



APRIL 11TH - 13TH 2025

WELLBEING RETREAT

in Istria



A Dolce Vita Wellbeing Retreat in Istria

We're excited to invite you to our Dolce Vita Ladies Club retreat at [La Maison Istria](#). Nestled in the heart of Istria's picturesque countryside, this retreat is designed to elevate your wellbeing, immerse yourself in the art of slow living, savoring the beauty of every detail in the company of like-minded women.

Indulge in a thoughtfully curated experience where Mediterranean flavors, mindful activities, and meaningful connections come together. From intimate culinary session and wine tasting to sunset aperitivos and starlit conversations, every moment is crafted to inspire balance and joy.

Whether you're rolling fresh gnocchi by hand, sipping herbal teas at sunrise, or unwinding under the stars, this retreat is a sanctuary for those who seek fulfillment in life's simplest and most exquisite pleasures.

We will accommodate in two different villas (5 minutes distance with car). The whole retreat program will be taking place at La Maison Istria. To make it easy, those who apply first will stay at La Maison Istria, and others at Villa 2 (photos of both villas on last slide).

PROGRAM DAY 1

From 16:00:

Welcome to La Maison Istria

17:00 - 18.30 :

Welcome drink & Signature Cocktails

19:00 - 21:00 :

Mediterranean Welcome Dinner

Starter: Zucchini carpaccio with parmesan and pine nuts.

Main Course: Salt-baked sea bass (or meat) with grilled vegetables.

Dessert: French orange cake

21:30:

A moment to unwind with conversations and music under the stars



PROGRAM DAY 2

9:00 - 9:45

Light Morning Refreshments:

Ginger shots

Chia Pudding with coconut milk & fresh seasonal fruit

Seasonal fruit platter

Homemade energy vegan sneakers

Herbal teas, coffee, infused water

10:00 - 12:30

Cooking Class

Hands-on gnocchi-making session with you

Side dish: Roasted cherry tomato and burrata salad

14:00 - 17:00

Wine tasting at Istrian Winery



18:30 - 19:30

Sunset Aperitivo

20:00 - 21:30

Light Mediterranean Dinner

Gazpachi soup

Crispy rice salad

Vegetable fritters with quinoa

21:30 - 23:00

Outdoor Cinema Night

Under the stars with cozy setup:
blankets, candles, fairy lights

PROGRAM DAY 3

Morning Walk / Pilates Class

10:00 - 12:00

Slow Sunday Brunch

- Detox Green Spirulina Smoothie
- Buckwheat Pancakes with maple syrup & fresh berries
- Quinoa & Avocado Salad with cherry tomatoes & almonds
- Seasonal Fruit Platter with local honey & walnuts
- Freshly Brewed Coffee & Herbal Tea

12:00

Closing Talk & Reflections



Room Options

Standard Room (King Bed)

- **Shared: €350 per person**

(share with a friend or be assigned a member)

- **Private: €500 for solo occupancy**
- Size: 28m²
- Includes: Private bathroom

Master Room (King Bed + Sofa Bed)

- **For 3 Friends: €700 total**
- **Private: €600 for solo occupancy**
- Size: 36m²
- Includes: Private bathroom



Included in the price

2 nights in the villa

Full board meals
(alcohol with meals for
extra charge)

Welcome drink &
Signature Cocktails

Cooking class

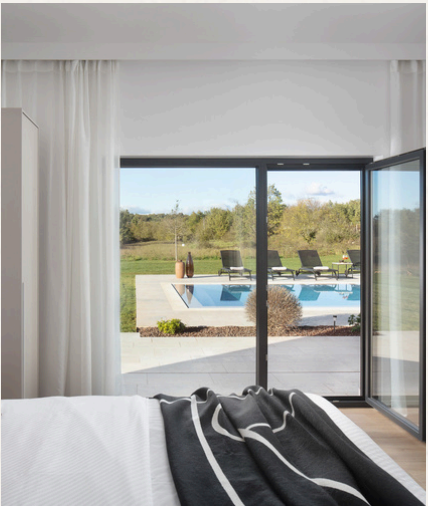
Wine Tasting

Accomodation

Villa 1



Villa 2



We can't wait to spend time
with you at La Maison Istria.

For any questions email us to info@dolceitaladiesclub.com