



Metta Beyond

A JOURNEY WITHIN



Deep Dive, Heal Within

Exploring the Depths of Mind and Ocean

Have you ever wondered what it would be like to truly know yourself, to experience genuine freedom and to discover the harmony between your mind and body? Tihana and her team are dedicated to guiding you on this journey in a relaxed, playful, yet sophisticated and deeply personal manner.

Location:

Istria, Croatia

Date:

September 17–21, 2025 (arrival is between 2 PM and 4 PM on September 17)

Group Size:

Limited to 12 participants, ensuring an intimate and personalized experience.

What makes this retreat unique?

It is not just a retreat; it's a journey that integrates freediving, psychotherapy and yoga. This experience requires courage, patience and a willingness to confront what lies beneath the surface. It offers a holistic approach, merging physical exploration with profound emotional and psychological healing. Freediving teaches you to embrace stillness, courage and resilience, reflecting life's challenges in a safe underwater environment.

The small group size ensures that each participant receives personal attention, fostering a sense of safety and connection as you explore your depths – both literally and figuratively.

The Essence of Freediving and Self-Discovery

Freediving is much more than just holding your breath underwater; it's a therapeutic tool for exploring emotions, overcoming fear, and connecting deeply with yourself. Under the guidance of our certified instructor, you'll feel fully supported and secure, thanks to the safety measures of Metta Beyond and PADI. This journey is open to everyone, no prerequisites or prior experience needed.

All necessary gear is provided, allowing you to focus entirely on this transformative experience.



A Harmonious Fusion of Practices

This unique program is Tihana's brainchild, born from her 20 vibrant, courageous, and sometimes adventurous years of travel and study at some of the world's top spiritual and holistic centers. The retreat combines:

- **Freediving:** Build courage, trust, and resilience as you embrace the stillness of the sea.
- **Psychotherapy:** Work through emotional blocks and gain self-awareness with expert guidance.
- **Breathwork:** Harness the power of your breath to calm your mind and nervous system.
- **Yoga:** Achieve balance, flexibility, and mindfulness through daily practices.
- **SUP Yoga:** Enjoy a playful yet meditative practice on the water, enhancing body awareness and focus.

Each element supports the others, creating a comprehensive journey toward mental clarity, emotional release, and physical vitality.



Location

Our retreat takes place at the beautiful **Arena Stoja Campsite**, nestled on the sunset side of a picturesque peninsula in Istria. Known as Terra Magica or the Magical Land, Istria is celebrated for its stunning coastline, rolling hills, and charming medieval towns. This region is rich in history, culture, and natural beauty, offering a unique blend of Mediterranean and Central European influences. Surrounded by crystal-clear waters and lush greenery, the campsite offers cozy bungalows that provide the perfect blend of comfort and nature. With breathtaking sunsets, the soothing sound of the sea and the enchanting charm of Istria, this tranquil location sets the stage for deep relaxation, self-discovery and connection with nature.

The Price

The price for Deep Dive, Heal Within retreat is
1.690,00 eur

Take advantage of our Early Bird offer:

- Book by June 17th and receive 15% off.
- Bring a friend and get an additional 5% discount on top of the Early Bird price!
- If you bring a friend after the Early Bird period, you'll still receive a 15% discount for both of you.

Secure your spot by paying a 30% deposit upfront, with the remaining balance due one month before the retreat starts.

Spaces are limited – don't miss this opportunity to join us in Istria for an unforgettable experience!

For those working towards a PADI certification, we offer a boat trip for the final certification dive, along with the e-learning module, for an additional cost of 120 EUR

Unwind by the Sea

Stay in beachfront bungalows along the Adriatic, where nature meets comfort. With unobstructed sea views, the soothing sound of waves, and stunning sunsets, this tranquil environment is perfect for reflection, relaxation, and transformative retreat practices. Each bungalow features two luxurious double en-suite bedrooms.

