

*SPA | Forest & Aqua Therapy | Creative Workshops | Yoga | Lymphatic Massages | Meditations | Wine*

# Flow & Restore *RETREAT*

FROM WATER TO FOREST



By Kristina Koller & Darina Halickova

WHEN

23 – 26.10.2025



WHERE

SLOVAKIA



A woman with long brown hair, seen from behind, is walking away from the camera across a lush green field. She is wearing a long, flowing, vibrant orange dress that trails behind her. In the background, there are several large, leafy green trees and a wooden building with a porch. The scene is bathed in warm, golden light, suggesting late afternoon or early morning. The overall mood is peaceful and serene.

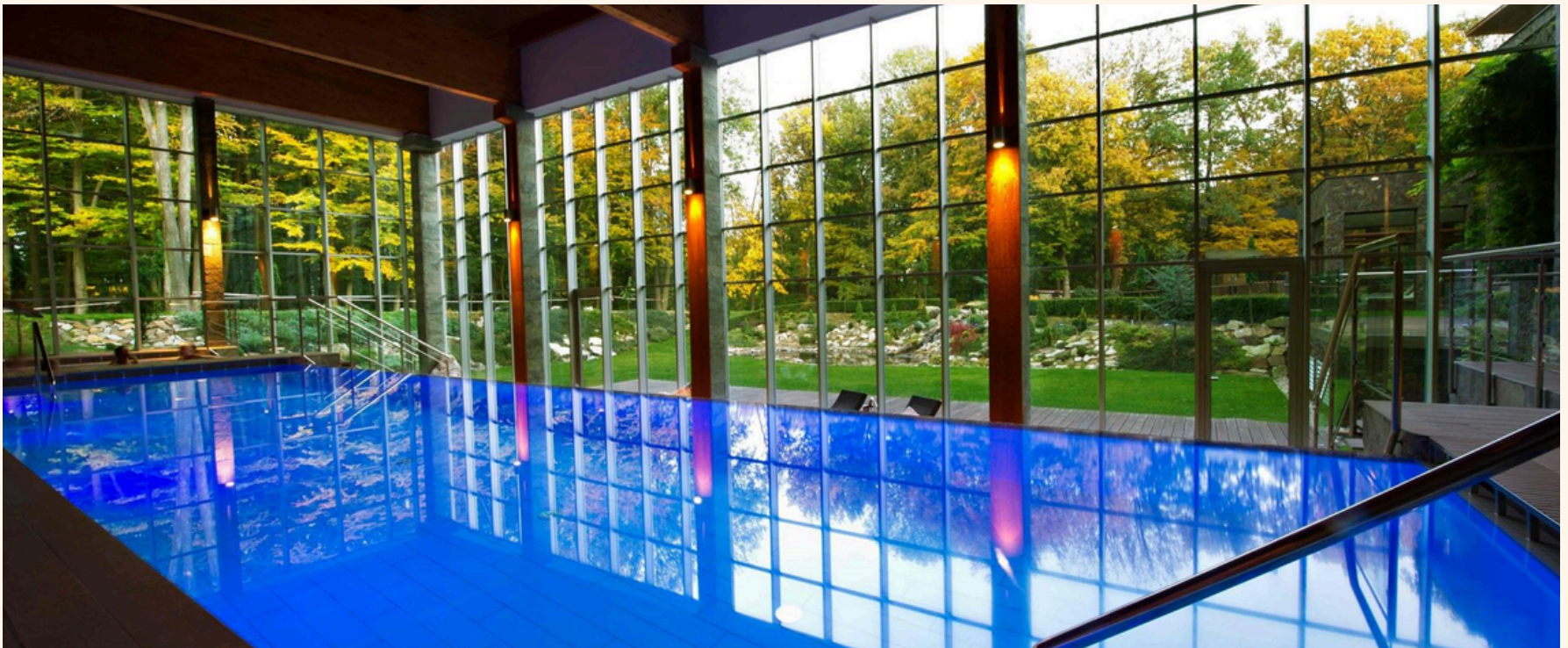
Flow with  
*the power of water,*  
restore in  
*the embrace of the*  
*forest.*







# Welcome to peaceful *Zochova Chata*,



## forest wellness resort in the *Little Carpathians*.

A little more than a half-hour drive from the Slovak capital of Bratislava, Zochova Chata located in Modra-Piesok is a peaceful forest enclave nestled at the foot of the Little Carpathians (Malé Karpaty). Known for its dense woodlands, rolling hills, scenic hiking trails, nearby vineyards and sites at the neighbouring towns, this serene area has long served as a rejuvenating escape—not only for city dwellers...

