



Remember Yourself

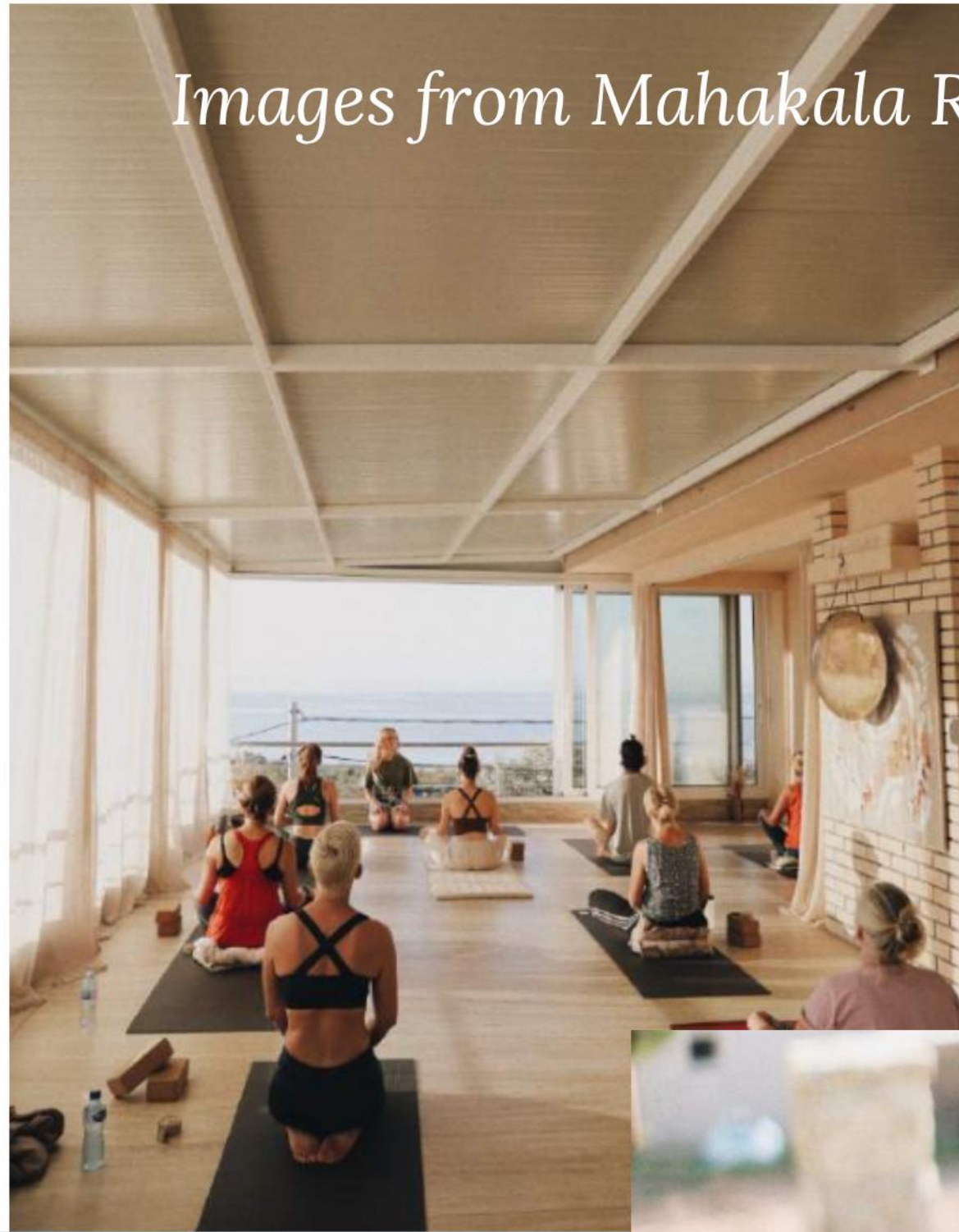


Balance Your Wine, Happiness and Yoga



Yoga & Wine Retreat
Montenegro --- September 2027
Sunday the 6th - Saturday the 11th

Images from Mahakala Retreat Center





Returning Home



Life sometimes gets in the way of us slowing down and living fully.

Somewhere along the way, we get so caught up in the busyness of life, that it passes us by and we get lost in ourselves.



