

RETREAT / WORKSHOP HOST GUIDE



WELCOME TO KORINJAK

Thank you for considering Hotel & Camp Korinjak as the venue for your retreat. This guide provides essential information for hosting workshops, retreats and group programmes on the island of Iž — a peaceful natural setting supporting wellbeing for 25 years.

ABOUT KORINJAK

- Seaside hotel and campsite on the island of Iž, near Zadar, Croatia
- 100% vegetarian, mostly vegan buffet
- Gluten-friendly and raw-food options available
- Allergy-aware approach (guests should inform us in advance)
- Three indoor halls, a large covered terrace & multiple outdoor practice spaces
- Quiet natural surroundings ideal for deep work and relaxation
- Pet-friendly (depending on retreat type)
- Naturally supporting a digital detox (no Wi-Fi or TV in rooms)
- 25 years of experience hosting retreats and group events

WHAT'S INCLUDED FOR RETREAT GROUPS

- Accommodation in hotel rooms or the campsite
- Private bathrooms, balconies and A/C in hotel rooms
- Campsite includes: access to shared facilities, shaded areas, proximity to the sea
- Vegetarian half-board (breakfast & dinner buffet)
- Light lunch available with a supplement
- Use of all indoor halls and outdoor practice areas
- Equipment provided: mats, bolsters, cushions, chairs, blankets
- Daily wellbeing activities (morning yoga and meditation)
- Evening programme & mindful walk
- On-site support from our team

OPTIONAL ACTIVITIES (PAID)

- Massages & holistic treatments
- Shiatsu
- Sound therapy
- Gong baths
- Orgone chamber session
- Boat trips (Rutnjak, nearby bays, or around the island)

IDEAL RETREAT SEASONS

- May–June: peaceful atmosphere, pleasant temperatures
- September–October: warm, calm, ideal for focused work
- July–August possible for selected retreat formats

WHAT RETREAT HOSTS PROVIDE

- Your group
- Your programme and schedule
- Any special additional equipment

We provide:

- Logistics
- Accommodation (hotel or campsite)
- Meals
- Workshop spaces
- Equipment
- On-site coordination

You focus on teaching — we take care of everything else.

ACCOMMODATION

Hotel rooms

Simple, calming rooms with sea or olive grove views — supporting a restful stay and a gentle digital detox.

Campsite (June-September)

A natural, peaceful camping area just steps from the sea — ideal for participants who enjoy simplicity, nature immersion and a spacious outdoor atmosphere.

Campsite guests have access to all retreat activities and the full board options.

FOOD FOR YOUR GROUP

Our cuisine is:

- Vegetarian and mostly vegan
- Seasonal and Mediterranean-inspired
- Gluten-friendly options available
- Raw-food options available
- Allergy-aware (advance notice recommended)

Meals included:

- Breakfast buffet
- Dinner buffet

Optional:

- Light lunch (smoothies, soups, salads, simple dishes)

WORKSHOP & PRACTICE SPACES

- Large indoor multipurpose hall
- Two smaller indoor workshop rooms
- Covered seaside terrace
- Forest and garden areas
- Quiet corners for meditation & coaching

Equipment provided: mats, bolsters, blankets, cushions, chairs, tables (on request)

TRAVEL TO IŽ ISLAND

- Fly to Zadar Airport
- Short transfer to Zadar port
- Travel to Iž by:
 - Ferry – for guests *travelling with a car*
 - Boat or catamaran – for guests *travelling without a car*

- Free hotel parking for guests arriving by car
- Travel depends on scheduled sailings and weather conditions

GUEST ARRIVAL & INFORMATION

We can provide you a Guest Handbook with:

- Transfer instructions
- Useful island tips
- Arrival guidance

SUPPORT FOR RETREAT LEADERS

We assist with:

- Pre-arrival planning
- Space scheduling
- Equipment setup
- On-site coordination
- Optional activities (boat trips, treatments, excursions)
- Meal timing coordination
- Dedicated point of contact

CONTACT FOR RETREATS

Email: reception@korinjak.com

Web: www.korinjak.com

+385 91 600 67 49

We look forward to supporting you and your group on the island of Iž.
Your retreat. Your programme.
Our island of peace.