



LUXURY WELLNESS



CROATIA

**ULTIMATE 8 DAYS
TRANSFORMATION
RETREAT**

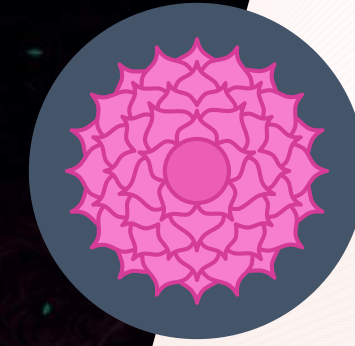


ULTIMATE TRANSFORMATION WHAT IS IT?

CROATIA **ULTIMATE 8 DAYS TRANSFORMATION RETREAT,** IS YALLA.HOLIDAY'S NEWEST LUXURY WELLNESS RETREAT PACKAGE DEVELOPED IN 2019. THIS NEW WELLNESS PACKAGE INCORPORATES FINDING YOUR TRUE INNER SELF, LUXURY TRAVEL, BEAUTY, WELLNESS, GOURMET CUISINE & BONDING WITH CROATIAN NATURE. IT ALLOWS ANY WOMAN & MAN TO MAINTAIN, ENHANCE, EVEN KICK-START A NEW HEALTHY LIFESTYLE & SUPPORT TO INCREASE ONE'S SENSE OF WELL-BEING.

“Reading the language of the soul & bringing it into a form suitable for everyday use so that we humans come into our clear well-being energy & go into true communication is my special gift & task. YALLA.HOLIDAY'S - CROATIA'S 8DAYS TRANSFORMATION RETREAT is to help women & men express themselves much more clearly in life, to give voice to their **OWN TRUTH** & to **LET IT OUT!** This creates true strength in connectedness & the life of your very own potential.”

Melanie Thormann



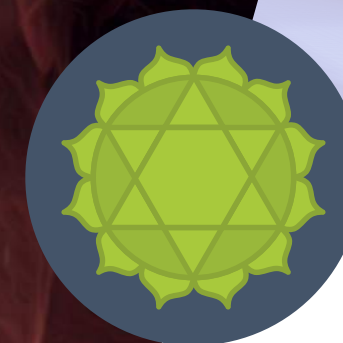
WE EMBARK ON A JOURNEY TO OURSELVES. DEEP WITHIN, OUR TRUTH IS HIDDEN & IT WANTS TO BE AWAKENED NOW.



ON THIS 8-DAY JOURNEY TO OUR OWN TRUTH, WE EXPERIENCE HOW WE CAN OPEN OURSELVES TO OUR TRUTH.



THE LANGUAGE OF OUR SOUL CALLS FOR HEARING & WE CAN REDISCOVER & LISTEN TO THEM. WE GROW INTO OUR INFINITE GREATNESS & LIVE IT AS OUR TRUTH.



WE ACTIVATE & OPEN OUR ENERGY CENTERS - WE FEEL OUR DAILY STRENGTH INCREASE & OUR SOUL PAVES A NEW WAY TO OUR CONSCIOUSNESS.



WE WILL TEACH YOU HOW TO STRENGTHEN YOUR RELATIONSHIP WITH EVERYDAY LIFE THROUGH LOVE & SOLIDARITY.