This retreat is an opportunity to come back home to yourself. In your connection to your body, your mind, and your soul.

We'll get here through mindful movement, conscious connection, and balancing this with wine and food to share at the table.





Tell me more...



seven days of structure and spaciousness, *en together. Morning meditation, yoga practices daily, home-cooked meals timed to your body, and afternoons free to explore Europe's most quietly stunning coastlines.*



visit small vineyards. We will eat locally foods. We'll move slowly through medieval s and eat dinner before the sun sets. Every detail is handled for you.

All you have to do is show up.

The Space:



la Center, Montenegro sits on the Adriatic working retreat center with a yoga shala, ew, and a kitchen that cooks meals with om their gardens. Two home-cooked plant meals are included daily, designed around nutrients and balance

arby town, the beach, the hills, all within on our own two feet. The retreat center itself is a destination.



What's Included?



- *Six nights and seven days at Mahakala Center, a soulful eco retreat perched above the Adriatic in the coastal village of Buljarica, Montenegro.*
- *Two nourishing plant-based meals daily at 10am and 5pm, made from scratch by local Montenegrin women using organic ingredients grown nearby.*
- *Daily yoga and movement practices designed for all levels, whether you are brand new to the mat or have been practicing for years.*
- *Morning meditation to open each day with breath and intention.*
- *Curated visits to small boutique local vineyards where the wine tells the story of the land.*
- *One group dinner out in town. Long table, local wine & food.*
- *Ample time to rest, wander the coastline, swim, and simply be. The beach is a 15 minute walk. Hiking trails and coastal villages are right outside the door.*
- *Dedicated concierge style support from the moment you book through the last day of the retreat.*
- *All classes, experiences, and tours are completely optional based on how you feel every day.*



What's not included?



- Flights to and from Dubrovnik. It is recommended to arrive in Dubrovnik on Saturday, September 4th. We will depart from Dubrovnik together on the 5th.
- Accommodation in Dubrovnik the night prior (we will help you find the right spot).
- Massages and spa treatments at Mahakala (available to book on site).
- Additional meals and drinks outside of the two daily buffets, wine tasting experiences, and included group dinner.
- Personal excursions, shopping, and activities not listed in the itinerary.
- Travel insurance (strongly recommended, visit [InsureMyTrip.com](https://www.insuremytrip.com) to compare plans).

"All payments are non-refundable. In the event you are unable to attend, your spot may be transferred to another guest of your choosing at no additional charge, provided Jaime is notified no later than 30 days prior to the retreat start date. Transfers within 30 days of the retreat are subject to approval."



What a Retreat Day feels like



8:30 am – Morning meditation

A gentle opening. Breath, stillness, and intention before the day begins.

9:00 – 10:00 am – Morning yoga

Movement for the body and soul.

10:00 am – Breakfast

Home-cooked and nourishing. Eaten slowly, together.

11:00 am – Free time or day excursion

Some days this is yours completely: beach, a walk, a book, a nap. Other days we move together: a drive through the vineyards, wander through a coastal village. You'll always know in advance. You'll never feel rushed.

5:00 pm – Early dinner

The second home-cooked meal of the day, timed to support digestion and wind you down naturally.

7:00 pm – Evening practice

Slow flow, deep stretch, or yin. A deliberate unwinding to soothe the nervous system.

8:00 pm – Onward

Quiet time or occasional walks to town for a glass of vino and laughter and stories to share of the days adventures.

Room Options

2 Sea & Mountain View Suites:



*Our sea-view rooms
comes with a tranquil
sea view,
private bathroom, access
to the yoga terrace and a
comfortable double
bed or
two single beds.
One suite with balcony.*



\$3,000 per person



Dorm Room



Our dorm room for 4 offers affordability, coziness, and amenities like a private bathroom, small balcony with mountain views, and comfortable bunk beds.



\$2,500 per person



2 Standard Mahakala Rooms



Our standard room is shared by 2 people and has its own private bathroom and two single beds or one double bed. No balcony or sea view as it is on the base floor.



\$2,875 per person

Mountainview Ensuite with Balcony



Our private mountain-view room has gorgeous views of the mountains and from the private balcony you can also see the sea. Private bathroom and a comfortable two single beds.



