



Yoga & Spa Detox

FIVE DAY - REJUVENATING SPRING BREAK AT A
5-STAR SPA RESORT ON THE BEAUTIFUL DALMATIAN COAST

Features

- Type: Yoga holiday break
- Date: 12-17 April 2017
- Arrival date 12 April
Check-in and registration: 3:00pm
- Departure date 17 April
Check out: 11:00am
- Duration: 5 days
- Venue: Le Mèridien Resort & Spa
- Fly into: Split airport, Croatia
- Pick up/drop off from & to Airport
- Food: vegan, vegetarian, gluten-free options, locally grown
- Skill level: all levels
- Cancellation policy: Non-refundable deposit. Balance (total price less deposit) is due on arrival. The remaining balance is non-refundable once paid.



REJUVENATE, ENERGIZE, AND TONE YOUR BODY/MIND ON THIS BEAUTIFUL SPRING BREAK
GETAWAY. CROATIA IS ONLY A 2H FLIGHT FROM MOST CITIES IN EUROPE!

➔ Venue

Le Méridien Lav Split

Set on its own private 800-metre beachfront with fabulous panoramic views of the Adriatic Sea, the city of Split, and surrounding islands. Le Méridien Lav Split is an impeccably stylish five-star hotel, with white glossy interiors and spacious sea-view rooms. The resort was voted TripAdvisor's Travellers' Choice 2014 - Winner in the Luxury category. It offers tranquillity and spaciousness, and proximity to stunning nature and the picturesque culture-pulsing city of Split.

Its landscaped terraces, complete with an infinity-style swimming pool, look onto the hotel's 60-berth private harbour and beach (where you can take advantage of sport and outdoor activities such as water sports, diving or tennis). If you fancy relaxation and pampering, try the resort's impressive spa, where you can soak in the hot tub, sauna and steam rooms, or take a relaxing massage. When it comes to dining, take your pick from an array of chic gourmet Mediterranean restaurants that offer fresh food from local market produce.



Surrounding area

- ✓ Beach
- ✓ Mountain
- ✓ River
- ✓ Eco-village
- ✓ Split, UNESCO world heritage city

Benefits

- ✓ Getaway place to combine yoga, luxury spa, healthy food and nature experience
- ✓ Perfect setting to unplug, detox and find balance
- ✓ Ideal program to feel rejuvenated, energised, stronger and calmer

Additional information:

Month: April (pre-Spring weather conditions)

Average temperature 14°C

Sea temperature 15°C

Season: Pre overpopulated tourist season

Program

- 07:30 Blissful Yoga practice to energize you (all levels)
- 10:00 Healthy detox breakfast
- 12:00 Spa, Excursion, or free time
- 14:00 Lunch*
- 18:00 Restorative Yoga to melt away all inhibitions (all levels)
- 20:00 Light scrumptious dinner*



Program

Start your day with a nourishing and uplifting yoga practice. Feel rejuvenated after a healthy detox breakfast. During the day, explore many options including hiking at local climbs, visiting sacred sites, taste testing local vegan delights, a massage, or just relaxing in the enchanting spa area. Finish your day with deep restorative yoga postures that will leave you feeling grounded. Spend joyful moments with the rest of the group, enjoying a wholesome dinner, finishing off your day with your favourite book or gazing at the stars.

By participating, you are taking an active part in your well-being, where our program cultivates the right atmosphere to unplug, find a balance point inside yourself, experiencing a feeling of being fully alive. This offers a great time to reflect, detaching from the constant input of society and creating a conscious intention for your well-being.



Excursion - magical Dalmatia

There are not many places where you can enjoy a view of the sea while climbing a mountain! Seize the opportunity to hike 533m to the top of Perun Hill. Explore old antique paths and the local myths and stories. See the church of Lady of Siti and pass by Villa Rustica (the late antique edifice surrounded by olive trees and fruit and vegetable gardens). Continue your pleasant hike towards the oak woods to the majestic view of the Adriatic Sea, surrounding islands, and beautiful landscape of the Dalmatian countryside, where we will settle at the local tavern that will surprise you with authentic vegan dishes. An opportunity to explore the taste of pure nature.

Food

Be surprised how tasty detox food is!! - juicy and full of nutrients. Prepared with passion by Le Meridien chefs. Nutritional value is high due to minimal short journey from the nature to your plate. Our dishes are based on local Mediterranean cuisine, vegan and vegetarian (with gluten-free options).



What is included in the package

- ✓ Transfer to and from the airport
- ✓ Superior room (single or twin)
- ✓ Healthy detox breakfast
- ✓ Morning Yoga sessions
- ✓ Afternoon Yoga sessions
- ✓ Use of hotel Spa
- ✓ 1 detox massage
- ✓ 1 short excursion (insurance included)
- ✓ 1 lunch*
- ✓ 2 dinners*

Additional options (not included in package)

- ✓ Rejuvenating massage sessions at hotel Spa
- ✓ Vegan dinners at the resort
- ✓ Vegan lunch in healthy eaters around Split
- ✓ Bike tour in Split
- ✓ Marjan Park in Split (178m climb to dense pine forest)
- ✓ Cetina river visit - includes lunch at a local tavern
- ✓ Island visit by boat to Brac
- ✓ Private yoga coaching

Additional activities can be organised by the agency, tailored to your needs (i.e. rock climbing, sea kayaking, zip flying).

Program leader

The program is designed and led by an experienced yoga coach, [Lea Loncar](#).

Lea is a dedicated yogini, with over 25 years experience in yoga. Her background is in various yoga styles and traditions (Ashtanga, Vinyasa, Integral, Sivananda and Therapeutic yoga), which she has studied in India, USA, and Europe. Lea is also deeply inspired by Buddhist Vipassana meditation and is an advocate of the vegan culture. Her work and writings have inspired and motivated hundreds of people to change their lifestyle habits, and improve their health. Lea is co-founder of a Scandinavian yoga centre [Zenit Yoga](#) and an associate at the [Institute for the of Health in Split](#), Croatia. Besides yoga, her formal education is Master's in psychology from a Norwegian university, with work experience as a university lecturer and HR consultant for international companies.



Booking and enquiries:

Contact our kind staff with inquiry subject "Yoga holiday" at
Reservations-Split@lemeridien.com

Yoga and program related questions

Contact program leader Lea Loncar

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Proposed dates for Yoga holiday at Le Méridien Lav, Split

May 2017: Early summer Yoga & Hiking (date to be announced)

October 4-9: Early Autumn Yoga & Hiking

November 15-20: Autumn Yoga & Spa Detox

How to get there

Fly into Split airport, Croatia

We will pick you up at the airport

Package price per person

Single room: 1350 €

Twin-share room: 1080 €

Book before 1 January 2017, to receive a 100 € discount!

Cancellation policy: Deposit is non-refundable with remaining balance (total price less deposit) due on day of arrival.