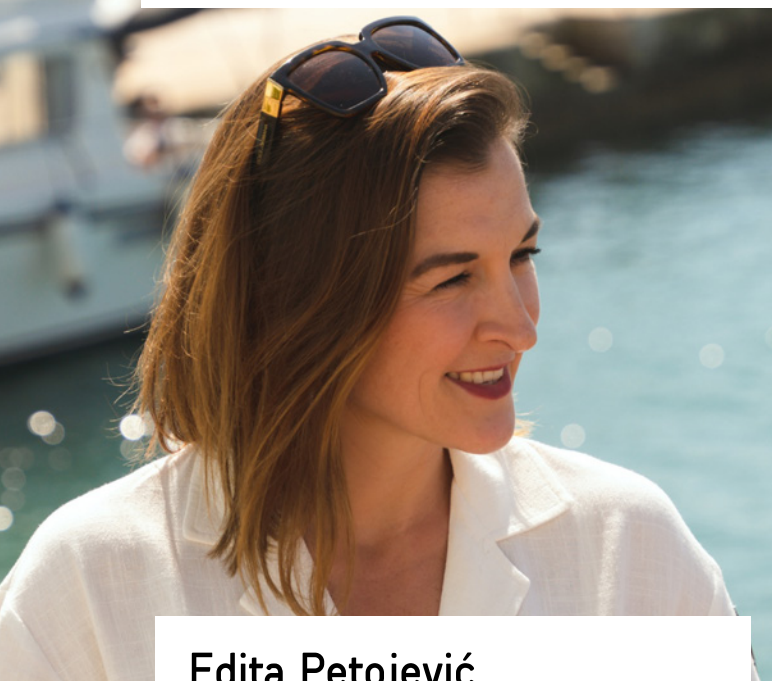




What's included in the price?

- **Accommodation:** Stay in luxurious beachfront bungalows with double en-suite bedrooms, offering comfort and stunning sea views.
- **Daily Activities:** A comprehensive program featuring freediving, psychotherapy, yoga, SUP yoga and breathwork sessions.
- **All Necessary Equipment:** Freediving gear and yoga props provided, so you can focus fully on your practice.
- **Transparent Kayak Glow Night Tour**
- **Guidance from Experts:** Personalized support from Tihana and her team, including a PADI-certified freediving instructor and licensed therapists.
- **Delicious Meals:** Enjoy nourishing meals prepared with care – light, healthy bites for breakfast, followed by wholesome lunches and dinner designed to energize your body and mind throughout the retreat.
- **Snacks and Beverages:** Water, coffee, fresh fruits, and healthy snacks will be available throughout the day to keep you refreshed and energized.
- **Group Insurance:** Coverage through Metta Beyond and DAN+ for peace of mind during freediving sessions.
- **Exclusive Retreat Materials:** Access to guided practices, resources and tools to support your ongoing journey beyond the retreat.