ULTIMATE TRANSFORMATION

MEET OUR TEAM



Suzanne Lauer
Dr. JUCHHEIM
CONSULTANT



Franz Tausch
Dr. JUCHHEIM
CONSULTANT



Ana Grgić
EXECUTIVE
CHEF



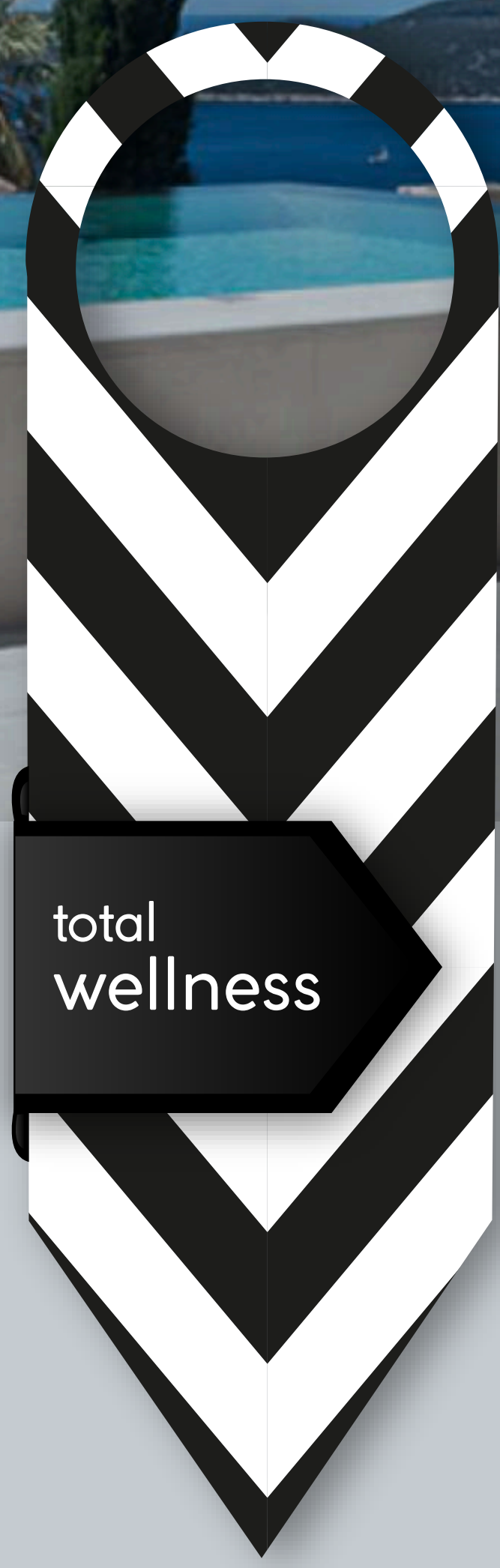
Melanie Thormann
LIFE
COACH



Hani Salama
ARABIC SPEAKING
VIP HOST & COORDINATOR



the
concept
of



total
wellness



recognizes
that
our **every**
thought



word &
behavior



affects
our well-
being



MELANIE THORMANN



FITURA

Fit for the future



BODY - SOUL - SPIRIT
ABOUT FITURA

Melanie Thormann

Always focusing the focus of life on **HEALTH & LIVING!**



FITURA
Fit for the future



In a sensitive way, I can sense Potential that remains hidden in People. Coherence between HEART & MIND are crucial for my work. This results in new elements of holistic healing & understanding beyond the body. From this point of view, the passion has come to guide my clients & advise them to recognize themselves & learn to be healthy on their own. With the support of YALLA.HOLIDAY, MY TEAM & MY PARTNERS, we would like to offer you a 8 Stars Retreat for a foundation that can make the overall human mechanism healthy.



FITURA - FIT FOR THE FUTURE

MY BACKGROUND

Private fateful paths led me to the unfolding of the universal wholeness, whereby I explored the principle "body-soul-mind" down to the quantum level for me & searched for a suitable "everyday concept" for me. In the meantime, my focus has been 2-3 years on the "extended family management", as I call it, & the creative freedom to create something for posterity. With all the experiences that life has given me, I knew that I could achieve something for other people. All this is reflected not only in my personal way of life, but also in my entrepreneurial spirit & working style.

HONEST

FITURA - FIT FOR THE FUTURE

MY SECIAL GIFT

IN A SENSITIVE WAY, I SENSE THINGS
THAT REMAIN HIDDEN IN OTHERS.

Only late did I realize that these soft skills result from a special ability of emotional intelligence, which is expressed in particular by a special delicacy of empathy & knowledge of human nature. Sharpening this ability is an essential foundation of my work today. Over time, forms of the mind have evolved. An additional training as a medium completes this professionally. My original name is Shij'Ana, which means "The Lightbringer".

AWESOME



SHIJ'ANA

A woman with blonde hair, wearing a dark blue pinstriped business suit over a light blue button-down shirt, is sitting in a meditative lotus position on a light-colored floor. She has her eyes closed and her hands resting on her knees with palms facing up. Behind her is a large window with a black frame, looking out onto a bright blue sky with scattered white clouds and a turquoise ocean. The scene is brightly lit, suggesting daytime.

