



Mindful Movement in Montenegro

May 25-31, 2026

*Yoga – Pilates – Meditation – Nutrition – Nature
...and so much more!*

To book, contact Madison at Victor Travel
Email: madifruitman@gmail.com
Tico # 1892647





Mahakala Retreat Center

“Mahakala” is a Buddhist protector deity, whose role is to remove obstacles on the path to enlightenment.

Tucked away in the tranquil coastal village of Buljarica, Montenegro, Mahakala is embraced by majestic mountains and the turquoise waters of the Adriatic Sea, — offering the perfect sanctuary for relaxation, healing, and renewal.

As an eco-retreat center, they are committed to sustainability—sourcing fresh spring water from the mountains, growing organic produce in their gardens, and supporting the local farmers and community. Founded by a mother-daughter duo, Vesna and Marijana, Mahakala was born from a shared vision: to create a nurturing space where people can reconnect with their inner selves, find community, and be held by the rhythms of nature.

The Property: the 4-story house is located on the hill among local homes and trails. There are 5 guest bedrooms spread out amongst 3 floors. The retreat will welcome 7-12 retreaters max.

HIGHLIGHTS::

- Organic, locally sourced food, with detoxifying principles
- Yoga practice spaces overlooking the sea
- 15-minute walk to the swimmable Buljarica beach
- On-site wellness center: sauna, soaking tubs, massages, and more
- Rooftop jacuzzi overlooking the sea
- Cozy on-site café
- Nearby nature reserves, waterfalls and hiking trails



Montenegro

a coastal European country that's still a hidden gem

Montenegro is in Eastern Europe, just south of Croatia, known for its untouched natural beauty—where soaring peaks meet tranquil valleys, where over 35 glacial lakes glisten, and where the world's largest clean water gorge carves through the land like a storybook scene.

Buljarica, home to Mahakala Retreat Centre, remains one of the Adriatic Coast's most authentic seaside escapes. With a beach that stretches over 2,250 meters, the village has preserved its charm free from large hotel chains.

Here, traditional homes sit alongside a few family-run restaurants, a local monastery, and modest village shops, not to mention nature hiking trails with breathtaking views. Rooted in community, this serene haven is enriched by close ties with local neighbors and nature.

PLUS - If you're looking to extend your time in this beautiful country, some great spots to check out are;

Kotor Old Town & fortress, Bay of Kotor & Perast island monastery, incredible hiking in Durmitor National Park, bird watching and wine tasting around Lake Skadar, and more!



Yoga & Mindful Movement

Daily practices will take place in the stunning top floor shala, overlooking the sea and the coastal mountains. Fully equipped with Yoga mats and a wide selection of props, the space offers everything needed to support and deepen your practice.

The retreat includes a diverse class schedule, with at least two sessions each day.

Mornings will focus on energizing Vinyasa flows and strength-based Mindful Movement and Pilates. Expect to build heat through repetition, explore inversions and arm balances, and connect to your breath through guided Pranayama techniques.

Evening sessions will offer a softer landing—featuring gentle Hatha, Yin, and Restorative Yoga, along with guided meditation, and Yoga Nidra practices.

Every class is thoughtfully woven into the retreat's overarching theme, inviting inspiration, introspection, and inner clarity.

This retreat is open to all levels—whether you're just beginning your journey or looking to expand and deepen your practice.





Meet your host - Madison -

I've been teaching Yoga for 10 years and leading retreats for the past 6. Before fully stepping into this path, I worked as a television producer—an experience that honed my skills in curating seamless, intentional experiences. Today, I bring that same storytelling instinct into the heart of every retreat I lead, weaving together movement, mindfulness, and meaningful connection.

What sets my retreats apart is the balance I intentionally create: they are as much about rest, exploration, and travel as they are about deepening your Yoga practice. Each retreat is anchored by a thoughtfully chosen theme—one that invites personal growth, reflection, and a deeper connection to self. These themes guide our time together, from the mat to mealtime to evening games to moments of stillness.

Born and raised in Toronto, I continue to teach Yoga, Pilates, and other mindful movement modalities with a focus on linking breath, body, and mind. My classes blend creative sequencing, curated playlists, and playful energy with hands-on support, modifications, and space to honor your individual journey.

To me, Yoga is a way to calm the mind, regulate the nervous system, and return to the present moment. My hope is that what we practice on retreat becomes something you carry home: a sense of clarity, strength, and connection that supports you in your everyday life.





FOOD

At Mahakala, food is a big part of the healing. Rooted in a philosophy of natural detox and nourishment, every meal is crafted to support your body's innate cleansing abilities, which is why they serve only fresh, wholesome, locally sourced food.

The plant-based menus feature vibrant Mediterranean-inspired dishes made with seasonal, organic ingredients—grown in their garden or nearby farmers. From fresh-baked breads, to herbaceous salads, to scratch made pulses, every meal is curated by nutrition expert Dr. Vesna Lemm to ensure balance and nourishment.

Expect 2 generous vegan buffets daily — Brunch at 10:00 & Dinner at 17:00 — designed to align with intermittent fasting and give your microbiome time to rest.

