



YOGA RETREAT ON ISLAND IZ CROATIA - AUGUST 2011

27 August – 3 September 2011

Fundraising for the humanitarian projects running under Om Vishwa Deep Gurukul Swami Maheshwarananda Ashram Education & Research Centre Jadan, India.

Om Sri Dip Narajan Bhagvan ki Jaji!

Dear friends,
We are very glad to invite you to

Yoga retreat in hotel and camp Korinjak on island Iz

30 August – day dedicated to celebration of birthday of Paramhans Sri Swami Madhavananda - Guruji

Yoga retreat program will be diverse and stimulating, except for Yoga Sadhana and Satsang, every day various lectures and courses will be organized (ayurveda, vegetarian cooking classes, massage...), and the program will be lead by a special guest **Mahamandaleshwar Swami Jasraj Puriji**.

Since during the seminar we will be only guests in center Korinjak, all programs will take place by the sea, on the beach, in harmony with nature and the environment.

Morning sadhana will begin with dawn and singing of OM 108 times. During the day there will be yoga practice, enjoying in the beauty of the sea and island, walking or attending lectures. Program will end with the sunset, prayer and satsang with Swamiji's daily darshan via Skype.

For the youngest participants, every day there will be morning practice of Yoga in daily life and socializing.

Vegetarian meals include island's wild herbs and spices picked and prepared by staff with experience in preparing healthy lacto-vegetarian diet for many years (hotel offers only vegetarian menu).

www.odmorzadusu.hr

Program Venue - hotel and camp Korinjak, Veli Iz, island Iz. Participants will be accommodated in the hotel and camp Korinjak, where both nutrition and program will be organized. **It is not necessary to have your own tent (but possible if anyone wants), in camp there are prepared 2 person tents with mattresses and bedding for the participants.**

Island Iz can be reached by ferry or boat from the port of Zadar. Ferry docks in the bay Brsanj, which is located 5 km from Veli Iz while the ship docks in Veli Iz.

Meals are on half board basis, with the possibility of additional payment for lunch (3 € for light lunch).

Registration - registration of participants are starting on Friday 26th August from 13.00 hours on "yoga desk."

It is possible to register only for the **weekend or single day** (at least two days). **Due to limited capacity, registrations will be accepted until the quota is filled, according to the order of registration.** The advantage of accommodation at the hotel have elderly and sick persons and families with small children.

Start - Rooms will be available from 15.00 pm (first day of your registration), and the first meal is dinner from 17.30 to 19.00 hours. Evening satsang starts at 19.00 hrs.

End - Seminar ends with the morning program and breakfast on the last day of your application, rooms must be emptied the same day till 11.00 hours.

Important: It is not possible to arrive a day earlier or prolong the stay under the conditions indicated in this invitation. If you want to come earlier or prolong your stay, reservations and payments are made in hotel administration according to their terms. During the seminar, all hotel Korinjak and camp guests must be reported within the group. It is **strictly forbidden** to sleep in rooms on the floor and on the beach, light a fire, incense sticks or candles etc.

Organizers are not responsible for lost or stolen items.

If you wish to be accommodated together with your friends or family, please announce it in your registration form. Female and male participants (except family) will be accommodated separately.

Guests staying outside the hotel and camp will not be able to purchase individual meals because of the low capacity of hotel kitchen.

Weekend includes: Accommodation from Friday 15.00 hours to 11.00 hours Sunday. Meals: Friday dinner, Saturday breakfast and dinner, Sunday breakfast.

A single day includes: dinner, evening satsang, bed, breakfast and the morning program the next day (one night, two meals and two programs). For example, if you stay the weekend + Monday, this extra day includes Sunday afternoon, night and Monday until lunchtime.

Please register in your yoga center till 14 August

Fees (please add prices for your country)

| | CAMP | | 3-BED ROOM WITH BALCONY | | 2-BED ROOM WITHOUT BALCONY | | 2-BED ROOM WITH BALCONY AND A/C | | 1-BED ROOM WITH A/C | |
|-----------------|---------|------------|-------------------------|------------|----------------------------|------------|---------------------------------|------------|---------------------|------------|
| | SEMINAR | SINGLE DAY | SEMINAR | SINGLE DAY | SEMINAR | SINGLE DAY | SEMINAR | SINGLE DAY | SEMINAR | SINGLE DAY |
| ADULTS | | | | | | | | | | |
| CHILDREN 3 - 12 | | | | | | | | | | |
| CHILDREN 12 -16 | | | | | | | | | | |

Half-day program (all programs without accommodation and meals, half day) is 60 kn (for children under 12 is free).

Arrival at the seminar without notice (if enough accommodation facilities): seminar fees are increased by 5 €/ day.

Notes:

- Cancellation fee up to one week before the seminar is 20%, then 50% of the payment.
- Refund of your payment or part payment is not possible without prior notice to national organizer.
- If there is a serious reason (illness etc) for cancellation, contact the national organizer for the reduction of costs.
- Satsang tickets - half-day program (program without meals and accommodation) can be bought only at the entrance to the hall without prior notification.
- Children under 3 years in case they do not use a bed, do not pay the seminar fee, but must be registered.
- Price of the seminar is not reduced if a participant misses a day, meal or program.

All participants with their signature on the list of donations accept that all funds remaining after covering of the seminar costs are donated to humanitarian projects "Yoga in Daily Life".

Please read before signing the conditions for this seminar and the general rules for international programs, "Yoga in Daily Life". With your registration you acknowledge that you are familiar and agree with all the rules of the seminar.