In October, the landscape takes on a special kind of magic. Autumn colours paint the trees in rich golds and ambers, and the air carries that cosy, slightly crisp feeling of the season's shift. More often than not, the days are still touched by warm rays of sunshine.

*Our retreat will be hosted at the Hotel Zochova Chata\*\*\*\*\*.*







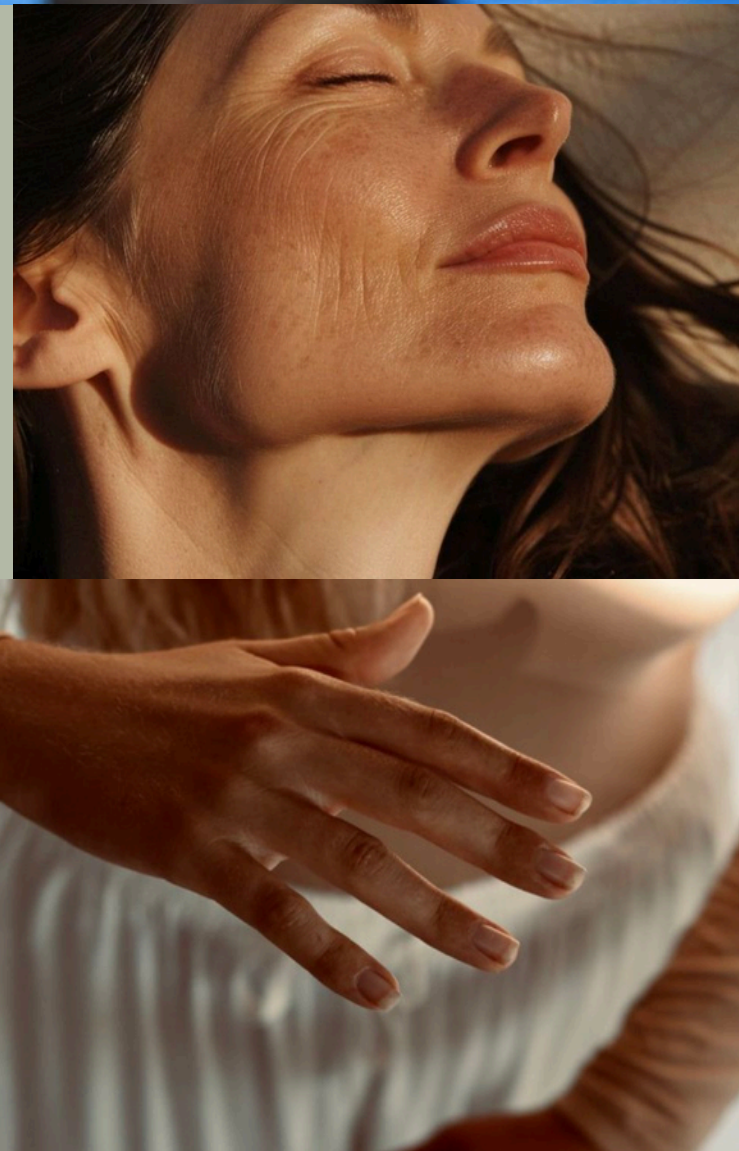




# What you can *look forward to*

- romanticised slow living for 4 days in the tranquil embrace of the forest,
- 3 nights' accomodation in a 5-star wellness hotel with half board (breakfast & dinner included),
- relax at the adult-only spa and sauna world, with the option to book personalised treatments and private use of outdoor jacuzzi & sauna,
- a daily programme designed to help you to unplug, rejuvenate and unite your inner and outer glow through:
  - *somatic movement and energy healing in water*
  - *creative and manifestation workshops*
  - *forest bathing & meditations*
  - *body lymphatic drainage in water*
  - *vinyasa-flow yoga*
  - *lifting self-massages for the face, neck and chest*
- an optional offer of scenic hikes and walks, a historic castle tours, culinary experiences and wine tasting - all curated to enrich your experience without overwhelming your pace.





