

SUMMER FLOW YOGA CRUISE 16 to 22 July 2017

A wonderful journey which crosses the Adriatic Sea from Dalmatia to Apulia. From the city of Spalato-Split to Tremiti: islands and bays known by fews, luckily away from the mass tourism. A truly special holiday where the beauty of total unspoiled places allows a relaxing tour in harmony with the rhythms of Nature.

Sweet sailings in a calm sea with a comfortable boat, sunsets and sunrises, shining sun for a perfect tan and clear water for fantastic swims.

Land excursions and healthy food, with companions ready to share cheerfully this relaxing experience and enjoy special and unknown places.

We will start from the enchanting city of Spalato (Croatia), we will visit Spalato and then Milna on the Brac Island, Var Island and Bizevo Island with its fascinating light blue cave and the Tremiti Islands, surrounded by unique and amazing sceneries.

Practicing yoga in the nature, surrounded by clear water and ashtonishing bays while breathing in fresh air, enjoying every day a different view and discovering the pleasure of the morning practice right after you woke up. Sunsets on unspoiled seashores to conclude with the evening practice and let the sea cradle you softly.

A week of yoga practice plunged in nature is a great opportunity for everybody, to restore and discover slow travelling.

Accommodation

Sweet sailings in a calm sea with a comfortable boat, sunsets and sunrises, shining sun for a perfect tan and clear water for fantastic swims. Accommodation in a double / triple cabin with private bathroom. Fantastic Food, making with love and awareness! Our meals are vegetarian, healthy and very tasty!

Instructor

Maria Paula Medina.

Born in Argentina in 1983, yoga became part of Paula's life at age 18. She studied visual arts in Argentina and Milan and explored trails throughout Latin America with the art project Latin American Pilgrimage (sound therapy and body movements). Paula became a yoga instructor at the age of 27. She has logged many hours of training in both Argentina and Europe, and specializes in therapeutic Hatha and Vinyasa styles of yoga. Paula lives in the Dolomites where she teaches yoga and accompanies hiking and climbing groups. She has a great passion for mountain sports.

My lessons are based on the exploration of a personal growth in connection with ourselves and the environment. I get inspired from the needs of the people, from hatha yoga and ashtanga yoga. I use also the mantra chanting, mandalas and the practice outdoor combined with climbing, ski and other leisure activity that I propose also in my retreats. My lessons are based on the Hatha yoga method (pranayama, asana, visualisation and guided relaxing). I use also Vinyasa techniques which is breath coordinated to movement (step by step). In other words, the teacher teaches to her students how to move from one asana to another with proper inspirations and expirations. This technique, is characterised by slow and gentle movements when changing from one asana to another. For this reason it is very similar to a dance.

The power of the Vinyasa lies on its extreme variety. This style does not follow only one philosophy or rule or sequence, but there are plenty of different possible choreographies that the teacher can create for her students, according to their level, to their anatomy and to the character of the

group. I created for example the following sequences among others: 1. Hip and legs opening. 2. Shoulders and arms 3. Balance

If you like facing different kinds of activities and you love movement and body elegance, then Flow Yoga is your thing!

Yoga:

It is a dynamic and active holiday to de discovery of Istria and Croatian Islands. The day on the cruiser is totally relaxing with two yoga sessions. For 2 hours in the morning we will practice Hatha Flow Yoga: asana, pranayama, mantra chanting and guided relaxing. For one hour in the afternoon we will practice instead vinyasa yoga I e II, Yoga mandala, creative expression, pranayama, breath exercises and meditation on the boat deck or in one bay of the islands. In the retreat, we will experience the practices which are more suitable to create wellness in the summer season.

Schedule

16 July

Arriving at Trogir(Spalato)

19.00 check in, and accommodation on board.

20.00 Captain's briefing and Paula's Yoga programme presentation.

21.00 Cocktail on board and free evening in Spalato

17 July

8.00 Hatha Flow Yoga

10.15 breakfast and departure to Isola di Brac

12.00 stop swimming in the Milna bay

13.30 lunch on board

Departure to the Hvar Island

18.30 Vinyasa Yoga I in the bay

20.00 dinner and excursion to the Island

24:00 Overnight stay at the Rada in the bay

18 July

8.00 Hatha Flow Yoga

10.15 breakfast and departure to Sv.Klement island

11.30 stop swimming and excursion visit the island

13.30 lunch on board and departure for the Vis Island

18.30 Moving meditation and pranayama

20.30 Excursion and dinner at Komiza(VIS)

19 July

8.00 Hatha Flow Yoga

10.15 breakfast and departure to Sv.Klement island

11.30 stop swimming and excursion visit the island

13.30 lunch on board and departure for the Vis Island

18.30 Vinyasa Yoga II

20.30 dinner in a restaurant on the beach and departure to Tremiti Island

20 July

8.00 Hatha Flow Yoga

10.15 breakfast and departure to the Blue cave on the Bizevo Island

13.30 lunch on board and relax

15.30 stop swimming and excursion visit the island

18.30 Yoga Mandala

20.30 Cocktail and free afternoon on San Nicola island and overnight on board

21 July

8.00 Hatha Flow Yoga

10.15 breakfast

Departure for the circumnavigation of the Tremiti Islands

11.00 swimming stop

13.30 lunch on board and

15.30 swimming stop and relax

18.00 Creative Yoga

19.00 cocktail after sunset

20.30 Transfer to the Island of San Domino, excursion on the island and overnight on board

22 July

8.00 Hatha Flow Yoga

10.15 breakfast and departure for Caprara island

11.00 swimming stop and relax

13.30 lunch on board

16:00 end of the cruise

NOTE:

The program of navigation and the timing/place of Yoga practice can be changed according to the weather.

FEE: 1040 EURO

FEE includes:

- Enrolment fee
- Arrangement in cabin double/triple room with bathroom
- Travel insurance
- Yoga lessons with Maria Paula Medina
- Welcome drink
- Gas fuel (max 4 hours) for daily navigation
- Gas fuel for generator (6 hours/day)
- Gas fuel for overboard motor

- Drinking water, tea, coffee
- Breakfast, lunch, dinner on board
- Contribution for food & gas fuel 250 Euro

FEE doesn't include

- Service at bar (optional)
- Change of bed sheets 10 Euro (optional)
- Single person use for double room cabin 400 euro (optional)
- Dinner out of the boat (optional)
- Travel expenses to the place of boarding (airplane, train, highway, parking fee)
- Individual administrative tax on entrance to Croatia
- Everything that is not written at "FEE includes"