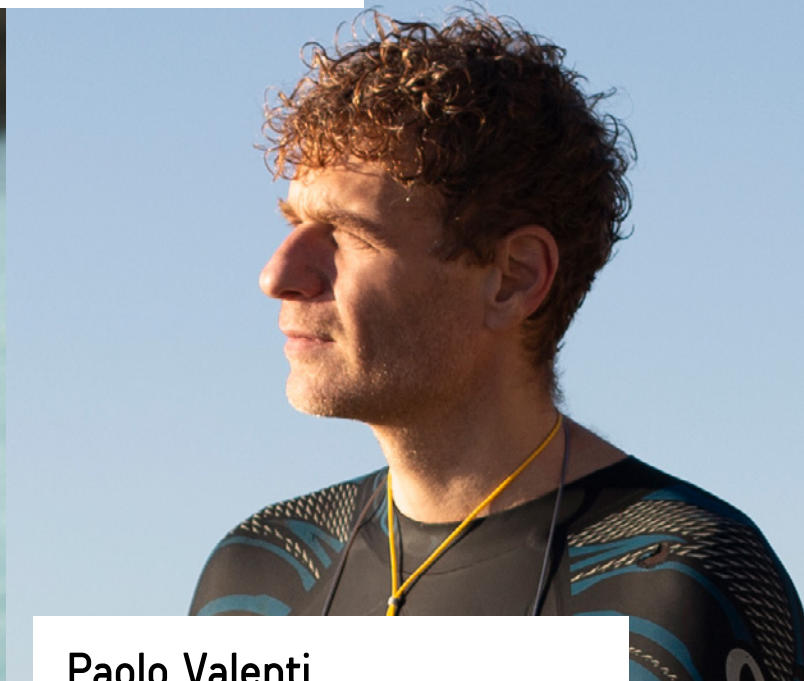
The mentors guiding you on this journey



Edita Petojević

*Licensed psychotherapist and supervisor,
founder of Return to Yourself program*

I am a licensed Psychotherapist and Supervisor with 15 years of clinical experience, specializing in guiding individuals, couples and groups through psychotherapy. My focus is on identifying the root causes of challenges and helping clients resolve and accept difficult thoughts and feelings. My primary goal is to assist individuals in reconnecting with their authentic selves and regaining meaning and authenticity in their lives and relationships.



Paolo Valenti

*Licensed freediving instructor,
founder of Manta freediving school and
Apnea et Anima research association*

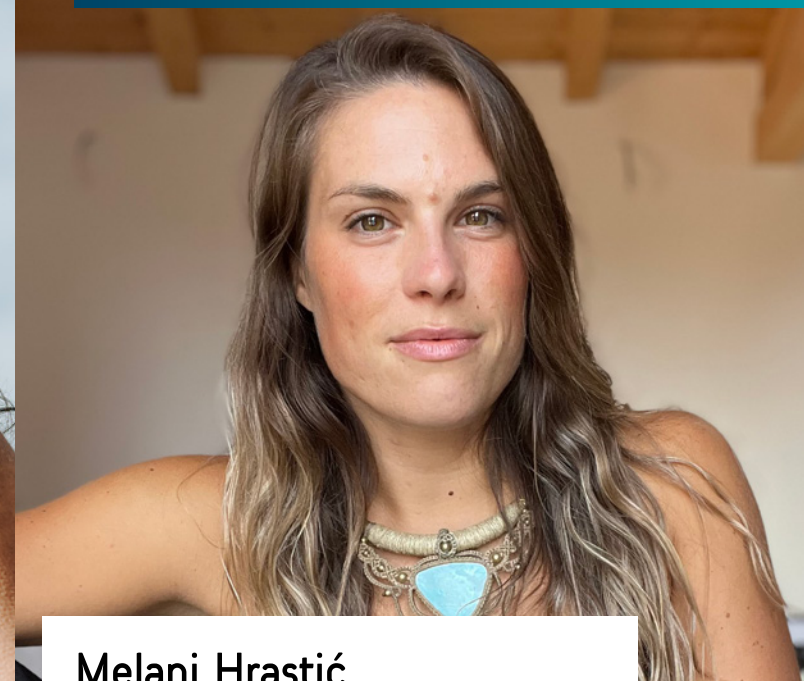
I'm a PADI-certified freediving instructor with training from Apnea Academy, combining over 20 years of freediving experience with a deep passion for underwater sports and education. As part of the Vertical Blue team, I had the privilege of assisting world champion William Trubridge in setting new freediving records. I am deeply committed to fostering inner peace and self-awareness, inspiring individuals to connect more deeply with themselves and with nature.



Tihana Čurović

*Programme creator & teacher,
founder of Metta Float Outdoor Adventures
& Metta Beyond – A Journey Within program*

My journey begins in 2001. in India. I am a certified Yoga Teacher, Pranayama facilitator, Professional Bachelor in Physical Conditioning of Athletes and founder of Metta Float Outdoor Adventure. With over two decades of experience in health, wellness, and sports, I believe that true transformation happens when we step beyond the familiar and I'm committed to creating spaces where others feel empowered to explore their fullest potential.



Melani Hrastić

*Massage Therapist
& Yoga Teacher*

Melani is a seasoned massage therapist and yoga teacher dedicated to healing and transformation. Traveling the world, she blends ancient wisdom with modern practices. She creates spaces for authentic healing. A Budokon practitioner, she embodies strength and grace, inspiring others to find balance within. More than technique, her work is a heart-led journey, bridging tradition and self-discovery to empower lasting growth.

