

RETURN TO YOURSELF PROGRAM

A holistic & global treatment program



FAZANA, CROATIA • 13th - 17th MAY 2026.

Our story & purpose

The 'Return to Yourself' Program is a transformative initiative based in Istria, Croatia, born from a personal journey of reconnection and healing. This experience, sparked by my return to my roots 2.5 years ago, allowed me to align with my values and heritage. I recognized that many people struggle to integrate their identities in today's chaotic world, motivating me to share my insights.

Upon returning to Fazana, I envisioned a healing space where individuals from diverse backgrounds could reconnect with themselves and each other. This journey was not just nostalgic; it was a rediscovery of my inner child and a quest for belonging. I developed the idea of circles of reconnection, understanding that peeling away life's layers is essential for uncovering our authentic selves.

Creating this program involved challenges that required courage and trust in the process. I realized that traditional psychotherapy alone wouldn't foster the deep connections I sought. Instead, I incorporated body work and breath techniques, essential for addressing emotions trapped in our physical selves.

I designed thematic sessions that guide participants from surface experiences to deeper emotional layers. Collaborating with colleagues in breathwork and yoga, we developed a holistic approach that encourages emotional exploration alongside physical movement.

The 'Return to Yourself' Program is more than a set of sessions; it's a collective journey toward self-acceptance and wholeness. Participants share their stories, fostering a supportive community that celebrates individual journeys. By addressing emotional wounds and nurturing self-compassion, the program empowers individuals to reclaim their narratives and embrace their authentic selves.

Ultimately, the 'Return to Yourself' Program is a beacon of hope, inviting individuals to embark on paths of self-discovery and reconnection. It celebrates the human spirit and the power of community, creating a ripple effect of healing that extends beyond our gatherings.

Edita Petojevic, Founder of the Return to Yourself Program



Description of the program

The Return to Yourself program is a therapeutic initiative that integrates scientific and psychological methods to help individuals access and process suppressed emotions. It employs a combination of breathwork, yoga, and psychotherapy to awaken unconscious feelings and facilitate emotional processing.

The program is structured around daily themes, guiding clients to gradually peel away conditioned patterns, leading to deeper self-awareness and reconnection with their authentic selves. A strong therapeutic relationship between the client and psychotherapist fosters trust, encouraging full participation in the program.

An essential prerequisite is prior individual psychotherapy, ensuring participants are prepared to engage deeply with their core issues. This shared experience among participants promotes a sense of belonging and openness within the group, enhancing the overall therapeutic journey.

The program is thoughtfully designed to meet individual needs and personal circumstances, guiding participants on a transformative journey back to their authentic selves. Grounded in evidence-based methods and principles of Compassion Focused Therapy by Paul Gilbert, it emphasizes the importance of calming the nervous system.

Through physical exercises and breathing techniques, participants learn to slow racing thoughts, fostering mindfulness and present-moment awareness. This process encourages a deeper connection with the body and emotions, allowing individuals to detach from their thoughts and experience their reality authentically.

Central to the program is the exploration of the inner child, helping participants uncover blindfolds that have kept them disconnected from their authentic selves. This self-discovery illuminates personal triggers and behavioral patterns, leading to valuable insights and "aha-moments" that foster self-acceptance and compassion.

On the final day of the program, participants integrate their experiences to connect with their authentic selves, often resulting in feelings of relief and freedom. The program equips individuals with tools for ongoing growth and resilience, leaving them with a renewed sense of purpose and clarity as they step into their transformed lives.



Structure and Schedule Overview

Day 1 — 13 May 2026: Introduction and Intention Setting

- **Afternoon Arrival and Welcome**
 - 14:00–16:00: Start and introductions
 - 16:00–17:30: Defining purpose and setting intentions
- **Dinner**
 - 18:00
- **Notes**
 - Participant welcome packet and facilitator bios
 - Brief safety briefing: overview of activities and opt-out options

Day 2 — 14 May 2026: Early Life Conditioning

- **Morning Routine**
 - 07:45: Light snack
 - 08:00–11:00: Yoga; Psychotherapy
 - 11:00–12:00: Brunch
- **Midday**
 - 12:00–15:00: Individual check-in time
- **Afternoon Session**
 - 15:00–18:00: Activating, Breathwork; Psychotherapy
- **Dinner**
 - 18:00

