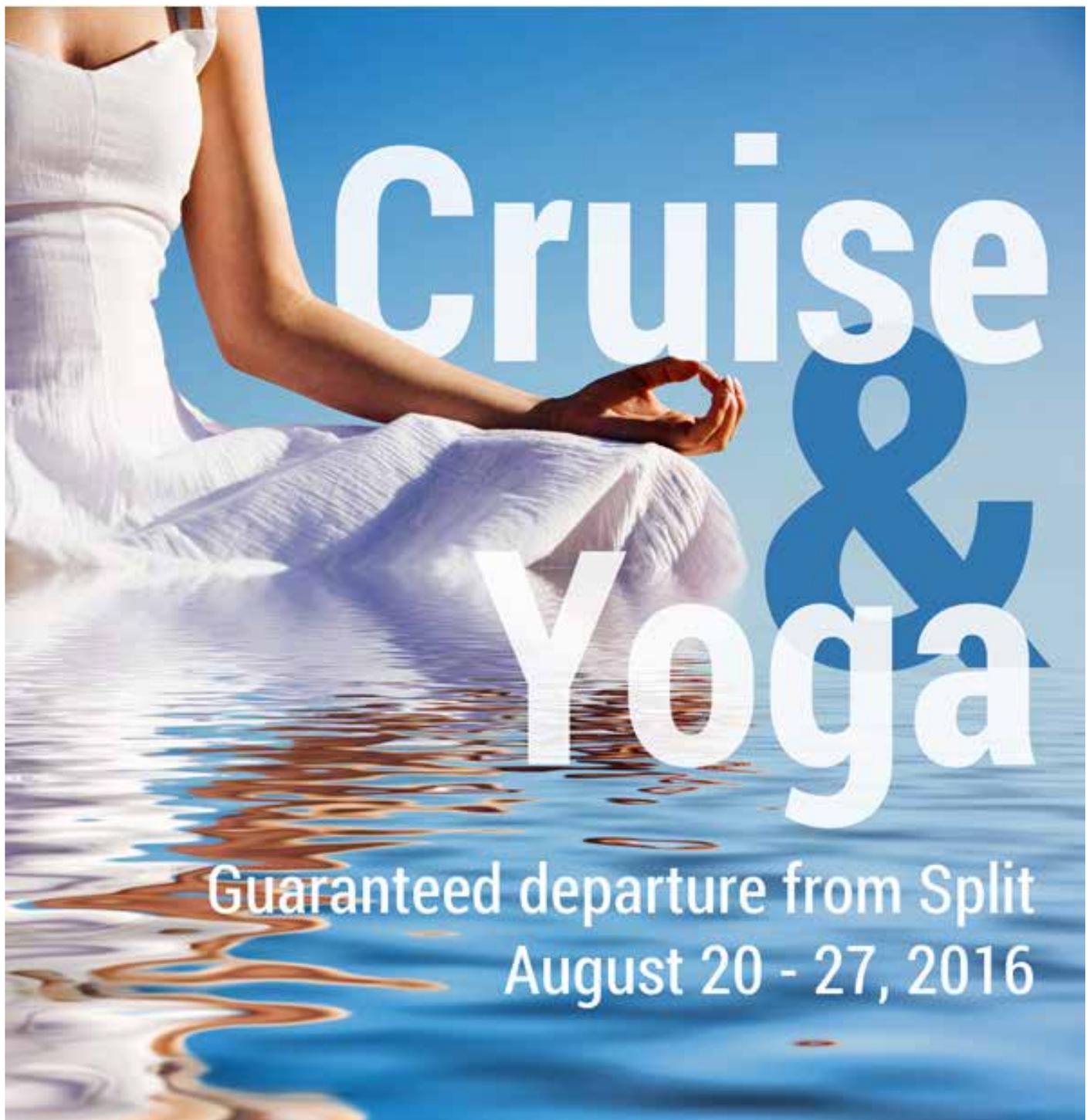


Destination:

CROATIA

Cruise & Yoga  
August 20 - 27  
Split - Split



# ITINERARY

The word yoga means "union" in Sanskrit, the language of ancient India where yoga originated. We can think of it as the union occurring between mind, body and soul. Yoga is not a religion, but a philosophy that has endured 5,000 years and today many people think that yoga is all about stretching. But while stretching is certainly involved, yoga is really about creating balance in the body through developing both strength and flexibility. Most types of yoga are more concerned with mental and spiritual well-being than physical activity.

