

Restart



**Blu Bay**  
HOTEL SOZOPOL

Detox

Balance

22 – 25 May 2026

3 day package



## BLU BAY RESTART RETREAT

Reset. Balance. Energy.

May 22 – 25, 2026 | Blu Bay Hotel Sozopol

Luxury is measured differently today

Not by what you own,  
but by how you feel.

More energy.

A lighter body.

A calmer mind.

Greater clarity.

Blu Bay Restart Retreat is a curated experience designed for those who understand that self-care is not a pause — but a strategy for a better life.

Over the course of three days, the program combines movement, recovery, applied knowledge and an inspiring environment to create a true reset — of the body, the mind and your inner balance.

# 2

## The Concept

This is not just a retreat.

It is a carefully designed rhythm of practices, lectures and experiences that takes you out of daily noise and reconnects you with your natural energy.

The program is built around several key pillars:

### Movement

1. Pilates, yoga, somatic and intuitive dance
2. Breath & Inner Balance
3. Pranayama, body awareness and mindfulness techniques
4. Applied Knowledge
5. Nutrition, longevity, women's health and modern wellness approaches
6. Recovery
7. Time for relaxation, spa and full regeneration

# 3

## Who This Experience Is For

For those who want to feel better — not just during the weekend, but long after it.

For people who:

- seek balance and recovery
- live dynamic lives and need a reset
- are interested in health, energy and longevity
- value environment, quality and meaningful experiences

4

## Hosts & Special Guests

**Maya Paunovska**

Pilates Instructor

Maya Paunovska will lead the Pilates sessions within the program, focusing on tone, mobility, strength, and a sense of lightness in the body.

5

**Tanya Dimitrova**

Nutritionist, certified by Stanford Center for Health Education; Founder of Raw and More

Tanya Dimitrova will lead a special lecture:

“Nutrition for Longevity and Everyday Energy”

The focus is on understanding why women should not be placed under the same framework as men when it comes to nutrition, energy levels, hormonal balance, and sustainable health.

## Special Module: Female Energy & Body Awareness

6

This part of the program includes:

- somatic and intuitive dance
- Ashtanga Vinyasa yoga
- pranayama and kriya techniques
- body awareness and affirmations

Designed for women seeking deeper self-connection, inner strength, confidence and release from accumulated tension.

Magi

Tarot Evening

Evening tarot sessions create space for clarity, intuition and personal insight.

7

Vesela Dimova

Female Energy & Body Awareness (Female Empowerment)

- Somatic & intuitive dance – connecting with the body and encouraging free expression
- Ashtanga Vinyasa Yoga – strengthening both body and mind
- Pranayama & Kriyas – breathing techniques for cleansing and energizing
- Body awareness & affirmations – fostering self-acceptance and inner harmony

8

These practices are suitable for women who:

- seek self-discovery and inner strength
- want to reconnect with their body through movement and breath
- are both beginners and advanced in yoga or dance
- wish to release stress, tension, and emotional blockages
- aim to build confidence, self-love, and inner balance
- are going through a period of change and seeking clarity and inspiration
- value creating a supportive female community and deep connections

About Vesela

We already know each other, so you likely don't need much personal background, but briefly:

A multiple-time sports dance champion and professional performer in Dancing Stars Austria and Vietnam. Certified Yoga Alliance yoga teacher, ballroom dance coach, mental coach, instructor, and choreographer since 2010. Creator of Flow to Grow – a concept integrating psychosomatic techniques and practices for developing both the physical and spiritual body. Entrepreneur since 2021, with a degree in Economics from Vienna.

9

Dr. David Ivanov

Dr. David Ivanov is an internationally recognized specialist with over 30 years of experience in the United States, having graduated in medicine from Harvard University. His career is dedicated to the highest standards in regenerative and reconstructive medicine, as well as aesthetic and plastic surgery—fields in which he combines medical precision with an innovative approach to longevity and human restoration.

As one of the pioneers in stem cell and exosome therapies, Dr. Ivanov operates at the forefront of modern medicine, applying advanced techniques that activate the body's natural regenerative processes and deliver visible, long-lasting results.

Since 2006, he has been developing his boutique medical practice in Miami—a destination synonymous with high-end medical and aesthetic services—where he welcomes a selective international clientele seeking the most advanced solutions in longevity and anti-aging medicine.

10

# The Program

## Friday | May 22

14:00 – 19:00

Arrival & check-in

19:30

Welcome gathering

20:00

Dinner (à la carte / not included)

## Saturday | May 23

09:00

Pilates with Maya Paunovska

10:00 – 12:00

Free time for relaxation, recovery & SPA

12:00

Lecture:

“Peptides, Exosomes and Innovations in Longevity”

13:30

Lunch (à la carte)

14:30 – 18:30

Free time for treatments, massages & relaxation

19:00

Yoga session

20:00

Dinner (à la carte)

21:30

Tarot evening with Magi

## Sunday | May 24

09:00

Pilates with Maya Paunovska

10:00 – 12:00

Free time for relaxation, recovery & SPA

12:00

Lecture with Tanya Dimitrova:

“Nutrition for Longevity and Everyday Energy”

13:30

Lunch (à la carte)

14:30 – 18:30

Free time for treatments, massages & relaxation

19:00

Dance session & Female Energy & Body

Awareness

20:00

Dinner (à la carte)

21:30

Evening party

## Monday | May 25

08:00 Breakfast

09:00 Final Pilates session

10:30 – 12:00

Check-out & departure

Period: May 22 – 25, 2026

| Accommodation                              | 3-day package |
|--|---------------|
| DBL Deluxe Garden View – Single Experience | 1270 EUR      |
| DBL Deluxe Garden View – Double Experience | 1950 EUR      |

### Supplements

- Deluxe Sea View – 40 EUR / night
- Studio Sea View – 90 EUR / night
- Apartment Sea View – 150 EUR / night
- Child up to 11.99 yrs . – free (no treatments)
- Child 12+ yrs. + adult on extra bed – €60 / night (no treatments)

### What Is Included

- Accommodation in DBL Deluxe Garden View room
- 3 nights with breakfast (for 1 or 2 adults depending on package)
- Full retreat program
- All practices and lectures
- VAT (9%) and tourist tax
- High-speed WiFi in rooms and public areas
- Nespresso coffee machine with capsules
- Rooftop pool with sunbeds, umbrellas and towels
- Access to Technogym fitness, sauna and steam bath

Breakfast is included in the price.

Lunch and dinner are à la carte, allowing each guest full flexibility based on personal preferences, dietary needs and daily rhythm.

Additional SPA treatments, massages and individual sessions are booked separately.

Blu Bay Hotel Sozopol provides the natural context for this experience — calm, aesthetics and a sense of distance from everyday intensity.

Located above the marina and just steps from the old town, the hotel combines boutique atmosphere, sea horizon and a setting that naturally supports slowing down, focus and inner balance.

After these three days, you don't just leave rested.

You leave with:

- more energy
- a better connection with your body
- a clearer mind
- deeper inner balance
- a new rhythm you want to keep

BLU BAY RESTART RETREAT

May 22 – 25, 2026

Luxury is how you feel.



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