Day 3 — 15 May 2026: Inner Child Connection

- **Morning Routine**
 - 07:45: Light snack
 - 08:00–11:00: Yoga + Somatic Breathwork; Psychotherapy
 - 11:00–12:00: Brunch
- **Midday**
 - 12:00–15:00: Individual check-in time
- **Afternoon Session**
 - 15:00–18:00: Inner child visualisations; Psychotherapy
- **Dinner**
 - 18:00



Structure and Schedule Overview

Day 4 — 16 May 2026: Playfulness and Authenticity

- **Morning Routine**
 - 07:45: Light snack
 - 08:00–11:00: Playful Dance; Psychotherapy
 - 11:00–12:00: Brunch
- **Afternoon Session**
 - 13:00–16:00: Pilates; Psychotherapy
- **Dinner**
 - 18:00

Day 5 — 17 May 2026: Summary and Reflection

- **Morning Session**
 - 07:45: Light snack
 - 08:00–09:00: Visualization / Coaching session focused on clarity and goal setting
- **Reflection & Summary**
 - 09:00–11:00: Reflection, wrap-up, and takeaways
 - 11.00 – 12.00: Brunch
- **Closing Event and Departure**
 - Excursion to Rovinj (for those who can make it): 13:00–15:00
 - Departure: By arrangement (confirm transport and check-out times)



Edita Petojevic

Licensed Psychotherapist & Supervisor

I am a licensed Psychotherapist and Supervisor with 16 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.

I believe that:

- Healthy, lasting relationships are founded on congruence and empathy.
- Every person has the potential for self-actualization.

Having lived in seven countries, I have had the privilege of working with diverse individuals from around the globe. These experiences have enriched my perspective and deepened my understanding of life. I am honored to offer a therapeutic path in three languages, allowing me to connect with a broad range of people.

I am trained and experienced in addressing various concerns, including anxiety disorders, depression, low self-esteem, relationship issues, emotional and physical abuse, trauma, and substance addictions. I view each person as a whole—mind, body, and spirit—and employ an integrative approach to facilitate healing and self-connection. My training encompasses Psychodynamic Therapy, Person-Centered Therapy, and Cognitive Behavioral Therapy (CBT), enabling me to tailor my approach to each client's unique needs. I also specialize in Compassion Focused Therapy (CFT), Acceptance and Commitment Therapy (ACT), and trauma treatment.

The Return to Yourself program emerged from my clinical experience, highlighting the need for a hands-on approach to working with the nervous system and the body. This method allows clients to progress emotionally, integrate their experiences, and regulate their emotions. Learning to calm the nervous system and access deeper understanding of suppressed emotions has been one of my most significant lessons, which I now share with participants through a thoughtfully structured program, supported by my colleagues.



Aneta Ardelian Kuzma

Yoga Teacher • Breathwork + Somatic Guide •
Transformational Coach

Aneta brings a unique and deeply integrative approach to wellbeing, rooted in over two decades of personal and professional transformation work. She is certified in trauma-informed breathwork, yoga, meditation, and somatic practices, and she weaves these modalities together to create embodied, healing experiences for retreat participants.

As a former corporate executive turned transformational coach, Aneta now helps high-achieving professionals slow down, reconnect with their true essence, and design lives of alignment, purpose, and peace. Her sessions are both grounding and expansive - offering a space for inner stillness, spiritual reconnection, and bold visioning.

During the retreat, Aneta will guide you through daily yoga, meditative rituals, and powerful breathwork sessions designed to release stored stress and trauma from the body. She will also lead group coaching experiences to support personal clarity, visioning, and actionable integration—so that the transformation you experience in Croatia carries forward into your daily life.

Aneta is the founder of the Ardelian Kuzma Group, host of the Live the Width of Your Life podcast, and author of two books focused on spiritual growth and authentic living. Her presence invites both calm and courage, and her work empowers you to return home to yourself.



Alexa Posth

Yoga teacher & Pantarei Practitioner

The team:

During my journey as a musician and actress, I discovered yoga and breathwork, which had a profound impact on me and inspired me to become a teacher. My deepest intention has always been to touch people's hearts and remind them of their true selves. After 15 years of teaching at one of Germany's largest yoga studios, I realized that true healing extends beyond simple drop-in classes. This realization led me to immerse myself in Pantarei Approach Training, where I learned to help individuals integrate and reframe their somatic stories, interpreting the body's symptoms as a language of love. With 26 years of personal experience and working with others, I have developed a deep trust in the intrinsic wisdom of our bodies.