FITURA - FIT FOR THE FUTURE

MY VISION

EXPERIENCE CHANGE HEALTHY

PEOPLE & BUSINESSES

The energy quality of our time shows that people and business can hardly be separated thanks to technical progress & globalization. I accept the challenge of teaching how to be mindful & caring about ourselves in order to experience this change in a healthy way..

CONCEPT FITURA

My concept FITURA - FIT FOR THE FUTURE as a holistic health platform became my real heart project, in which I bundle all my knowledge, my potential & my competences, as well as personal convictions & experiences of life. In keeping with my personal philosophy of life, that a healthy mind lives in a healthy body (& vice versa), I bring together the health sciences & the humanities into one big whole: "IT GROWS TOGETHER, WHAT BELONGS TOGETHER!"

FITURA - FIT FOR THE FUTURE

MY VISION

EXPERIENCE CHANGE HEALTHY

FITURA forms the bridge between **NATURAL & SCIENCE & SPIRITUAL SCIENCE** on the one hand & thus gives all the offers of health education their space. On the other hand, in the business area we fill the interface between classic business management processes (management consulting) & the occupational health management (BGM), which has become so important today. We not only combine the lessons of health, but form an overall concept with personality development & modern, holistic corporate coaching, which meets the modern time quality and equips our customers for the challenges of the future - in all walks of life, as a person & in business.

In this great task, I point out that I am not entitled to completeness & omniscience. This concept **FITURA** wants to be further developed & integrated into a modern, constantly changing world view. I look forward to seeing what will come of it in **YALLA.HOLIDAY** with many other visionaries. I am delighted to be able to participate in it & to pass on my knowledge & experience to my dear fellow human beings.



**WE GROW TOGETHER
& SHARE THE SPIRIT OF HEALTH
IN OURSELVES & OUR ENVIRONMENT!**

DAY 01 THE POWER OF EARTH BONDAGE

We feel the power of the earth below us & how it gives us stability & security for our being. We activate the basis for our human energy system. This creates space for the manifestation of everything that may arise. In nature, we open ourselves to what may happen in the coming days.



DAY 02 BRING YOUR LIFE FORCE INTO FLUX

We create the center for the exchange with external energies. Passion & vitality may arise. We feel free, untamed, powerful & radiant. Everything gets going & our sensuality is addressed.



DAY 03 CREATIVITY

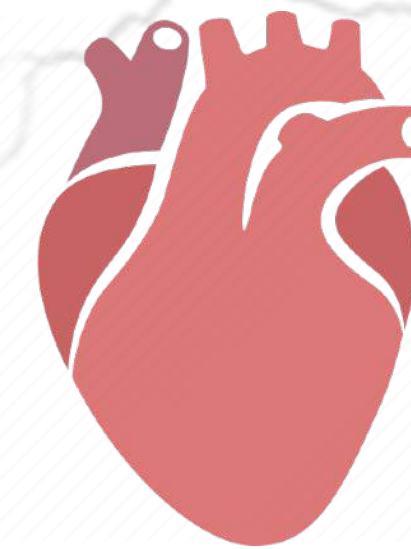
I & SELF-CONFIDENCE!

We awaken the basic trust in us & stabilize our self-esteem. By opening the gate to the other world we create a stronger ego awareness and individuality. Let us discover our individual strengths for the way into our own truth.





OPEN YOUR HEART



DAY 04

OPENING YOUR HEART

Love & compassion for others, & above all for ourselves, establishes the roots of spiritual & spiritual union. By increasing the love of self, we activate & strengthen the love of others. Feeling the power of the heart makes us free for renewed consciousness.



