

WholeLife Wellbeing Retreats in Montenegro

Taking time to reset Mind, Body and Spirit

EXAMPLE



Welcome

Thank you for choosing WholeLife Wellbeing and our Holistic Retreat in Montenegro.

We are very passionate about helping people to create a sustainable healthy lifestyle, to optimize their energy and improve their long term health and wellness.

We are very grateful to share this unique experience with you.

Our approach is totally integrated with nature and holistic wellness, helping people reset their Mind, Body and Spirit.

Our experiences bring together Mindfulness, Plantbased Nutrition, Movement, Holistic Restoration and Social Connection with Positive People

Our results improve Gut Health - related challenges including low energy, challenges with mindset, brain fog, ibs, weight management, and overall stress affecting people in today's fast-paced often pressured lifestyle.

Our unique approach to wellness focuses on optimising guest's happiness, positive mindset, energy and a sense of calm & stillness- connecting them back to their Purpose and resetting their wellbeing for long term results.

We hope that you enjoy your stay and that this experience is a positive step into the next chapter of your journey.

Tanja

WholeLife Wellbeing



WholeLife Wellbeing - Helping People fulfill their Purpose through a Sustainable Healthy Lifestyle

2026 Itinerary



Day 1 (Saturday) - Arrival Day

🌿 16:00-18:00 - Arrival day before retreat officially commences

- Welcome drinks/mocktail
- Mini "home tour"
- Bags taken to your room
 - Upon welcome your room will include fresh mountain water and our "healthy treats plate"
 - Mini Wellness Gift Bag

🌿 16:00-18:00 - Rest Time

- Opportunity to have a nap, relax on the balcony or walk down to the beach front.

🌿 18:00 - Dinner at the Retreat

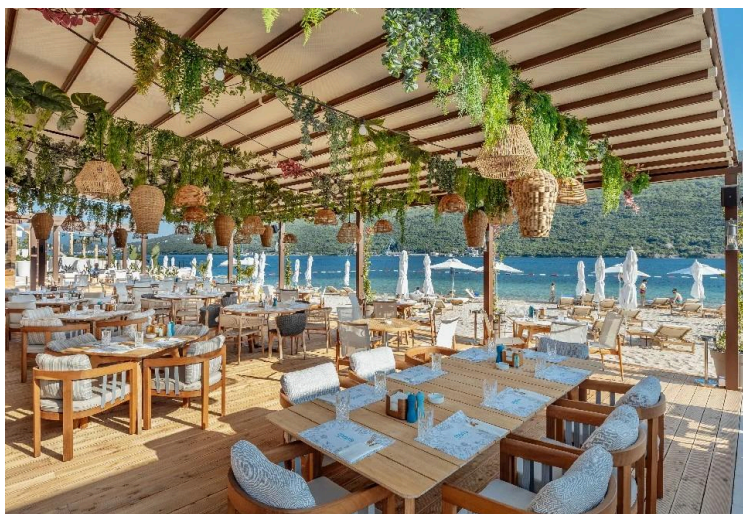
- Relax and unwind taking in the beautiful surroundings and enjoy your first delicious homemade plantbased meal including meze, and a selection of wholelife dishes, treats and our famous herbal tea from Monastery Zdrebaonik

☀️ Group Wellbeing Welcome

- Introductions, sharing personal wellbeing goals
- Guide through the Retreat itinerary & the Mindful Wellbeing Trips
- Getting the most from your Wellbeing Stay
- Key Information & Guidelines

🌿 Wellbeing Activities





Day 2 (Sunday) - Beach Day at the Beach Club

Miracle Morning at the Retreat

 **08:00 - 08:05** - Meet in the Meditation Lounge, Enjoy your Detox Drink and get Settled on your Exercise Mat

 **08:05 - 08:45** - Breathing Exercises & Mindful Stretch, Gratitude & Positive Intentions

Breakfast

09:00 - 10:00 - Healthy Plantbased Breakfast on the Balcony - Freshly Squeezed Juice, Smoothies, Fresh Fruit, Birchers, and local delights. Additional savoury options including eggs - sourced from the nuns. N.B. Variations are provided each day.

10:30 - Chauffeur Pick Up to take us to the Beach Club

10:45-13:00 - Time for Stillness & Rest

- Time to relax on the beautiful beach with access to the calm beachfront, walk and relax.

13:00-14:00 - Lunch Beachside

- Lunch on the beachfront with planned mindful activities

14:00-18:00 - Time to Relax

- Time for rest and mindfulness, swimming, reading
- Shower and Dress for Evening Dinner

19:00 - Dinner at Porto Novi Beach Club

-  Time to relax & reflect.
- Group Mindful Activities

21:30 – Chauffeur Pick Up from restaurant to return to the Retreat Home or Walk along the beach front.





Day 3 (Monday) - Boat Trip to Perast & Lunch at Stari Mlini - Kotor



Miracle Morning

Set yourself for the day with some dedicated time for stillness, reflection and positive energy - mind, body and spirit - facing the Adriatic Sea and breathtaking views

Mindfulness & Movement

07:45 - Meet in the meditation lounge, enjoy your detox drink and get settled on your exercise mat

07:50 - 08:40 - Breathing Exercises & Mindful Stretch, Gratitude & Positive Intentions



Breakfast

08:45 - Healthy Plantbased Breakfast on the Balcony - Freshly made Glow Shot, Freshly Squeezed Juice, Smoothies, Fresh Fruit, Birchers, and local delights.
N.B. Variations are provided each day.