\$3,160 per person

About your retreat leader:

Hi, I'm Jaime. If you're reading this, you probably already have taken one of my yoga classes, tasted some wine with me, or perhaps have found yourself in my kitchen for a meal made with love.

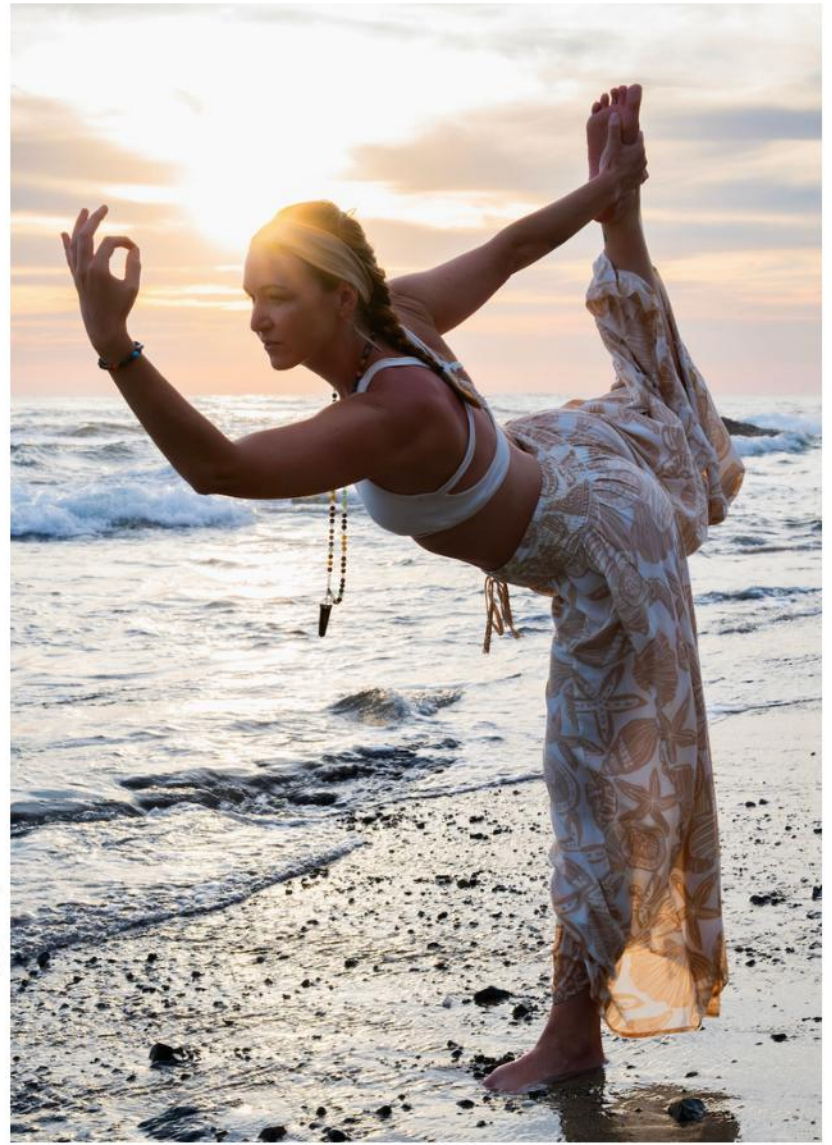
However you got here, thank you for your presence in my life, and for considering joining on this retreat.

Yoga and wine both entered my life in natural ways 15+ years ago. Yet it was during the pandemic where they shifted from friendly acquaintances to lovers of my soul.

During this time, a daily practice of asana brought me to a peace and calm that was indescribable. That peace lit a fire in me, a passion to share what I had found with others.

Meanwhile, my evenings were quiet and filled with books and stories about wine from regions I had never heard of. The vast history and craftsmanship that a single bottle can hold is mind-boggling to me still.

I love that these two seemingly opposing loves can naturally come together in a space meant to be shared.





WINE, HAPPINESS, AND YOGA

BALANCE YOUR WHY



How to Save your spot?

There are 14 spaces available for this retreat.

*To secure your room, or for questions,
please contact Jaime directly at
303-505-1540*

or

*balanceyourwhy@gmail.com
to provide your \$500 deposit.*

Payment plans are available. Final payment due by June 30th

*Zelle or Venmo preffered payment, card available upon
request.*