DAY 05

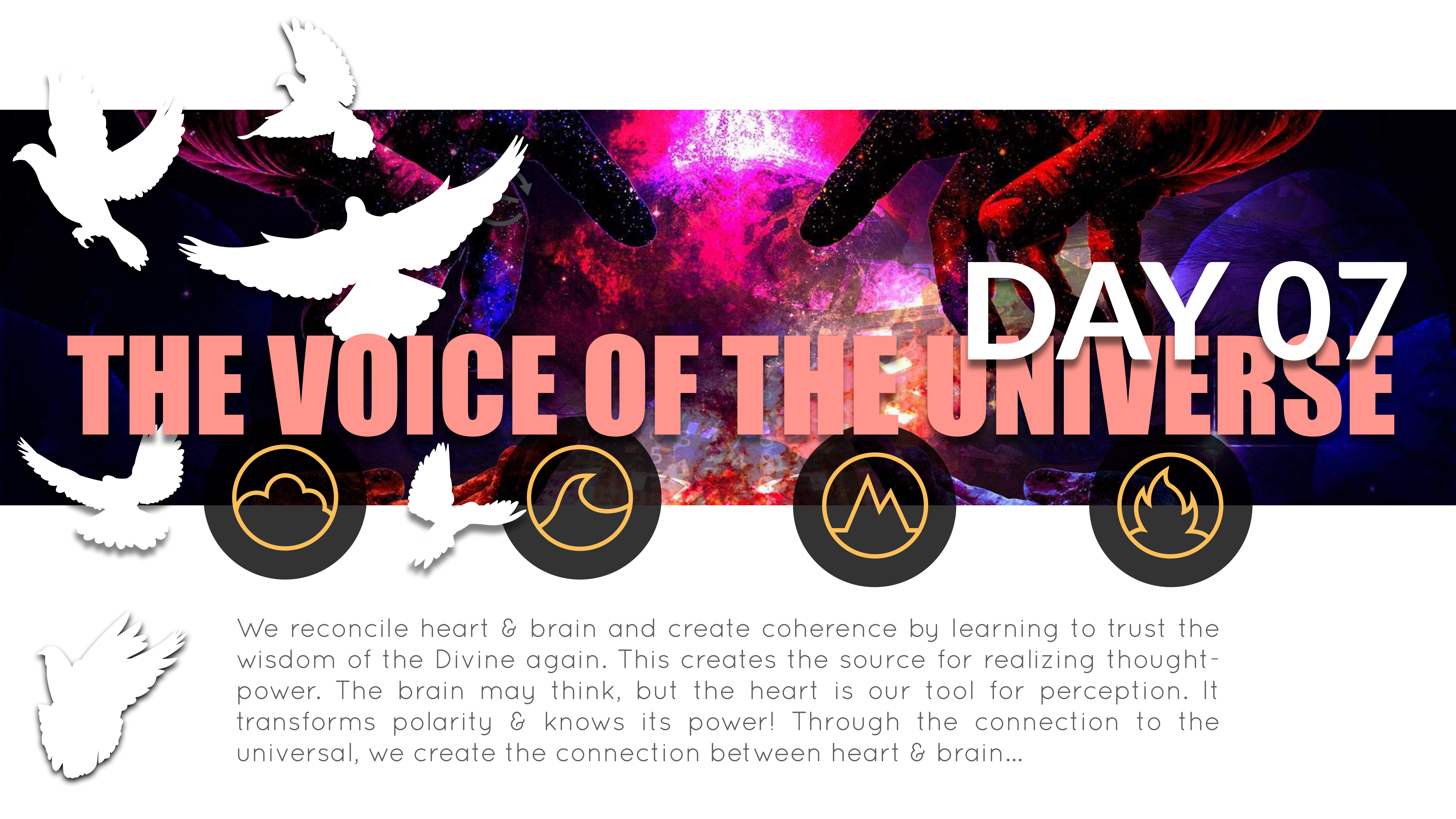
CLARITY IN ONE'S OWN TRUTH

We learn to listen to the voice of our soul & to discover our own truth so that we can bring it into shape & communicate clearly. We create the future forces for personal & spiritual will. Being able to express this original truth & to let it arise in love strengthens our value.



DAY 06 UNIVERSAL CONNECTION

Through the connection to the divine / universal, we resolve polarity & evaluation. We open our communication center for personal & universal truths. Trust in our natural wisdom strengthens our ability for ourselves & others.



