

# ODMOR ZA DUŠU / VACATION FOR THE SOUL

## Osnovni paket

I ove godine pripremili smo program koji će vaš ljetni odmor u hotelu i kampu Korinjak učiniti drugačijim i opuštajućim te koji će vas zasigurno nadahnuti na pozitivne promjene.

- 05:00 – 07:00 Pozdrav Suncu na brdu Korinjak (yoga sunca)
- 07:00 – 08:00 Jutarnje Yoga vježbe
- 08:00 – 09:30 Doručak (samoposluživanje)
- 09:30 – 10:00 Vođena meditacija – „vježbe“ svjesnosti
- 12:00 – 13:00 Gong kupka\*
- 13:00 – 14:00 Ručak \*
- 15:00 – 18:00 Izlet barkicom\* na otočić Rutnjak (yoga nidra po dogovoru)
- 19:00 – 20:30 Večera (samoposluživanje)
- 20:30 – 21:15 Tai Chi Chi Kung večernje vježbe
- 21:00 – 23:00 Večernji program: ples-pjesma-svirka – poezija- filmovi.

Paket uključuje smještaj na bazi polupansiona i sve navedene aktivnosti osim aktivnosti uz nadoplatu (\*nadoplata za gong kupku, barkicu i ručak)

## Basic program

- 05:00 – 07:00 Sun salutation on the hill Korinjak (Sun yoga)
- 07:00 – 08:00 Morning Yoga exercises
- 08:00 – 09:30 Breakfast (self-service)
- 09:30 – 10:00 Guided meditation – awareness exercises
- 12:00 – 13:00 Gong sound baths\*
- 13:00 – 14:00 Lunch\*
- 15:00 – 18:00 Trip with boat\* to the island of Rutnjak (yoga nidra on Rutnjak by request)
- 19:00 – 20:30 Dinner (self-service)
- 20:30 – 21:15 Tai Chi Chi Kung evening exercises
- 21:00 – 23:00 Evening program: dancing-singing-playing music, movies, poetry, dance entertainment

\* surcharge

Activities of daily program are included in the price of half-board at the hotel and camp, unless otherwise indicated with\*.

Please note that the minor changes in the program schedule are possible. Evening entertainment can be changed due to other events, weather conditions, lecturers, guest musicians and others. We will certainly try to entertain and motivate you to present your talents too, and to take part in spreading good vibrations.

**If necessary, we will organize the children's entertainment too.**