**most dietary restrictions will be accommodated, please let us know ahead of time*





Sample Schedule

Silent mornings – optional self-guided meditation

8:30am – Morning High Energy Yoga *90mins

10:00am – Brunch

11:00pm – Nature Hike, with breathtaking views

Afternoon to; swim at the beach, book spa treatments, relax in the sauna & rooftop tub, enjoy a massage, read in the café, and just soak up this time for yourself ...

5:00pm – Dinner

7:00pm – Yin/Restorative Yoga & Guided Meditation *75mins

Evenings relaxing, playing games, connecting, star gazing



Package Details

What's Included:

- 7 days, 6 nights at Mahakala retreat center
- Daily Brunch & Dinner
- Daily Yoga & Movement classes (2 per day)
- One Full Body Massage
- Our group (7-12ppl) has exclusive access to the property, with amenities: rooftop jacuzzi, sauna (designated hours), cozy nooks, Yoga shala with all mats and props, café
- Any workshops/hikes/activities led by me

What's Not Included:

- Transportation (Flight & ground Transport, I will help coordinate)
- Insurance (travel health insurance is mandatory; I can help obtain)
- Additional food & drinks
- Additional spa treatments
- Add-on excursions (ie; Lake Skadar daytrip, boat trip)
- Credit Card 3% processing fee if needed





Sea View Premium

A beautiful private sea view room, with a balcony overlooking the Adriatic and mountains. Private bathroom and a comfortable double bed or two single beds. Perfect for friends, couples, or solo retreaters.

DOUBLE OCCUPANCY :

Early early bird - \$2,379 CAD (till Sept.1)

Early bird - \$2,437 CAD (till Jan.31)

Reg - \$2,494 CAD

SINGLE OCCUPANCY :

Early early bird - \$3,599 CAD (till Sept.1)

Early bird - \$3,699 CAD (till Jan.31)

Reg - \$3,799 CAD





Mountain View Premium

A beautiful private room, with a balcony overlooking the mountains. Private bathroom and a comfortable double bed or two single beds. Perfect for friends, couples, or solo retreaters.

DOUBLE OCCUPANCY :

Early early bird - \$2,379 CAD (till Sept.1)

Early bird - \$2,437 CAD (till Jan.31)

Reg - \$2,494 CAD

SINGLE OCCUPANCY :

Early early bird - \$3,599 CAD (till Sept.1)

Early bird - \$3,699 CAD (till Jan.31)

Reg - \$3,799 CAD





Sea View Room

A lovely room with tranquil sea views, a private bathroom, and access to the Yoga terrace. Option to have one double bed or two single beds. Perfect for friends, couples, or solo retreaters.

DOUBLE OCCUPANCY :

Early early bird - \$2,339 CAD (till Sept.1)

Early bird - \$2,395 CAD (till Jan.31)

Reg - \$2,451 CAD

SINGLE OCCUPANCY :

Early early bird - \$3,505 CAD (till Sept.1)

Early bird - \$3,589 CAD (till Jan.31)

Reg - \$3,674 CAD



Standard Room

This standard ground floor room has its own private bathroom, windows looking out onto the neighborhood, and the option of two single beds or one double bed. It's a great room for friends or solo retreaters.

DOUBLE OCCUPANCY :

Early early bird - \$2,065 CAD (till Sept.1)

Early bird - \$2,119 CAD (till Jan.31)

Reg - \$2,165 CAD

SINGLE OCCUPANCY :

Early early bird - \$2,969 CAD (till Sept.1)

Early bird - \$2,999 CAD (till Jan.31)

Reg - \$3,111 CAD

Please note, this room does not have a balcony.





Bunk Room

This spacious ground floor room has two bunk beds and can room up to 4 retreaters, ideal for a group of friends or solo travelers open to sharing with new friends. The room has an ensuite bathroom and a balcony looking onto the sea.

QUAD OCCUPANCY :

Early early bird - \$1,639 CAD (till Sept.1)

Early bird - \$1,683 CAD (till Jan.31)

Reg - \$1,732 CAD

TRIPLE OCCUPANCY :

Early early bird - \$1,799 CAD (till Sept.1)

Early bird - \$1,849 CAD (till Jan.31)

Reg - \$1,999 CAD

**Double occupancy may be available upon request*

A large commercial airplane is shown from a low-angle perspective, flying towards the viewer. The sky is a vibrant mix of blue and orange, with scattered white clouds. The sun is low on the horizon, creating a bright glow and long shadows. The airplane's wings, engines, and tail are clearly visible.

Travel & Insurance

GETTING TO THE RETREAT CENTER:

- The Closest Airport is **Podgorica Airport (TGD)** - which is a 45-minute drive from Mahakala Retreat.
- **Shuttle options** will be arranged as needed. Prices vary depending on number of retreaters but range from 80€ per van to 50€ per small car, one way.
- We can also help you find the best flights, rental cars, & **help secure travel and health insurance**. Please note that obtaining travel health insurance is mandatory for this trip *



NEXT STEP...

Secure your room & spot by sending a **\$800 CAD** non-refundable deposit.

For general retreat questions & to book contact **Madison**

Phone: (647) 210-9891 | **Email:** madifruitman@gmail.com | Tico Registration # 1892647

Cancellation/Payment info: Deposits are non-refundable. Remaining balance will be payable by February 1, 2026. Payment plans available upon request. Final payment is non-refundable. We understand life happens, which is why we strongly recommend purchasing trip cancellation insurance.

I cannot wait to take this adventure with you