DAY 07

THE VOICE OF THE UNIVERSE

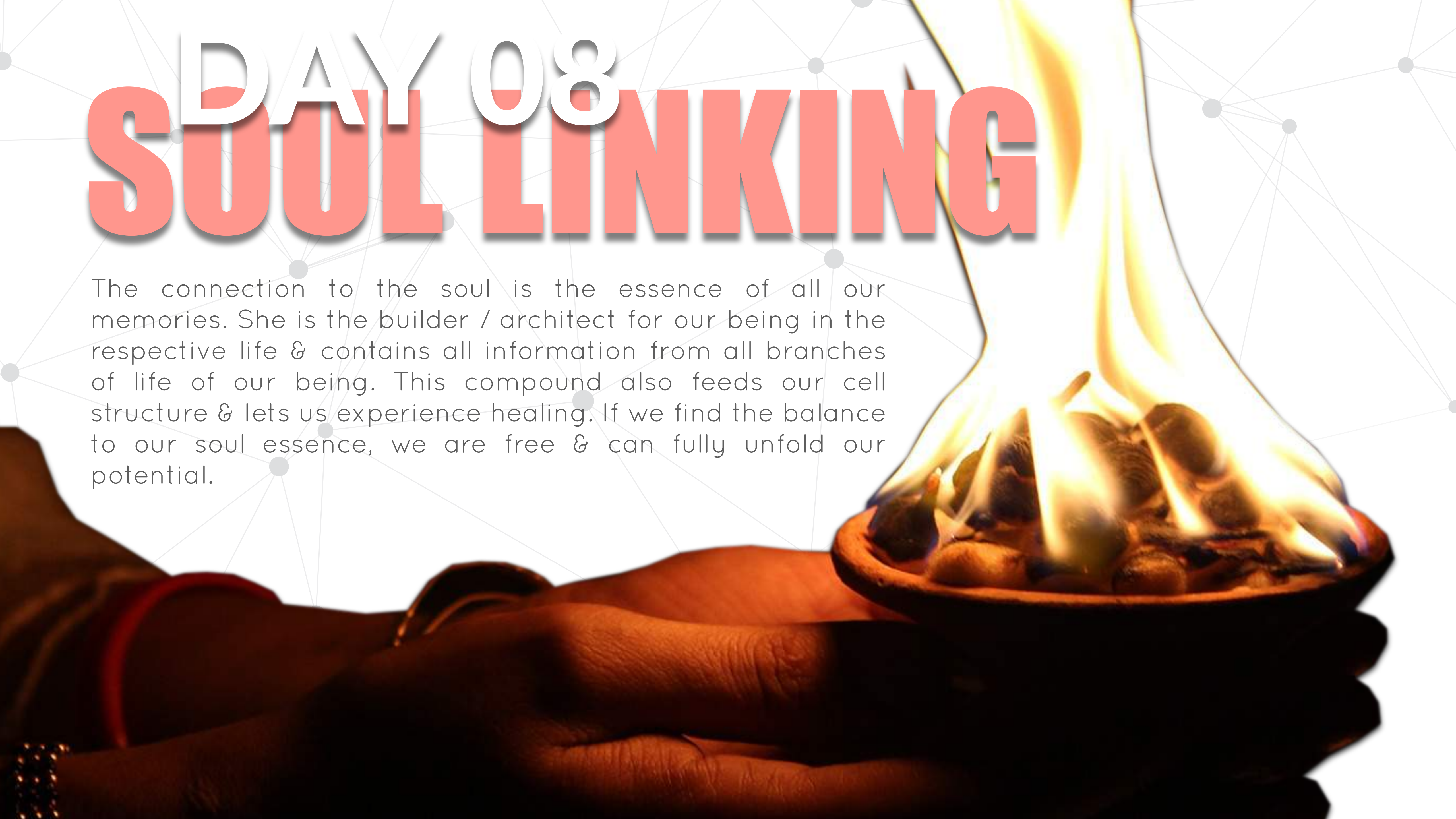


We reconcile heart & brain and create coherence by learning to trust the wisdom of the Divine again. This creates the source for realizing thought-power. The brain may think, but the heart is our tool for perception. It transforms polarity & knows its power! Through the connection to the universal, we create the connection between heart & brain...

DAY 08

SOUL LINKING

The connection to the soul is the essence of all our memories. She is the builder / architect for our being in the respective life & contains all information from all branches of life of our being. This compound also feeds our cell structure & lets us experience healing. If we find the balance to our soul essence, we are free & can fully unfold our potential.





