

PROGRAM

EXPLORE CROATIA & YOGA VACATION

DELUXE ACCOMODATION, AUTHENTIC LAND EXPLORING; YOGA AND MASSAGE



1ST DATE: FROM 28TH OF APRIL TO 5TH OF MAY

2ND DATE: FROM 6TH TO 13TH OF OCTOBER

	Saturday, 28th of April Day of arrival	Sunday, 29th of April	Monday, 30th of April	Tuesday, 1st of May	Wednesday, 2nd of May	Thursday, 3rd of May	Friday, 4th of May	Saturday, 5th of May Day of check out
07:45	-	Freshly squeezed smoothie	Freshly squeezed smoothie	Freshly squeezed smoothie	Freshly squeezed smoothie	Freshly squeezed smoothie	Freshly squeezed smoothie	Freshly squeezed smoothie
08:15	-	Morning yoga + breathing techniques and meditation	Morning yoga + breathing techniques and meditation	Morning yoga + breathing techniques and meditation	Morning yoga + breathing techniques and meditation	Morning yoga + breathing techniques and meditation	Morning yoga + breathing techniques and meditation	Morning yoga + breathing techniques and meditation
09:30	-	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
11:00 12:00	Meet the crew & accommodate on board ☺	Activity of the day: One massage or treatment of your choice <i>See page No 3.</i> & Cooking workshop with ThiloVierheilig	Activity of the day: Mountain bike tour and wine tasting <i>See page No 4.</i>	Activity of the day: Picnic in Rakitnica <i>See page No 5.</i>	Activity of the day: Boat trip to Skradin and the waterfalls of Krka <i>See page No. 6</i>	Activity of the day: Trekking tour Vodice - Tribunj <i>See page No.7</i>	Activity of the day: Visit the Island of Prvić and Kayak tour <i>See page No. 8</i>	Check out. Say good by to the crew ☺
17:30	<i>interview</i>	Sunset outdoor yoga	Sunset outdoor yoga	Sunset outdoor yoga	Sunset outdoor yoga	Sunset outdoor yoga	Sunset outdoor yoga	-
19:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	-
20:00	Free time and reflection	Free time and reflection	Free time and reflection	Free time and reflection	Free time and reflection	Free time and reflection	Free time and reflection	-

NOTE: This timeline is only an example. Weather depending trips can be changed. The exact timeline you will receive on the day of your arrival.

Room:	Superior room, single use (for 1 person)
Total package price for 8 days/7 nights:	1,250.00 EUR
Deposit demanded:	70 %
Room:	Superior room, double use (for 2 person)
Total package price for 8 days/7 nights::	1,980.00 EUR
Deposit demanded:	60 %
IMPORTANT: Note, the remaining payout is to pay in cash on the day of your arrival.	

What is included?	What is to pay extra?
<ul style="list-style-type: none"> • 7 nights deluxe accommodation • Daily Yoga classes and meditation • Daily Smoothies in the morning • Daily breakfast and dinner (choose vegetarian, fish or meat) • One massage or healing treatment for free • Mountain bikes and equipment (map, helmet e.t.c.) • Trekking tour equipment (nordic walking poles) • Picnic day in Rakitnica, only on the 1st of May (lunch included) • Insurance for guests, outdoor swimming pool with beach couches and sunshades, parking, Internet, fax, bicycles, 	<ul style="list-style-type: none"> • Residence Tax: 1 € per day • Cooking workshop (price is coming soon) • Guide on demand for Mountain-bike tour with wine tasting (if wanted) • Guide on demand for Trekking tour (if wanted) • Special boat trip (price is coming soon) • Kayak tour (price is coming soon)

MASSAGE AND HEALING TREATMENT FOR FREE!

On the first day of your retreat you can choose to be spoiled by one of the following treatments. **Choose between** Relax Massage, Sports Massage, Manual Therapy, Accupunct Meridian Massage or get a detailed Mind, Body & Soul Scan with the latest Bio well Aura Camera. Additional treatments can be booked **every day** and is available upon request.



Relax Massage

This Massage combines the most efficient components from physical therapy and traditional massage. It quickly loosens your legs, back, neck, shoulders and arms and creates an overall sense of well being and divinity.



Sports Massage

This strong massage is tailored to each client's specific needs in order to relax the muscles and remove any pain and muscle tension. Just explain where exactly you feel pain or tension and the masseur knows what to do.



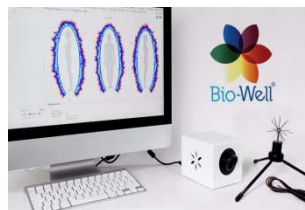
Manual Therapy

This bone-setting therapy is a natural healing for adjusting the bones of the body through gentle pressing and kneading. It is a preventive method to keep your joints strong and flexible. This is the ideal opportunity to reset and maintain your body functions. The positive result you feel immediately.



Accupunct Meridian Massage

This treatment is creating a free flow of healing energy by the use of a special therapy pen. All meridians of the body will be charged with new energy and revitalized through certain acupuncture points.



Mind, Body & Soul Scan with Bio well Aura Camera

This Camera offers the *latest in aura photography* and reading resulting in an *energy analysis* of your body, on a deeper and never seen before level. Offering real time aura and information about how healthy we are, on a *physically, emotionally and mental level*. Let this simple device read the energy level of the body as well as the history of your chakras, in order to get a profound insight of your *Mind, Body and Soul*.