Yoga cruise offers specially adjusted daily programs for achieving a perfect balance between your mind, spirit and nature. Get away from the world as we know and take the opportunity to unwind. Spend an unforgettable week cruising on the southern Adriatic Sea from one island to another combined with healthy fresh dishes, different exercises and meditation on the clear blue sea. The exercises will be led by Renata Reiner, the only certificated TriYoga teacher in Croatia, continuously being educated by Kali Ray herself. TriYoga is a classic HathaYoga style which has maintained all the elements from the traditional yoga, but which has been adjusted to modern lifestyle. TriYoga puts the emphasis on the slow, harmonious movements of the spine that gently and continuously are being transformed into the next position. The program is designed for beginners as well as those that practice yoga in their everyday life.

This programme includes you island hopping with a professional yoga teacher. Imagine emerging yourself in fresh Adriatic air, stunning scenery, untouched nature, small historical towns and secluded swimming bays. Yoga practice & smallship cruising on the Adriatic give a perfect combination to get away from the world as you know and to take the opportunity to unwind.

## **SATURDAY SPLIT - PUCIŠĆA**

Departure from Split at 13:00h followed by a lunch on board and a swim break. Continue to Pucišća on Brač island. Get acquainted with the yoga teacher and fellow passengers at the first meditation session. Pucišća is a typical Mediterranean place, situated on the northern side of the Brač island at the bottom of the deep bay. It is the cradle of the world's famous stone of Brač. Possibility of visiting a stone-masonry workshop, one of the few stone masonry workshops left in Europe. Enjoy the domestic food, wine and famous olive oil of this coastal village. Overnight in the port of Pucišća.

## **SUNDAY PUCIŠĆA – KORČULA**

Early morning exercise on the sundeck, followed by breakfast. After a morning swim in the crystal blue sea, we cruise towards Korčula, the birthplace of Marco Polo. Lunch will be served either on the tip of the Pelješac peninsula (near Lovište) or in the quiet bay of Kneza on Korčula. Afternoon meditation on board in one of the perfect bays. Late afternoon

arrival in Korčula for guided sightseeing of this exceptional town. According to legend Korčula was found by Trojan hero Anthenor in the 12th century B.C. On this island you can find more legends, tales and monuments than anywhere else. In the evening we recommend a visit to one of numerous konobas or enjoy the stunning views of the mainland from the numerous cafes and bars. You can also visit a nearby village for a typical village dinner experience. Overnight in Korčula.

## **MONDAY KORČULA – LASTOVO**

Let the early morning sun embrace you during your TriYoga session on the vessel's sun deck. Our cruise continues towards Nature Park Lastovo, the furthest inhabited island in Dalmatia, which Romans called the Imperial island. Docked in Ubli port, one has the opportunity to visit the protected Nature Park or visit the biggest town on the island – Lastovo. The island is surrounded by many smaller islands, with plenty of secluded bays suitable for snorkeling, and for this occasion meditating, but also known for many little churches and unusually shaped chimneys. Captain's dinner party on board and overnight.

## **TUESDAY LASTOVO – RAVNIK (GREEN CAVE) – KOMIZA**

Enjoy your early morning yoga during departure towards Vis island, once closed to tourists for many years. Vis was, because of its unique geographical position, a strategic harbour for the navy. Due to this isolation, Vis has a special charm of the 'Mediterranean as it once was' which makes it really interesting to see. Near Vis, there is the little Ravnik island, where the Green cave is situated. It was named after the unusual light that reflects in the sea from the hole on the top of the cave. After a short swim, depending on the weather conditions, we sail further to the town of Komiza for overnight. Before the arrival get in touch with your inner self through meditation on the sun deck. Komiza is a typical Mediterranean place on the western part of the island, where the fishery on the eastern part of the Adriatic coast began. Enjoy the walk through the narrow alleys and rich heritage, or maybe on one of the pebble beaches with fresh water springs, that stretch along the whole eastern side of the Komiza bay.

## **WEDNESDAY KOMIZA/VIS – BIŠEVO (BLUE CAVE) – STARI GRAD**

While we cruise towards the little Biševo island to visit the Blue cave, a magnificent natural phenomenon enjoy your early morning TriYoga session. As sometimes weather conditions can be very unpredictable, the possibility of our visit will depend on those conditions, however you will be notified of this by the crew. We continue towards Stari Grad on the Hvar island, the sunniest Adriatic island. Afternoon at leisure to explore this unique town after we end our afternoon meditation. The famous Stari Grad Field is the oldest in Croatia and the best preserved example of ancient Greek system of agriculture. Together with the old town it is a part of

world heritage protected by UNESCO.

