

F O U R S I D E S

L O N D O N



VITALITY RETREAT CROATIA

24th -28th SEPTEMBER 2025

STRENGTH / PILATES / SWIM / SUP / TRAIL

Four Sides VITALITY Retreat

When: 24th - 28th September 2025

Where: Brač, Croatia

Hosts: Megan & James Vickers

Travel: Flights are not included, But speedboat transfers (both ways) between Split Airport & our villa on Brač are included.

Transfers will be inline with the following flight times:

BA LHR-SPU 13:40 24/09/2025

BA SPU - LHR 13:40 28.09/2025





VITALITY – Feeling alive, capable & energetic.

This indulgent retreat is 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. The followed by a refreshing dip in the crystal 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 24th

Arrive & Feel the Calm

Speedboat transfer from the steps of Split airport right to our village of Postira.

Welcome to the villa with refreshing drinks & snacks on the terrace.

Poolside Pilates stretch to unwind from your travels & take in the sunset.

Followed by a refreshing sea or pool plunge.

Villa drinks & BBQ of fresh fish, homemade salads & Croatian wine. Topped off with one of Meg's cakes.





Day 2 – Thursday 25th Villa Refresh

Pilates flow on the terrace followed by a sea swim in our own beautiful bay; just a short walk away.

Villa breakfast of fresh juices, eggs, homemade shakshouka, Meg's granola, yoghurts, fruit, veggies & fresh bread.

Poolside S&C & Pilates abs attack.

Terrace lunch of veg rich salads, fresh bread, meat & fish.

Pool time R&R.

Guided run or hike on the coast path to the bay.

Sunset Pilates stretch by the pool.

Restaurant dinner in our village of Postira.



Day 3 – Friday 26th

Hike Day

Pilates flow on the terrace followed by a sea swim in our own beautiful bay, just a short walk away.

Villa breakfast of fresh juices, eggs, homemade shakshouka, Meg's granola, yoghurts, fruit, veggies & fresh bread.

Hilly hike through vineyards & olive groves to the scenic village of Dol. Visiting historical sites & working up an appetite for an authentic Croatian lunch.

Return to the villa to refresh & cool off.

Poolside Pilates stretch followed by a sunset sea swim.

Villa drinks & BBQ of fresh fish, homemade salads & Croatian wine. Topped off with one of Meg's cakes.



Day 4 – Saturday 27th SUP Adventure

Pilates flow on the terrace.

Villa breakfast of fresh juices, eggs, homemade shakshouka, Meg's granola, yoghurts, fruit, veggies & fresh bread.

SUP adventure exploring the beautiful bays & searching for ice cream!

Return to the villa for a terrace lunch of fresh salads, meats, cheese & local breads.

Gun show S&C & Pilates strength.

Restaurant dinner in our village of Postira.



Day 5 – Sunday 28th Last Hurrah!

Sunrise Pilates flow & final sea splash.

Quick villa breakfast before we leave the villa in time for a coffee in Postira.

Speedboat transfer from Postira to Split airport before we say our good-byes.

Until next time!



The Villa

Villa D was built in 2021 & is a modern, luxurious three storey villa in Postira, Brac. With views overlooking the Adriatic Sea & the Split Riviera Dalmatian coast.

There are six gorgeous double bedrooms, all with balconies, sea views & ensuite bathrooms. There's air-con in every room or you can keep cool with the sea breeze through your balcony doors.

There's a large living room with plenty of seating, a pool-table and even a wine "room" stocked with local wines for us to enjoy. Villa D also has a huge heated pool, a gym, gorgeous gardens & is surrounded by scented pine woodland.

Luxury Villa Pandora is 150 metres as the crow flies & just a 5 minute walk from a beautiful pebbly beach. The water is gorgeously clear, the bay is sheltered & there is a scenic backdrop of mainland Croatia.



The Villa

6 double rooms (4 super kingsize beds, 2 twin rooms).

Every room has a private balcony & dreamy views of the Adriatic Sea.

All rooms are en-suite with a rainfall shower.

Air conditioning throughout.

Local trails for hikes & runs from the door step.

Private heated swimming pool.

Gym & Sauna.

Ping-pong & pool-table.

WiFi (for selfies, not work...)

10 min walk to the village of Postira where you can find a small supermarket, bakery, green grocers, several cafes, restaurants & bars.

5 min walk from the bay for swimming & SUP (water sports kit provided).





Costs

Shared double - £1350 per person

4 x rooms with super kingsize beds
2 x twin rooms
(available as first come first served basis)

All activities, meals, restaurant dinners &
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
Meg at: retreat@foursideslondon.com

30% deposit required to reserve your spot
30% due 1st April 2025
Final 40% due 1st July 2025

We recommend booking your flights as soon as they come
available. Details of recommended flights will be shared at time
of booking.

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

Megan & James

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*Full refund available up to 6 months before the retreat.
Cancellation after 6 months, refunds only available if
your space is filled.



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