



RETREATSALBANIA
Mindfulness Sports Meditation

ALBANIA HERITAGE & SPORTS COAST RETREAT

4 days, 3 nights

TIRANA, KRUJA, DURRËS

GROUP OF 10 PERSON

DAY 1: FRIDAY

19 SEPTEMBER 2025

AIRPORT, KRUJA

Arrival to the Airport
Departure for Kruja
Visit Castle, Scanderbeg Museum
Visit Local bazaar
Departure for Tirana
Walking tour in Tirana
Dinner in a traditional restaurant
Hotel accommodation 4*
Overnight in Tirana

DAY 2: SATURDAY

20 SEPTEMBER

DURRËS, RETREAT WEEKEND

Settling In, Relaxing, and Revitalizing

Departure for Durrës Beach
Arrival at hillside beach hotel 4*
Adjustment and relaxation
Health exercises from Kung Fu Martial Arts
Welcome lunch
Free time to relax
Rejuvenating Hatha and Vinyasa Flow Yoga
Introductory Kung Fu Class, focused on basic self-defense techniques
Dinner with healthy, organic local dishes
Zen Meditation - Moon Greeting
Peaceful and very special meditation inspired by Shaolin Kung Fu

DAY 3: SUNDAY**21 SEPTEMBER****DURRËS, RETREAT WEEKEND****We Recharge**

Meditation

Yoga Fitness for toning and shaping (60 minutes)

Breakfast buffet

Wellness Workshop (60 minutes)

Restorative Yoga (30 minutes)

Lunch

Time to relax

Introductory Kung Fu Class, focused on basic self-defense techniques (60 minutes)

Farewell Ceremony

Departure for Tirana

Walking tour in Tirana

Visit House of Leaves Museum (optional)

Dinner in a traditional restaurant

Hotel accommodation 4*

Overnight in Tirana

DAY 4: MONDAY**22 SEPTEMBER****DURRËS, AIRPORT**

Breakfast at the hotel

Visit in Durrës (Optional)

Transfer to TIA (Tirana International Airport)

INCLUDED IN THE PRICE:

- Accommodation in hotel 4* in Tirana (HB)
- Accommodation in hotel 4* in Durrës (FB)
- Transfers as per itinerary
- English speaking guide
- Entrance fees
- One bottle of water per day
- Trainings:
 - program of Kung Fu martial arts
 - rejuvenating yoga
 - mindfulness practices
 - self-defence techniques
 - stress-relieving meditation
 - dynamic and restorative yoga sessions
- Wellness workshop

NOT INCLUDED IN THE PRICE:

- Lunches and dinners not mentioned above
- Personal expenses

FROM € 585 P.P. / DOUBLE ROOM
€ 110 euro single supplement