



Divine Summer Yoga Retreat

Island Vis – Croatia, Authentic Beautiful Mediterranean

24 JUNE - 1 JULY, 2017

SIMPLICITY OF YOGIC LIVING

Awaken your discerning intelligence through Yogi lifestyle at a 7-day retreat. The peaceful location has been handpicked, and is on the Island of Vis.

The week will consist of daily yoga practice, meditation, and healthy eating, whilst surrounded by the beauty of untouched nature. There will also be discussions on various aspects of life from a yogi perspective, with the purpose of empowering your inner forces.

Your caring teachers who are both long-term yoga practitioners, Lea and Nikola, will support and guide you with their gentle approach during this week long workshop. Wherever you are in your yoga journey, this retreat will inspire you to expand, awaken and connect with your inner intelligence, to remember your own heart's calling.

Enjoy locally grown veggie food and the true joy of living remotely on the unspoiled island of Vis. This is a place where nature tells its own story. Vis is like a sanctuary, quiet and magnificent, safe and peaceful, discovered by few - far away from tourist crowds. Accommodation is simple and cozy.

Besides the program, you are free to explore SUP yoga on the beach, or experience a holistic massage.

FROM OUR HEARTS, WELCOME!

About teachers: The seeker is the one who shows an effort

Lea and **Nikola** are inspirational yogis, practicing and teaching for decades. In recent years, they have been successfully working together on numerous yoga seminars, supporting the yoga community through their quiet, honest approach.

“Retreat is a way to withdraw from the world as we know it, as we live it, and enter a deeper sphere of oneself – it is always there, ready to be tapped into. Daily life will be connected to and inspired by deeper layers of intuition, so important to navigate and live fully”



Lea (Ms Psychology) has been thought in Ashtanga, Vinyasa, Integral and Sivananda Yoga traditions. She studied Bihar Yoga, Kerala Sivananda, Lonavla Yoga Institute and Ashtanga Yoga Mysore where she trained under the direction of Sri Pattabhi Jois and his family. She is also deeply inspired by Buddhist Vipassana meditation. She is co-founder of the Zenit Yoga in Norway, and co-writer of 3 books on yoga in the Netherlands. She teaches Yoga mostly in Norway and Croatia. Lea lives with her husband and 3 kids in Split, Croatia.

Nikola (Prof. Kinesiology) has been trained in classical hatha yoga (Bihar school), meditation and yoga philosophy (disciple of Yogananda's lineage) and bodywork. He practices Shiatsu and Shin Tai method, beside his full-time Yoga dedication. He is Head of Health Support Institute in Split, Croatia, promoting yoga, shiatsu & related body-mind practices, as well as publishing papers. Nikola well combines the knowledge of yoga with traditional and modern bodywork techniques such as traditional shiatsu, work with fascia, central channel release approach (Shin Tai), elements of craniosacral therapy and other subtle techniques that support opening of energy flow and increase of communication between layers of human being (five Koshas). He holds seminars and retreats all year-around. He is an expert on the culture of the Island of Vis and surrounding vegetation.





A typical day

- 06:00** Sunrise meditation/energization exercises/cleansing (kriya) exercises
- 07:00** Mediterranean Tea break
- 07:30** Explorative Vinyasa Yoga practice or Hatha yoga gentle flow
- 10:00** Breakfast with local veggie delicacies
- 11:00** Philosophy immersion
- 12:30** Free (nap in the forest, divine massage, sup yoga, or sun & swim)
- 20:00** Dinner
- 21:30** Evening gathering (optional) Contemplation, Meditation and Chanting

- ***One day will be free (excursion day)***

How to get there?

Flying to Split, Croatia

Split is about 1 – 2.5 hrs flight from anywhere in Europe. It is a Unesco protected world heritage city, worth visiting for 1-2 days prior to the retreat.

Taking the boat to Vis island

Enjoy a lovely ferry boat ride or fast speedboat (catamaran) from Split to reach Vis island. Vis has been spared for “modernization” due to its remoteness and it is a true Yogi hideaway. Therefore, you will notice that few boats go there, please plan your journey in advance.

