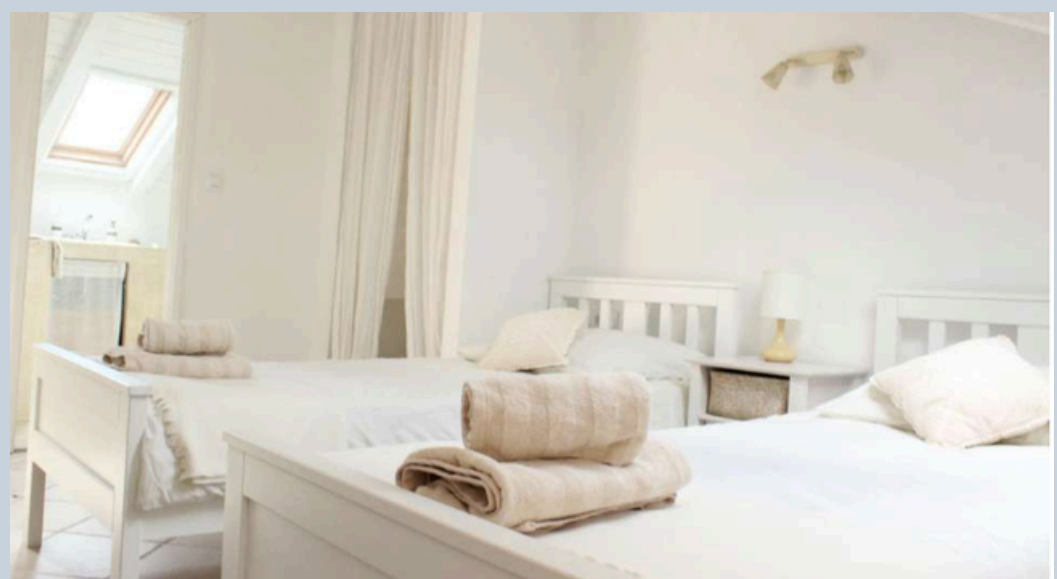
Room 5
Double Bed & Private Balcony
\$1900

Ether Cottage

This cottage features two suites with private bathrooms. There is also access to an indoor kitchenette, and outdoor terrace, and an indoor lounge area. Ideal for two to three guests.



Mini-Suite
Double Bed
\$2000



Master Suite
Two Twin Beds
\$1400 per person

PAYMENT OPTIONS

A \$500 non-refundable deposit is required to secure your spot.

Payment Option 1 - Pay in Full

Pay the full retreat price when you book (deposit is included).

Payment Option 2 - Payment Plan

Submit your \$500 non-refundable deposit to reserve your spot.

50% of your remaining balance must be paid by January 15, 2027.

The remaining total is due May 15, 2027 (around 90 days before the retreat)



<https://forms.gle/ymjWx59XQs9UkBcX9>

Click on this QR Code to fill out our booking form. Once it has been received, we will send you an invoice for the deposit. Your deposit is due within 24 hours of receiving the invoice to secure your spot.

TERMS & CONDITIONS

Please read this section carefully before reserving your spot. By joining this retreat, you agree to the below Terms & Conditions:

BOOKINGS AND PAYMENT

Your place at the retreat is confirmed once your **NON-REFUNDABLE** deposit has been received. Room availability is limited, and accommodations are assigned on a first-come, first-served basis.

All prices are listed in U.S. dollars unless otherwise stated.

All payments must be made by the deadlines communicated at the time of booking. Failure to make a scheduled payment may result in cancellation of your reservation and forfeiture of amounts already paid, subject to the cancellation policy below.

CANCELLATION & REFUND POLICY

We understand that plans can change, but because we make non-refundable commitments to the venue well in advance, cancellations are subject to the following policy:

Cancellation before January 15, 2027: Guests will receive a refund of all eligible payments made beyond your deposit. Your \$500 deposit will not be refunded.

Cancellation before May 15, 2027: Guests will receive a 50% refund of all eligible payments made beyond your deposit. Your \$500 deposit will not be refunded.

Cancellation after May 15, 2027: All payments are non-refundable.

If you are unable to attend, you may request to transfer your reservation to another person. Any replacement guest must be approved by the hosts.

If the retreat must be cancelled, postponed, or changed due to circumstances beyond our reasonable control, such as government-imposed travel restrictions, widespread airport or border closures, a pandemic, severe natural disaster, or another extraordinary event, Annie and Ali will make every reasonable effort to reschedule the retreat to a later date. Payments will be applied toward the rescheduled retreat, subject to any non-recoverable costs already committed.

TERMS & CONDITIONS

TRAVEL INSURANCE

Travel Insurance is strongly recommended for every guest. It is an optional purchase that covers your investment with us for any unforeseen circumstances that may arise. It is your responsibility to ensure that you have sufficient coverage for your individual needs including trip cancellation, medical emergencies, severe weather, flight delays, lost luggage, and other unexpected circumstances.

Popular travel insurance companies include: Faye, [TravelInsurance.com](https://www.TravelInsurance.com), and World Nomads. Feel free to reach out with any questions regarding insurance.

ACCEPTANCE OF RISK & LIMITATION OF LIABILITY

By booking and participating in the retreat, you acknowledge that travel, yoga, movement, meditation, excursions, and other retreat activities involve inherent risks, including but not limited to physical injury, illness, falls, muscle soreness, aggravation of pre-existing conditions, loss or damage to personal belongings, and other unforeseen circumstances.

You voluntarily choose to participate in all retreat activities and are responsible for determining whether an activity is appropriate for you based on your individual health, fitness level, and physical abilities. You agree to listen to your body, modify or discontinue any activity when necessary, and communicate any relevant injuries, medical conditions, limitations, allergies, or accessibility needs to the Hosts or instructors.

To the fullest extent permitted by applicable law, the Hosts are not liable for injuries, illness, loss, damage, delays, expenses, or other claims arising from your voluntary participation in retreat activities, travel to or from the retreat, or the acts or omissions of independent third-party providers, including airlines, accommodations, transportation providers, restaurants, excursion operators, or other service providers.

You are responsible for obtaining appropriate travel and medical insurance and for any medical, travel, or other expenses you may incur in connection with your participation in the retreat.

Nothing in these Terms & Conditions is intended to exclude or limit any liability or legal right that cannot lawfully be excluded or limited under applicable law.

Its time to RETURN TO YOURSELF.

Any questions regarding booking, payments, insurance, or anything else that might arise, email Annie at aniswanger13@gmail.com.



These two little dancers cannot wait to welcome you to this once in a lifetime experience. Spots are limited, so dont wait!