  
*FLOW  
RESTORE  
RECONNECT  
MANIFEST  
GLOW*  








# Meet your retreat *hosts*, *I'm Kristina Koller.*



I'm a conscious wellbeing and mindset strategist helping you to create your authentic success story that fulfills you. With a background in psychology and neuropsychological research, I've spent the past decade working supporting people across clinical, academic, and organisational settings. My work is rooted in a deep curiosity about human potential and the mind-body connection, blending scientific knowledge with a soulful perspective.

For the past years, I have integrated science and spirituality to support people just like you to tap into their true essence with my holistic approach, a combination of creative and evidence-based workshops, mindset strategies, energy healing and spiritual rituals as a path to harnessing your inner glow and living more enriching life.

***Kristina's sessions will guide you towards conscious wellbeing, calmer nervous system regulation, holistic healing and manifestation.***





# Meet your retreat *hosts*, *I'm Darina Halickova.*

I am professional beautician and lymph drainage specialist with a mission to help women embrace their natural beauty and feel confident in their own skin at any age. With background in healthcare, I've spent much of my life supporting women in their life transitions, which evolved into passion for conscious beauty, healthy ageing and skin care.

I am also a forthcoming yoga instructor, aspiring to blend gentle movement into my sessions. During my workshops I guide you through lymphatic drainage and lifting self-massages, face yoga and skincare rituals. My focus is on tools for vitality at any age, promoting a healthy lymph flow, and cultivating that truly radiant and healthy glow inside out.



*In sessions led by Darina you will be guided towards conscious beauty, vitality, healthy lymph flow and radiant skin.*





# What if I am more *adventurous*? You can take a *trip* ...



## Little Carpathian Wine Route

*Hotel Zochova chata is located directly in the center of the route, just a stone's throw from the wine cellars.*

Small Carpathian Wine Route combines wine, landscape, history and gastronomy in the area located between Bratislava and Trnava. Between them lie three smaller cities – Pezinok, Modra, and Svaty Jur, which have been recognized for centuries for quality wine production.

## Lookout towers Homola

Only slightly more than 1km away there is a Comenius University observatory, which also serves as a scientific and research centre. You can also visit the lookout tower on Veľká Homola hill, which is only 2km away.



## To Čermák Meadow and Skalnatá

Hiking trail through the Little Carpathians. Čermák meadow, which features gazebos and swings perfect for a picnic. From there, you'll continue on to Skalnatá hill, where you can enjoy a scenic view of the surrounding nature.



## Zámčisko

Zámčisko is a picturesque place above town Modra near Harmónia. In addition to the view of neighbouring towns of Modra, Pezinok, and Danubian Hills, it also has a historical and archaeological value.





### Vysoká

For more demanding tourists we recommend hiking to Vysoká – the second highest peak of the Small Carpathians is one of the most beautiful mountains in this area. While enjoying your hike, you will have to overcome lighter but also some more challenging parts that will check your fitness skills.

### Red Stone Castle

The first stone construction was built here in the 13th century. It was part of a chain of border castles, which stretched between Bratislava and Žilina. Walking at your own pace, the hike can take you around 5 hours, unless you prefer to take it as a cycling route, but you can get there by car or bus too.



### Lookout Kukla


If you want to enjoy an unforgettable view of Červenýkameň castle and beautiful nature, you must visit the Rozhl'adňa Kukla. The road leads from Zochova chata along the yellow trail, where you will smoothly go to the blue trail, at the end of which is 12m high tower.

### Plavecký Castle

Above the nearby village of Plavecké Podhradie, on a hill called Pohanská, is the ruin of Plavecký Castle. It was constructed on the western slopes of the Little Carpathians in the 13th century and nowadays it can be accessed for free. It is situated slightly more than 30 km from the hotel.







***Are you ready to  
restore your mind,  
body and soul in  
Slovakia?***

***Get in touch and book  
your spot now!***

DM for more  
info or view

[www.kristinakoller.com/slovakia-2025](http://www.kristinakoller.com/slovakia-2025)