For more about the mentors visit:
www.mettabeyond.com



FAQs

1. Is the retreat safe?

Absolutely! All freediving sessions are guided by a PADI-certified instructor, and participants are insured through Metta Beyond and PADI. Safety protocols are strictly adhered to, ensuring a secure and supportive environment.

2. Do I need prior experience with freediving or yoga?

No prior experience is necessary. The retreat is open to both beginners and seasoned practitioners. Whether it's your first dive or your hundredth, the program meets you where you are.

3. Is gear provided?

Yes, all necessary freediving equipment is included in the retreat package, so you won't need to worry about bringing anything.

4. What should I bring?

Comfortable clothing for yoga, swimwear, sunscreen, sunglasses, and a willingness to explore yourself deeply – both in and out of the water.

5. What if I feel nervous about freediving?

That's completely normal! Freediving involves mental preparation as much as physical readiness. The program is designed to ease you in gently, with personalized support from the instructor and therapist.

Takeaways from the Retreat

- **Self-Awareness**
Gain a deeper understanding of yourself through introspection and mindful practices.
- **Resilience**
Develop the courage to face challenges, both in the water and in life.
- **Emotional Release**
Let go of past emotional blocks through psychotherapy and breathwork.
- **Connection with Nature**
Experience profound calm and connection through the sea's healing energy.
- **Balance**
Learn tools for long-term physical and emotional well-being through yoga and breath control.

Your Journey Awaits

Rediscover the depths of your potential in an unforgettable setting where the sea meets the soul. Reserve your spot today for a truly life-changing experience.



Program Schedule

Day 1: 11th June – Arrival & Introduction

- by 15:00 Check-in and settle into the bungalows
- 15:30 Meet-up, introduction of the program, and welcome circle
- 17:00 Jin Yoga & Yoga Nidra (calming and restorative session)
- 19:00 Dinner

Day 2: 12th June – Freediving Fundamentals

- 07:00 Breathwork & Yoga Asanas (specific for lung capacity and relaxation)
- 08:30 Group 1 (6 participants) Dynamic freediving session
Group 2 (6 participants) SUP Yoga or free time
- 12:00 Group 2 (6 participants) Pool freediving session
Group 1 (6 participants) SUP Yoga or free time
- 14:00 Lunch

Day 2 afternoon session

- 16:30 Jin Yoga & breathwork for relaxation
- 17:30 Psychotherapy
- 19:30 Dinner

Day 3: 13th June – Advancing Freediving Techniques

- 07:00 Breathwork & Yoga Asanas (specific for lung capacity and relaxation)
- 08:30 Group 1 (4 participants) Open water freediving session
Groups 2 & 3 (8 participants) SUP Yoga or free time
- 11:00 Group 2 (4 participants) Open water freediving session
- 12:30 Lunch
- 14:30 Group 3 (4 participants) Open water freediving session
- 14:00 Group 1 (4 participants) SUP Yoga or free time

Day 3 afternoon Session

- 17:00 Psychotherapy
- 19.00 Dinner

Day 4: 14th June – Integrating Skills

- 07:00 Dynamic Yoga Flow & Breathwork
- 08:30 Group 1 (4 participants) Freediving depth challenges
Groups 2 & 3 (8 participants) SUP Yoga or free time
- 11:00 Group 2 (4 participants) Freediving depth challenges
- 12:30 Lunch
- 14:00 Group 3 (4 participants) Freediving depth challenges
Group 1 (4 participants) SUP Yoga

Day 4 afternoon session

- 16:30 Psychotherapy
- 19:00 Dinner
- 21:00 Transparent Kayak Glow Night tour

Day 5: 15th June – Closing Day

- 09:00 Breakfast & feedback session
- By 11:00 Check-out





Metta Beyond

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Metta Beyond is a transformative project rooted in the exploration of connection, emotional freedom and authenticity.

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