

# Leap.Play.Love.



## SLOVENIA WELLNESS + ADVENTURE RETREAT

August 27th - Sep 3rd, 2023

Information Package.

### Slovenia.

Slovenia is a small country in Central Europe, bordering Italy, Croatia, Austria and Hungary. Soča (pronounced Socha) Valley is a small region in the northwest corner of the country surrounded by the high peaks of the Julian Alps; it's a paradise for all of you who want to slow down, decompress and ignite your soul. This region is sought out by many as a remote destination with extreme and rugged natural beauty. UNILAD has even listed Slovenia as one of the the top 5 places to visit. It is stunning.

Our 7 night/8 day retreat, includes all of the following:

- Daily yoga & meditation classes with Brian and Victoria Greene ([victoriagreene yoga.com](http://victoriagreene yoga.com)).
- Round trip group transport from Venice International Airport.
- Authentic and varied accommodations - See below.
- Breakfast, lunch & dinner every day (minus one dinner) sourced from the local farms.
- Exclusive use of the properties and on-site spa/sauna at the farm house.
- Wifi in communal spaces.
- Excursions as outlined below with experienced guides and all the necessary rental gear.
- 75 min. Uncle Brian Wellness massage/reiki session with Brian in NYC / Slovenia if not in NYC

### Excursions:

Be ready to Leap, Play, Love, and face challenges that inspire even yourself! You will be supported every step of the way by the most professional, caring, and most importantly, EXPERIENCED guides in the adventure vacation business.

#### • **Via Ferrata**

A modern-day via ferrata route leverages steel cabling and rungs (typically made of anodized steel rebar) drilled into the rock wall that allow one to climb vertical and sometimes overhanging terrain in sneakers and a smile. In most cases, climbers clip into a quarter-inch to half-inch steel cable at the waist or chest, with feet and/or hands using steel rungs to move just as one would navigate a ladder.

Long story short, moving through a via ferrata route feels like something between hiking and rock climbing, and it's an increasingly popular adventure. Be ready to see Slovenia from the peak and test our limits.

#### • **Canyoning.**

Canyoning is the exploration of a canyon from point A to point B using a range of techniques that include hiking, scrambling, plunging into water holes, sliding down rocks, and rappelling down and around waterfalls. Imagine extreme hiking with a harness, helmet, wet suit, protective gear, water shoes (provided) and appropriate rope systems all led by our amazing local guide Rickey! We start at the top and make our way down and through the canyon. Be prepared to literally leap, play, and love during this excursion plus a little butt-sliding (don't worry its protected) and lots of WATER and laughs! One of the coolest experiences we have ever done!

- **Stand Up Paddle boarding.**

We've all seen this, but just imagine doing it surrounded by mountains and gliding over the crystal blue waters of the Soča river! Wet suits provided as well! Our guide handles all the pictures, you just handle your board and not falling in!

- **Coastal Biking.**

Bike through a quaint coastal town on the coast of Slovenia as we explore the small town life. We get to see what else Slovenia has to offer besides the just the gorgeous mountains.

- **Olive Farm/Winery tour**

We will visit a Slovenian olive farm and do a tasting (included) and also stop by a winery where there will be the option to do a tasting as well. Trust us, the Slovenian wine is very good. You wont want to pass it up!

- **World Famous Goat Farm Visit and Traditional Slovenian Food and Schnapps.**

One of the coolest things is to experience the local culture. We will visit a famous local goat farm (National Geographic documented these goats as some of the rarest breeds around with only 600 remaining in the world) We will eat dinner here and experience the cheeses made from the goats milk and hopefully meet the goats as well. Outdoor eating with local cuisine and rare goat cheese along with homemade Schnapps? Table of 18 please!

So many additional surprises along the way, all inclusive for you and curated with optimal outdoor exposure. Planned to make your heart race, your adrenaline pump, your body work, your face smile, and your soul full, this is a week you do NOT want to miss! How do we know? We have been there and done that and are coming back for more that's how good it is!

#### **Additional excursions / Opportunities to explore:**

- Sky Diving Opportunity - Pricing to TBD, please register your interest at time of registration (in the region of \$250 Per Person with Skydive Bovec).
- Short hikes to Soča River and Waterfalls.
- Shopping local shops
- Add on days in Venice at the beginning or end of our week.
- Layover in Lisbon, Portugal on the way.

#### **Accommodations:**

We have 3 different locations during this week to stay.

1. Our first home, is a privately owned authentic Slovenian farmhouse. Select a shared room, or single room and we will organize the rest. All bedrooms have a private en-suite bathroom with the exception of the two sweet woodland huts that have bathrooms and showers just a few feet away inside the spa.
2. Midweek we journey to a beautiful and remote Mountain Hut. We drive along the highest drivable road in the country, at an elevation of 7733 feet into the mountains which border Italy and Slovenia. An evening of companionship, warm food and a well deserved toast at sunset. We will sleep in a private large dormitory room on bunk beds, a true hikers haven and experience. Wake up to a beautiful sunrise and crisp mountain air.
3. Our final home, is a privately owned B&B style villa close to the coastal town of Koper. A selection of apartments will be ours and your room choice will be consistent with your booking.

