

September 1-10, 2024

ISLAND BLISS

You don't discover new worlds without having the courage to leave old shores"
Andre Guide



Zhineng Qigong late summer retreat in southern Croatia

Are you longing for a break to breathe freely again, laugh carefree and be yourself again?

Do you want to strengthen your inner power and intuition and get new impulses for your life?

Are you longing to discover a new connection to nature?

Do you want to feel more relaxed, peaceful and stable in your everyday life?

Then you're ready for our time-out on the magical island of Korcula!



In the picturesque setting of the small fishing village of Vela Luka and the beautiful, wooded, Mediterranean island landscape of Korcula, full of wildly fragrant pine trees and aromatic herbs, let's rediscover treasures of self-efficacy like pearl divers.

Far away from the mainland, we invite you to get back into the moment, where yesterday and tomorrow no longer matter. Listen to the echo of the gentle ocean waves inside you, breathe in the salty sea breeze and exhale the accumulated stress of everyday life.

Time passes slowly here, and every day brings a wealth of new and beautiful opportunities to enjoy pure existence.



Daily intensive Qigong practice creates a state of mental and physical relaxation.

Simple exercises and meditation strengthen body and mind and are also a valuable help for beginners when returning to everyday life. Daily sharing, threshold walks in nature and a playful, mindful experience of nature bring new impulses and connection with yourself and create trust in the group.

Every day starts with a Qigong morning practice from 7-8:30 am. There is incredible magic in a morning routine. We consciously shape the energy and inner state with which we want to go through the day - and therefore also through our life.

Let the power of the island in combination with our varied program open a window in your soul!



Accommodation and surroundings

Our seminar house is a family-run, holistic retreat on the outskirts of the small town of Vela Luka. A large renovated, traditional old stone house with a cozy yard and a beautiful practice room invite you to relax and recharge your batteries.

Enjoy beautiful views, discover bathing bays in ever-changing sea colors or let the wind blow around your nose on a boat tour. In the free times each

day, you are invited to indulge in the unfolding of the moment with curiosity, whether in company or on your own. Join us on a safari and wild herb discovery tour or let yourself be pampered during an appointment with our enchanting massage therapist. Pause, take your time, come into your natural being. Make this island time entirely your own. We round off the last evening together with dinner in a traditional konoba.

Prices and program

The following room options are available:

Accommodation for two in a double room 1150.- € per person (Best choice! Come as a couple and share a room)

Accommodation in a small single room 1200.- € (only 1x available)

Accommodation in one of the double rooms as a single room 1350.- € (only limited availability)

What awaits you and is included in the price:



- 9 nights accommodation in a beautiful house with 3 bathrooms, which we have all to ourselves
- Half board - rich breakfast/dinner* + fruit for the day
- Daily Zhineng Qigong practice in the large practice room and at selected locations in nature for mental and physical relaxation
- Sharing circles (Council)
- Fun, games and experiments
- Safari tour and wild herb excursion with the organic family farm OPG Jerolim*
- Many opportunities for swimming and/or exploring walking trails every day
- Many opportunities to connect with yourself, nature and wonderful people every day

- A surprise day trip
- A farewell dinner together in a konoba, which is not included in the price

*Catering: We take turns preparing the meals together, breakfast (warm option, bread, fruit), and light vegetarian-Mediterranean dishes in the evening.

Languages: English and German

Anita Ilicic



I love nature, movement and mindfulness. Everything that awakens, touches, moves and invites you to grow beyond yourself again and again. Life is an adventure journey full of possibilities and surprises. We can be deterred by the unstoppable ups and downs of life, pull ourselves together inwardly or consciously learn to relax, trust and expand again and again despite the storm. Every time-out that I have been organizing or co-creating in my home country Croatia since 2014 is a unique composition that wants to move you and create space and invites you to come back to your natural radiance.

Zhineng Qigong, meditation, freestyle yoga and movement, as well as nature therapy elements such as threshold walks, sitting exercises, forest bathing and NaturArt have become powerful, inspiring tools for me, which I wholeheartedly pass on in my courses and time-outs. Let's sparkle again!

My website: <https://www.qi-connected.com>

Luise Kohl-Hajek



Qigong has opened the way to myself and to a deeper, more comprehensive consciousness and has been an essential element of my healing path and spiritual growth. I have been teaching Zhineng Qigong for 20 years and every day I have new, joyful experiences that help me to stay calm, centered and positive.

The combination of consciousness and bodywork is my passion and my path to inner freedom. I love working creatively with groups. Heart-centered sharing circles and threshold walks in nature are some of the tools I learned in my training as an initiatic process facilitator. Over the course of my life, I have been able to collect a treasure trove of effective tools for unfolding my own potential. These include intuitive writing and painting, which open up contact with one's own unconscious parts.

WE ARE LOOKING FORWARD TO MEETING YOU ON
THE ISLAND!