BIKE TOUR & WINE TASTING – Trip to history of Vodice



Tour highlights:

- Church St Elias the Prophet
- Old Roman cistern
- Church of St John
- Old Roman wells
- Prehistoric settlement of Arauzona
- wine tasting

Important information:

Location: Vodice

Starting/ending point: Vodice

Route length: 22-25 km

Difficulty: easy

Estimated time: 2h15min – 2h45min

Welcome to the road that will take you through the surrounding area of Vodice, where first settlements were founded in the Prehistoric times. Experience the spirit of history and explore the history of Vodice. One of the most beautiful paths will take you on a wonderful journey. Following this path we will see the Church of St Elias the Prophet, an old Roman cistern, the Church of St John, old Roman wells and the prehistoric settlement of Arauzona. We will begin our journey from the centre of Vodice. An easy ride along the macadam roads surrounded by meticulously built dry stone walls will take us to our first stop, the Church of St Elias the Prophet. After a short break, we will continue along the path to the unique Old Roman cistern. At the foot of the hill where Arauzona was founded, a natural spring-water intake, coved in the Roman times, still exists. The locals call it “Ograđenica”. It used to supply water to the people. The cattle used to drink from puddles in the fields north of the settlement.

An easy ride through green oases will take us to our next stop, the Church of St John.

After the tour, we will ride through the fields of Vodice surrounded by dry stone walls, olive groves and vineyards. Riding along asphalt roads and macadam roads, we will move towards the hill of Okit to see a church.

We will follow the road back to the centre of Vodice, where our adventure ends. At the end mix that with good glass of vine from the local vinery and eat all domestic products and delicacies that have been made in fields and roads through You passed.

PICNIC IN RAKITNICA



Vodice Tourist Board organizes picnic in Rakitnica by the Church of St. John. This event is a nice gathering of citizens and guests with klapa singing and preparation of old dishes: wild greens and corn meal. A guided walking tour to Arauzona will start at 11:30 from the picnic site.

Picnic starts at 10:00 h, bus for the visitors is organized from the bus station, from 09:30 h after the morning yoga .

BOAT TRIP TO SKRADIN AND TO THE WATERFALLS KRKA



Make an unforgettable day trip through the canyons of the lake Krka to the old town of Skradin. Once you are in Skradin you can spontaneously decide if you want to visit the Krka National Park (additional fee will be charged on entrance) or just want to explore Skradin.

SKRADIN:

The old town of Skradin has a long tradition of Tourism because there is no visitor or tourist who spends his/her holiday in Dalmatia and doesn't visit **Skradin** and the natural phenomena of the River Krka. Peaceful little town with its narrow streets, rich gastronomic offer and its famous white wine Debit will satisfy even the most demanding visitors. Your trip by boat from Zaton to Skradin, through the canyon of the River Krka, will be definitely a unique experience and nobody forgets it. Those who enjoy the moments of solitude there are few beautiful beaches where occasional visitors are only swans, if you don't mind! Welcome on board!

One of the most beautiful national parks in this part of Europe, the Krka National Park.

Krka is the seventh national park in Croatia. It is known for its numerous lakes and waterfalls. It was named after the river Krka, which is also a part of the park. The national park is situated in central Dalmatia, downstream of Miljevcı and only several kilometres southeast from Šibenik. It is comprised of the area along the river Krka, whose source is at the foot of the Dinara Mountain near Knin. It flows through a 75-kilometre-long canyon, through Lake Prokljan and into the Šibenik Channel. It stretches across the area of 142 sq kilometres, 25.6 of which is the water area. Today Krka has seven waterfalls, and its beauties are a real natural karst phenomenon. It is recommended to visit it in spring or summer. Krka is then in its full splendour, and you can even refresh yourself in its clear water.

TREKKING TOUR FROM VODICE TO TRIBUNJ



Highlights:

- panoramic view
- trail through the Dalmatian karst
- paths along the coast over the rocks

Important information:

Location: Vodice
Starting/ending point: Vodice
Route length: 10-20 km
Difficulty: medium-hard
Estimated time: 4h

Feel the adrenaline, don't be lazy.

What is the simplest way of healthy exercising and sightseeing ? Trekking is the answer.

KAYAKING TO THE ISLAND PRVIĆ



Tour highlights:

- PrvičŠepurine
- Prvič Luka
- museum Faust Vrančić



Location: Island Prvić
Starting/ending point: Vodice
Route length: 5-10 km
Difficulty: easy-medium
Estimated time: 4 h

The day of kayaking to the island Prvić starts on the beach in Vodice. After a short introduction to paddling, we start our expedition. We paddle past islands Logorun and Tijat. On our way we will stop several times for a swim before finishing up our kayaking day..

Prvić is a small island in the Croatian part of Adriatic Seas. It is situated in the Šibenik archipelago, about half a mile from the mainland, in the vicinity of Vodice. The whole island is under protection of the Croatian Ministry of Culture since the island is considered a cultural heritage.

Beautiful, quiet, old, noble, stealing breath in front of every house. Solid, stone, steep streets, stone houses, each capturing attention with its particularity, still forming a harmonious, single whole story. It is a story of glitter and wealth that used to be, and laughter that once resounded along these streets.