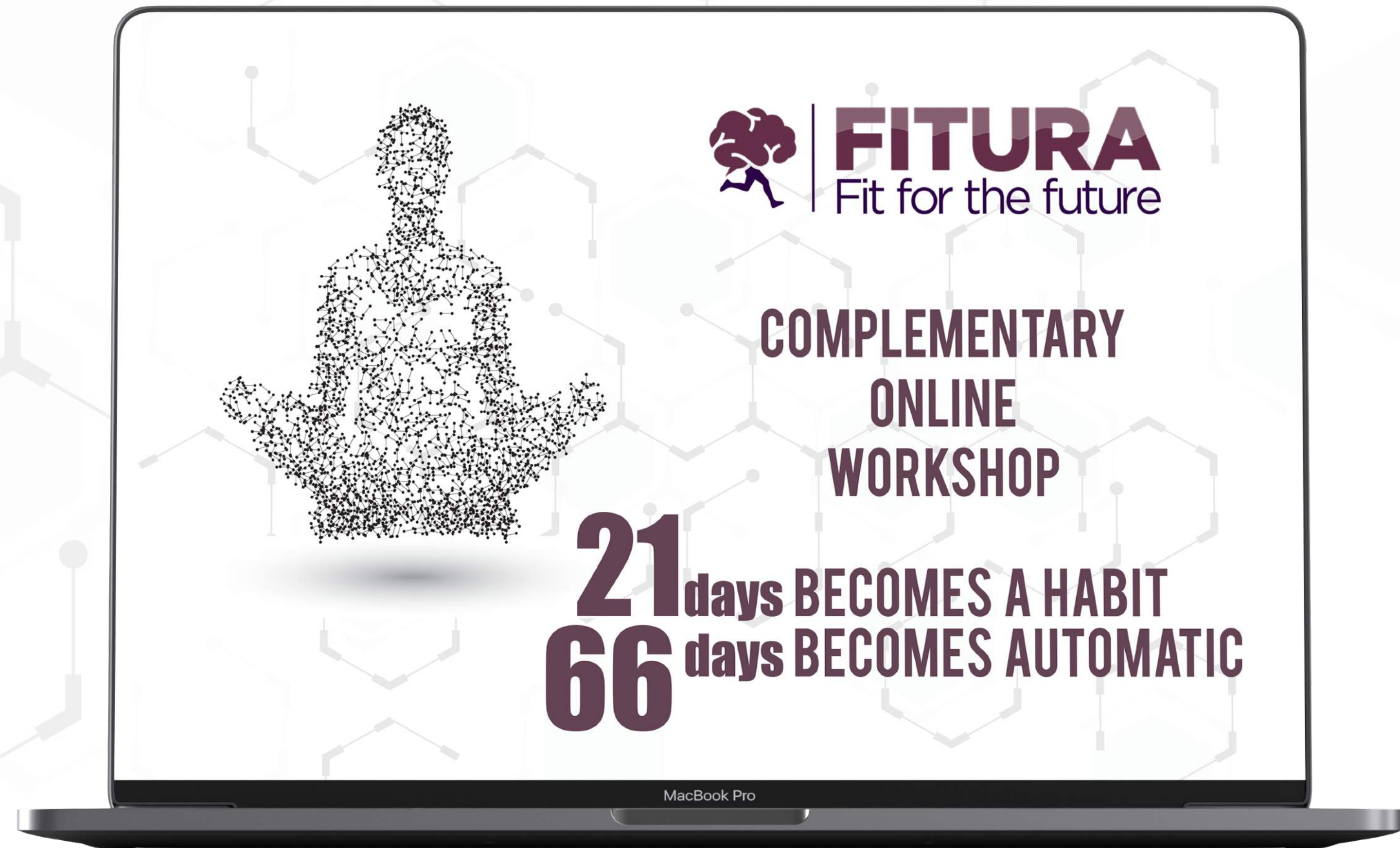
THE GOAL
OF THIS
8 DAYS RETREAT
IS TO **ACTIVATE**
8 **ENERGY** CENTERS
& TO **SENSITIZE**
ALL PARTICIPANTS
TO **DISCOVER** THEMSELVES
& TO **GROW** IN
THEMSELVES!

THIS 8-DAY JOURNEY OPENS OUR SENSES & OUR "SYSTEM"

The challenge will now be to integrate what has been learned into everyday life. It takes about 21 days for the human system to turn something into a habit in a constant application & some 66 days to become automatic.

