



FOUR SIDES

CROATIA RETREATS

STRENGTH / PILATES / SWIM / SUP / TRAIL

Four Sides VITALITY Retreat

When: 5 - 9 June 2024

Where: Brač, Croatia

Hosts: Megan & Four Sides Team

Travel: BA London Heathrow to Split

Depart 05/06/2024

13:40 LHR - 17:20 SPU

Return 09/06/2024

13:40 SPU - 15:20 SPU

Flights not included, Croatian Transfers are included





VITALITY 5 - 9 June 2024

This indulgent retreat designed to restore smiles & strength in equal measures. Immerse yourself in what the beautiful island of Brač has to offer.

Our days will start with Meg-led Pilates sessions on the terrace, each tailored to strengthen, lengthen & revitalise, followed by a refreshing dip in the Adriatic sea.

Each day we will balance exertion & recovery, adventure & unwinding, energy & rest.

We will guide you on hikes or runs along the local trails, through pine forests, up rocky hills & through olive groves to hidden gems.

Top the day off with strength sessions by the pool or empowering runs, leaving you ready for the evening BBQ & chilled drinks.

We will serve up fresh, local food from our menus designed to re-fuel & please. We believe in treats! So cold beers & delicious cool wine will be on offer too.



Day 1 - Wednesday 5th June

Speedboat transfer.

Villa welcome with refreshing drinks & snacks.

Poolside Pilates stretch to unwind from your travels.

Sundowner hike to explore & catch the last of the days sun. Followed by a refreshing sun-set sea plunge.

Villa drinks & BBQ.





Day 2 - Thursday 6th June

Pilates flow on the terrace & early bird sea swim.

Villa breakfast.

Poolside S&C & Pilates abs attack.

Terrace lunch to re-fuel.

Guided run / hike through the local olive groves
to a scenic spot.

Sunset pilates stretch by the pool.

Restaurant dinner in Postira.



Day 3 - Friday 7th June

Pilates flow on the terrace & early bird sea swim.

Villa breakfast.

Hilly hike through vineyards & olive groves to the scenic village of Dol.

Visiting historical sites & working up an appetite for a rustic hill-side lunch.

Return to villa to refresh.

Poolside Pilates stretch & sunset swim.

Villa drinks & BBQ.





Day 4 - Saturday 8th June

Pilates flow on the terrace & early bird sea swim.

Villa Breakfast.

Sea swim & SUP adventure.

Terrace lunch.

Gun show S&C & Pilates strength

Restaurant dinner in Postira.

Day 4 - Sunday 9th June

Sunrise Pilates flow & final sea splash.

Speedboat transfer & goodbyes.

The Villa

Villa Pandora, built in 2019, is a modern, luxurious three storey villa on the island of Brac. With views overlooking the Adriatic Sea & the Split Riviera Dalmatian coast.

There are six gorgeous bedrooms with balconies & ensuite bathrooms. A large living room with plenty of seating, pool table, wine "room", a modern fully equipped kitchen, dining for twelve people indoors & out. A huge heated pool, gym, spa & sauna, all set in 1100 square metre of garden & surrounded by scented pine woodland.

Luxury Villa Pandora is 150 metres as the crow flies & just a 5 minute walk from a delightful pebbly beach. The gorgeous clear water is surrounded by pine trees & their exquisite scent.





The Villa

5min walk from bay with all water sports kit provided.

10min walk to the village of Postira.

Heated private swimming pool.

Private balconies & multiple terraces to socialise or catch some peace.

Dreamy views of the Adriatic Sea.

All rooms are en-suite, each with their own balcony & sea view

Air conditioning in all rooms.

Local trails for hikes & runs from the door step.

Ping-pong & pool table.

WiFi (for selfies, not work...)



Prices per Person

*Shared double - £1350
(1 x Large kingsize bed).*

*Shared triple - £1000
(3 x single beds).*

*Double as a single - £2400
(1 x Large kingsize bed).*

All activities, meals & accommodation included,

*Speedboat transfers to & from Split airport
included.*

Flights are not included.





How to book

For more information or to book your place

please email:

retreat@foursideslondon.com

50% deposit required to reserve your spot. Full payment due 1st February 2024.

We recommend booking your flights ASAP.

To catch our transfer speed boat please select:

BA London Heathrow to SPLIT

05/06/2024: BA 13:40 LHR - 17:20 SPU

09/06/2024: BA 13:40 SPU - 15:20 SPU

We cannot wait to take you here & make some memories!

Megan & James

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