#### **THURSDAY STARI GRAD - BOL**

Awake your body and mind with early morning yoga on the sun deck. After breakfast we cruise towards the beautiful Brac island and the famous town of Bol. Swimming is planned at the most famous beach in Dalmatia – Zlatni Rat (the Golden Horn - its gravel promontory shifts from side to side as the wind and waves constantly change in shape). We will search for a perfect spot for meditation on Bol, a typical fishermen's town converted to a popular tourist destination. Here we spend the night and have the opportunity to enjoy excellent fresh fish, local wines and other delicacies of this unique island, enjoy a lovely walk or cycle along the promenade. Hike or rent a scooter up to Vidova Gora for a spectacular view of Bol and surroundings.

#### **FRIDAY BOL – SPLIT**

The last day is spend mostly relaxing, meditating and swimming in different quiet bays of Brac island. Late afternoon arrival to Split, the second largest Croatian town and the capital of the region of Dalmatia. Split is a city under UNESCO protection, and its historical and cultural monuments belong not only to its inhabitants, but also to anyone who wants to capture a piece of the thousand year old beauty. Possibility of joining our sightseeing tour of the old town (Diocletian's palace).

#### **SATURDAY SPLIT**

Early breakfast and time to say goodbye to the crew and all your new friends.

## **INCLUDED:**

- Airport transfers
- 7 days cruise on A+ category vessel Adriatic Queen, a steel hull ship with air-conditioned, spacious en-suite cabins (with double or twin beds, hair dryer, safety deposit box).
- Accommodation based on half board service (hot & cold buffet breakfast and 3 course lunch),
- 1 L of water daily
- Captain's dinner (ship's specialty),
- guided sightseeing of Korcula,
- daily cabin service, mid-week fresh set of towels and bed linen,
- yoga instructor, yoga mats, blocks,
- pillows and various accessories for yoga meditation.

## **NOT INCLUDED**

- meals other than stated
- entrance to national parks
- airfares & applicable taxes

## **COST:**

From AUD\$1,960.00 pp twin share

## **CONTACT:**

Croatian Islands Experience  
m. 0400 222 060  
info@croatianislands.com.au  
www.croatianislands.com.au

## **OPTIONALS:**

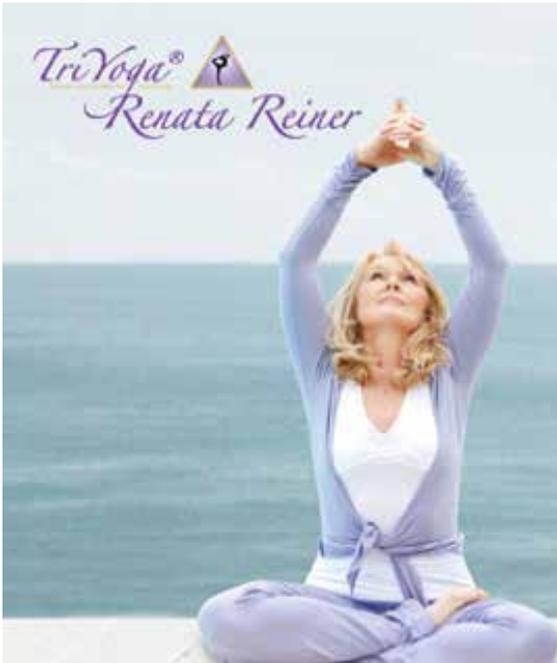
#### **Pre cruise:**

Zagreb to Split via Plitvice Lakes National Park  
4 days / 3 nights  
\$873.00 per person twin share

#### **Post cruise:**

- Island stay  
5 days / 4 nights  
\$562.00 per person twin share
- Split & Dubrovnik stay  
5 days / 4 nights  
\$739.00 per person twin share

# YOGA INSTRUCTOR



The exercises will be led by Renata Reiner, the only certificated TriYoga teacher in Croatia, continuously being educated by Kali Ray herself.

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# CRUISE SHIP



## Ship description:

- A+ category ship
- 15 cabins divided in three decks (5 on top deck, 4 on main deck, 6 below deck) out of which
- 9 cabins with double bed (4 have extra bed possibility)
- 5 cabins with double beds can be either double or twin
- 2 cabins have bunk beds
- Spacious air-conditioned cabins with private shower and toilet
- Spacious restaurant
- 2 bars

- Salon on deck – dining tables for 37 pax, bar, wine cellar
- Reception, TV, video, HIFI with CD player
- Spacious sundeck (approx. 75 m<sup>2</sup>)
- Wi-Fi
- Ship characteristics:
- Dingy with engine 20 PS
- Grill possibilities
- Length 40 m / Width 8,30 m / Depth 3 m
- Motor power 1.100 PS
- 1 generator - 50 kW; 2 generators - 70 kW (each)
- Speed 12 knots - 20,20 km/h

# YOU WILL SEE...and more



Kercula & Lastovo



Croatian islands



Dubrovnik



Split



Dubrovnik



# ROUTE