### Food:

- Breakfast will be plentiful and available to us after the first class of the day.
- Lunch - on some days we will have a delicious packed lunch made by our local hosts.
- The main meal of the day will be dinner in the early evenings and range from home style, farm-to-table cooked meals, to fireside grilled food. You will taste the difference in these fresh vegetables! Slovenian food is hearty, earthy, and filling!
- A note on alcohol, champagne and non-alcoholic beverages will be served to toast our arrival at the Mountain Hut and celebrate midweek! Aside from that and the schnapps at the goat farm, additional drinks can be purchased at meal times at additional cost. We ask that you drink in moderation due to the physically demanding nature of some of the excursions and early start to our days. (If you have any concern around the availability of alcohol please let us know and we will of course treat this information discreetly).

### Time Zone & Weather:

Slovenia is GMT+1 Time Zone. Think about this when planning, as far as jet lag may be concerned. August/ September is a good time to visit Slovenia. Late in the tourist season but while the days are still long and (fingers crossed) warm and sunny. Average High of 72 degrees, average low 54 degrees.

### Money & Incidental Costs:

What's Included: Your lodging, 3 meals a day + mid-day snacks, all transportation, yoga, meditation, one hour bodywork session, spa use on property at the farmhouse, and excursions. What's NOT Included: Your flights to/from Slovenia, sky diving, travel insurance (check your credit card for this may be included), additional alcoholic drinks, any additional lunch and snacks, personal shopping, and any additional activities you may wish to participate in.  
Currency: EUR (Euro).

### Destination and Transport:

We at Uncle Brian Wellness, took this trip in September of 2022 and found plenty of available flights to Venice to suit most budgets. Before traveling home we stayed a few nights in Venice and access to this stunning city is very easy from our drop-off point. Please note that traveling light is a great idea. We will share a packing list with you closer to your departure but for now, please know that European rules regarding the size of carry on, are strict and enforced.

Pickup from Marco Polo Airport @ 1:00pm on August 27th  
Drop Off at Marco Polo Airport @ 1:00pm on September 3rd

### A personal note from Brian:

*I couldn't be happier that you are considering being a part of this incredible week! I am thrilled to have a team of people not only that I enjoy as humans, but also deeply respect what they do by my side in my first international retreat with Uncle Brian Wellness. My guest teacher, Victoria, you will love. She has always been one of my favorite yoga teachers in NYC and you will see why. Our local hosts, Lindsey and Jordan, who we met last time we were there, are so kind, knowledgeable and accommodating. I promise you, after doing a similar retreat myself in Slovenia last year, you will absolutely not regret it. It is one of the most magical places full of beautiful nature and kind people. My slogan, my mantra, my belief in life and the theme for this retreat is **Leap. Play. Love**. What that means to me is: take a chance, have fun while you are doing it, and open your heart fully. We only have one life in this body so why not make the best of it. See you in Slovenia where we will do all of those things! That I can guarantee!*

*Namaste,  
Brian*

### **Retreat Complete Package Costs:**

(Including all retreat items listed above and excluding those items outlined).

### **Shared Sleeping Accommodation:**

**\$2900 (Early Bird 26th April 2023) \$3100 Thereafter.**

### **Shared Double Bed:**

**\$2900 Per Person (Early Bird 26th April 2023) \$3100 Per Person Thereafter.**

### **Single Sleeping Accommodation:**

**\$3200 (Early Bird 26th April 2023) \$3400 Thereafter.**

### **Terms & Conditions:**

Registration and Payment:

Deposit of a non-refundable payment of \$500 and signed registration form.

- First payment: 50% of balance due February 26th, 2023
- Second payment: 50% of balance due May 26th 2023
- OR Pay In Full upon registration.

### **Cancellations and Refunds:**

If it becomes necessary for you to cancel, please notify us immediately by email:

[victoria@unclebrianwellness.com](mailto:victoria@unclebrianwellness.com).

The following cancellation charges will apply:

- 90 days or more: Forfeit 25% of your retreat cost
- 30-90 days: Forfeit 75% of your retreat cost
- Less than 30 days: Forfeit 100% of retreat cost (Travel Insurance is a must to cover last minute emergency trip cancellation).

Under exceptional circumstances and upon ability to re-sell your package, 25% of monies paid may be refunded to you.

### **Cancellation By Us:**

- UBW retreats require a minimum number of participants, if that goal is not reached six months prior to the retreat week, we reserve the right to cancel any trip prior to departure returning the full refund of any and all payments made to us in respect of the cancelled retreat. We reserve the right to cancel the yoga retreats in all circumstances, in which case we will refund 100% of the money received by each user in a maximum of 30 working days from notifying you of the cancellation.
- Please note we are not responsible for any expenses or damages, either direct or consequential, incurred as a result of a trip cancellation including but not limited to preparation costs, visa costs, airline tickets, travel documents, vaccination charges, gear purchases, airport and airline taxes or any other expenses.

**I'm here to answer any questions that may have. Be sure to reach out.**



### **Uncle Brian Wellness.**

Victoria Greene - Retreat Co-Ordinator  
Guest Yoga Teacher, Meditation Leader  
[Victoria@unclebrianwellness.com](mailto:Victoria@unclebrianwellness.com)  
[www.unclebrianwellness.com](http://www.unclebrianwellness.com)