Yoga site and shala

Once you arrive at the island, there will be arranged taxi transport waiting, to drive you to a pleasant but simple nest “Under the Paintbrush property” with surrounding houses in serene Rukavac village. Site has a spacious yoga shala, and is about 800m from stunning secluded beaches.

Purity experienced

Creating a sacred space

Retreat aims to create a toxic-free environment; During the 7 days you will enjoy an environment which is meat-free, smoke-free, alcohol-free, synthetic-cosmetic free space. Please bring with you very comfy, clothing (cotton or natural material). It will be warm during the day, but in case of a cool evening or occasional shower, have a shawl or sweater, as well as socks.

Our menu

Our retreat menu is vegetarian/vegan, and includes breakfast and dinner. It is based on local organically grown fresh vegetables, fruits, legumes and organic tofu, seitan, and other bio products that we bring from the mainland. Cuisine is inspired by the Mediterranean healthy ways of preparing & local healing herbs.

Arrival day – 24 June

We recommend you arrive into Split at least 1 night prior to the retreat. Booking accommodation in Split is your own responsibility, as is transportation by boat to Vis island, morning of the retreat. Registrations will commence from 3.00pm on 24 June.

15:00	Registration
17:00	Gathering and introduction
18: 30	Gentle restorative yoga
20:00	Dinner

Last day: 1 July, 2017

Morning Yoga practice at 06.00am followed by breakfast at 10:00am
Check out time: 10:00am
Organized transport to the boat (*time to be announced*)

For booking at the site day before or day later please contact us before 15th March. Spaces before the retreat are usually quickly taken.

Price

Price is per person and includes pick up from the boat day 1, accommodation, breakfast and dinner, yoga classes, 1 excursion, and transportation to the boat last day.

- **950€** shared double room in an apartment for 3-4 people
 - **950€** shared little studio apartment for 2 people (couples)
 - **1250€** single room in an apartment for 3-4 people. You share kitchen and bathroom, but have your own room single room.
 - **1350 €** single studio; you have your own little studio apartment for full privacy
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- **Max 21 participants**
 - **Sign up before 15 February and receive 100 € discount 😊!**
 - **350€ (non-refundable) deposit confirms your reservation.**
The remaining amount to be paid upon arrival.

Price does NOT include: your flight or travel insurance, extra meals (lunch), optional activities, local transport, holistic massage sessions or SUP yoga on the beach.

Registration and more information:

E info@samvidyoga.com

M +385 99250699 HR

Links and references:

Estate Under the Paintbrush

www.vis-cultrelax.com

www.facebook.com/VisCultrelax

Lea Loncar

<http://www.samvidyoga.com>

<http://zenit-yoga.blogspot.com/2011/10/lea-loncar-en-inspirerende-dame.html>

Nikola Drvis Grk

<http://www.pozdrav.hr/>

Croatia

www.buzzfeed.com/laraparker/reasons-you-need-to-visit-croatia-immediately

Vis

www.tripadvisor.com/Attractions-g424971-Activities-Island_of_Vis_Split_Dalmatia_County_Dalmatia.html



SPLIT AND HOW TO GET THERE:

ABOUT SPLIT

Split is the second-largest city of **Croatia** and the largest city of the region of **Dalmatia**. It lies on the eastern shore of the **Adriatic Sea**, centered on the Roman **Palace of the Emperor Diocletian**. Spread over a central peninsula and its surroundings, Split's greater area includes the neighboring seaside towns as well. An intraregional transport hub and popular tourist destination, the city is a link to numerous **Adriatic islands** and the **Apennine peninsula**.

- **FLIGHTS**

www.skyscanner.com

- **OVERNIGHT IN SPLIT** (we have many friends renting out)

Marko - www.facebook.com/casadelolsplit

Lidija - www.apartments-dosud.com/hr

Mario +385 91 230 5079 www.airbnb.com/rooms/556403

Airbnb - find on our FB page fellow retreaters to share accommodation with

- **Boat lines from Split to Vis:** www.jadrolinija.hr/en



- **“Under the Brush property”** in serene surroundings, offers vegan & vegetarian food and yoga practice space for participants



Come and enjoy an adventure at the stunning island of **Vis** with its healing nature !