It is important to accompany the participants online beyond this journey, so that they can consolidate themselves & be able to implement them in everyday life.

In this online workshop, I offer advanced techniques & tools for integration into everyday life in weekly 1:1 as well as in group calls via telephone or video conference, as well as associated handouts for implementation with free time schedules.



8DAYS CROATIA TRANSFORMATION RETREAT

CROATIA - FULL OF LIFE!



LIVE CROATIA

We will show you breathtaking Croatia & allow you to bond with Croatians like a Local.



FITURA

Melanie Thormann will open your Senses & Help you Discover your True Self

DR. JUCHHEIM

Suzanne Lauer & Franz Tausch Will transform the Beauty of your skin INSIDE & OUT!



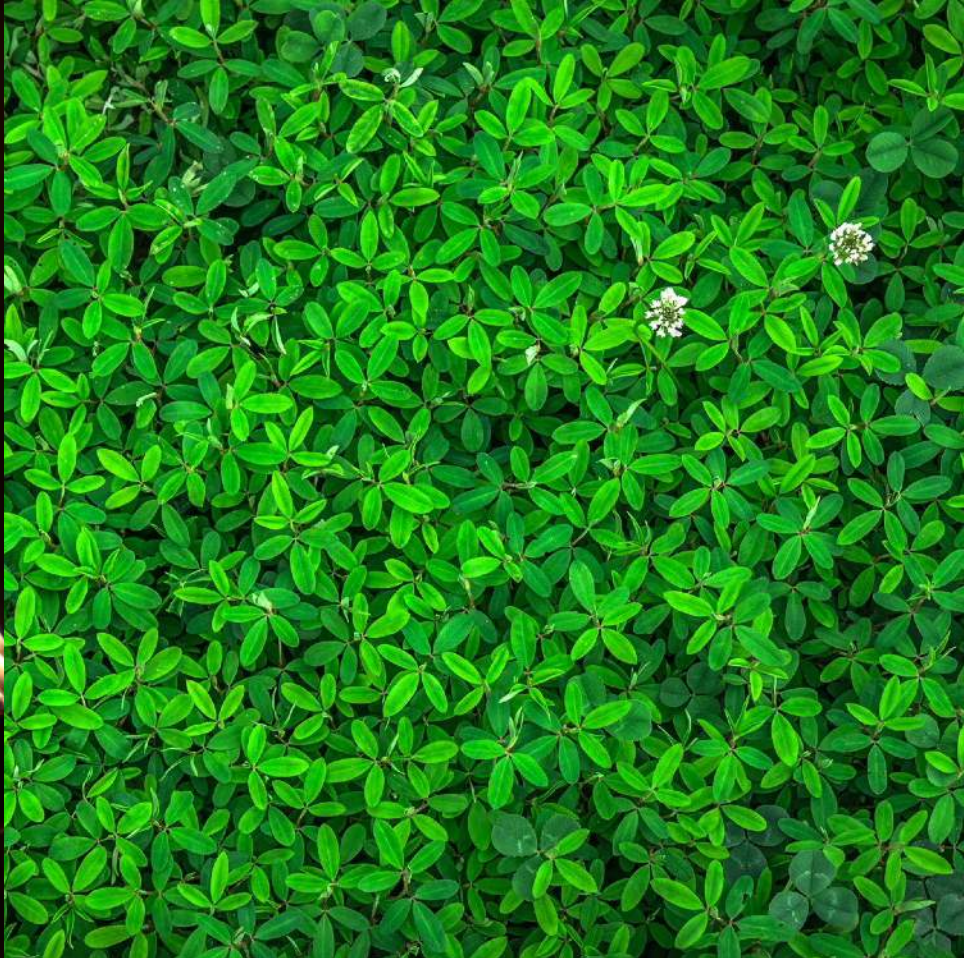
YALLA.HOLIDAY

Spend time with Hani Salama, the Founder of Yalla.Holiday, who will help you to BE yourself anyway you go with him.



CROATIA

CROATIA
FULL OF LIFE!



CLICK THE LAPTOP
TO WATCH A DRONE
COMPILATION OF
SOME OF THE
LOCATIONS YOU
WILL VISIT!





TASTES  LIKE
MARMALADE!