09:40 - Chauffeur Pick Up or Walk down to the Beach to catch the Boat

10:00 - Boat leaves for Perast

<https://www.visit-montenegro.com/destinations/kotor/attractions/our-lady-of-the-rocks/>

Stop to visit the island before stopping at Perast for a break, walk and refreshments.

Boat will continue to Morinj

<https://www.montenegro-urlaub.com/en/perast-the-idyllic-little-village/>

12:30 - Mindful Lunch at stari Mlini - Kotor

An idyllic place to pause and enjoy the Organic beautiful food with choices from traditional dishes to fresh mediterranean specialities

15:00 - Boat to the Retreat Home

15:30 - Arrive at Retreat Home for Rest Time



15:30 - 18:30 - Rest/Relax

- Fresh fruit, water and healthy treats are provided in your room
- Take some time to rest, shower, take in the view and relax



18:30 - Healthy Plantbased Dinner at the Retreat

- Delicious PlantBased Meal prepared by our on-site Chef, using an abundance of fresh local plant based produce



Time to relax & reflect.

- Group Mindful Activities





Day 4 (Tuesday) - Monastery Ostrog & Zdrebaonik

🌿 **08.00 - 09.00** Plantbased Breakfast on the Balcony

🌿 **09:15 - Chauffeur pick up** - Stop on the way to take in the breath-taking view of the sea and for a 15 minute reflection



🌿 **11:15-12.30** - Drive to Monastery Zdrebaonik for refreshments, a walk about the Monastery grounds and orchards and be inspired by their sustainable lifestyle. Opportunity to light a candle for loved one and venerate St Arsenije

Wellbeing Activity

- ❖ Opportunity to discover the naturopathic products that the Nuns produce and stock up for home. N.B. Natural products contribute towards

🌿 **13:00** - Monastery Ostrog https://en.wikipedia.org/wiki/Ostrog_Monastery

🌿 **13:00** - Walk barefoot up the Monastery. This is the perfect time to practice your affirmations, pray or just concentrate on your breathing. The air is breathtaking and it is truly a peaceful and mindful experience where heart and mind align.

Wellbeing Activity - Mindful Photograph/s

- Take a mindful photograph during your walk capturing something that inspires your heart/helped you to be present & connected you with your spiritual wellbeing



🌿 **14:00** - Spend time at the Monastery (option to light a candle) or take in the breathtaking view at cloud level.

🌿 **15.45** - Chauffeur Pick Up

🌿 **16.00 - 18:00** - Sunset Dinner with stunning views of the valley and mountains at Sokoline Restaurant - <https://hotel-sokoline.me/eng/>

🌞 Time to Reflect on & Share your Wellbeing Experience watching the Sunset.

🌞 Wellbeing Activity for the following Day.

🌿 **18.00 - 20.00** - Drive back the coastline to the retreat. Option for evening herbal tea on the balcony or in your room for rest and reflection.





Day 5 - Rest Day & Herceg Novi.

 Breakfast in your room

 **08:00** - Meet on the balcony, enjoy your detox drink and

 **08:15** -Miracle Morning

 **09:05 - 10.00** -Breakfast

 **10.00-16.00** – Free time

- Beach time
- Evening in Herceg Novi & Wine Tasting at Savina
https://en.wikipedia.org/wiki/Herceg_Novi

Dinner at Konoba Feral
<https://www.konobaferal.com/#/home>

Take a walk down to the beachfront & have a refreshment at Papagaj papagaj montenegro, or take a walk along the beach front to Porto Novi
<https://square-portonovi.com/en>
<https://portonovi.com/en>

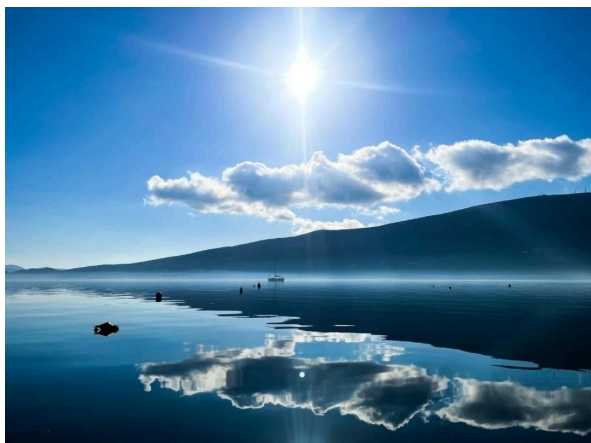
 **16:00** - Meet on the balcony for Mocktails & Nibbles

 **17:00** - Chauffeur Pick Up

 **18:00** - Winetasting at Savina for celebration and positive reflections

 **20:00** - Journey back to retreat





Day 6 RETURN DAY

06:30 – Sunrise Miracle Morning on the Beach (Optional)

☀ Watch the Sunrise. Reflections on your Journey, Gratitude, Positive Affirmations, Journaling/Reading

08:00 – Healthy Breakfast on the balcony.

Chauffear Pick Up