I am deeply moved by people's stories and biographies, as they reveal so much about their uniqueness.

I am here to support you in understanding your body's symptoms as vital insights into the answers you seek, creating a space for you to process and integrate these experiences. Your needs are important, and you can learn to express them in a way that is truly heard and understood.

The Pantarei Approach is a bodywork coaching method that combines verbal communication with touch. My focus is on getting to know you as a unique individual. I listen beyond your words to genuinely understand who you are, and from there, we continue our conversation through touch, guided by your specific needs. The session empowers and heals by allowing you to connect with the somatic sensations of your true self. Here, touch becomes a form of communication, as your body carries its own story—reflecting both your history and your inner strength, resources, and wisdom.

This session is not merely a massage; it is a transformative dialogue between you, your body, and myself, facilitating the release, processing, and integration of blocked emotions. I believe that everyone is born with the innate ability to create change in their lives and to move in any direction they choose. Through empathetic touch and verbal communication, I aim to empower your growth and expansion.

Sanja

Exciting addition to the spring programs: Reformer Pilates

Let us introduce you to Sanja! Sanja is the owner of Gioia Reformer Pilates studio in Pula, a certified Pilates instructor and conditioning trainer. She offers structured and powerful Pilates sessions, and we're excited to include her amazing class in our spring program for 2026.

Why Pilates?

The easy answer is: we want to give our participants a chance to explore therapies that help the mind, body, and spirit.

The evidence-based answer is this: Pilates can support the nervous system by helping us stay calm, build better body awareness, and reduce stress through coordinated breathing, mindful movement, and better autonomic regulation.

How Pilates helps the nervous system (in plain terms):

- Breathing and the vagal system: Many Pilates moves use deep, diaphragmatic breathing with a steady exhale. Slow, deliberate breath activates the rest-and-digest part of the nervous system, which can slow the heart, ease muscle tension, and calm the mind.
- Improved autonomic balance: Regular practice can help the body spend more time in a calm state between sessions, supporting better stress resilience and lower baseline anxiety.
- Mindfulness and interoception: Focusing on precise breath, alignment, and movement heightens awareness of what's happening inside your body and reduces overthinking, helping the nervous system stay calmer.



Our Treatment Method

The need based holistic program consists of:

Yoga
Dance
Breathwork
Inner Child Work
Emotional processing
Psychotherapy
Pilates
Journaling
Workshops

When?

Start at 14:00 on the 13th of May

End at 15.00 on the 17th of May

Where?

Croatia, in the heart of the old fishermen village Fazana. The charming Villetta Phasiana is located in a calm area and offers remarkably decorated accommodation with marble bathrooms and amazing sea views.

Meals

You get to enjoy breakfast every morning, brunch midday and dinner every evening. The breakfast and brunch will be served at the hotel and your dinner will be served in Fazana's most popular restaurant right in the center of the village and right on the beach.



Why participate in the Return to Yourself Program?

The program is designed and created to meet your individual needs and your personal circumstances. We use evidence-based methods when guiding you on your return home, back to your authentic self.

According to Paul Gilbert and Compassion Focused Therapy, the most efficient way to bring the authentic self forward is by slowing down the nervous system. We implement physical exercises and breathing techniques which lead to slowing down racing thoughts and which allow you to connect with the present moment and with your breathing.

Through the engagement with the present moment and through detachment from your thoughts, you open up to feeling and to seeing your reality as it is.

We use this connection with the now and with the body to guide you deeper and in making the unconscious conscious.

We guide you to see and hold your inner child and to uncover some blindfolds which have kept you disconnected from your adult self. This discovery and these links between your inner child and your adult self leads to an awareness of your triggers and your behavioral patterns. Through this process you experience a lot of aha-moments and reach more clarity. On the last day of the retreat we bring all of these processes together and support you in connecting with your authentic self. This connection often results in feelings of relief and freedom.



What is included in the price?

- Four nights at the hotel Villetta Phasiana in a double room (to yourself) with a sea view.
- Breakfast and brunch at the hotel every morning
- Dinner at the restaurant Stara Konoba every evening
- Spa & Wellness at the hotel every day
Psychotherapy, Yoga, Breathwork, Pilates & Coaching sessions
- Excursion to beautiful Rovinj

Extra services

(optional and not included in price)

Massage

Pantarei sessions

Boat excursion

Total price: 1590eur

For more information
contact Edita Petojevic at
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