

ZENIT YOGAHOLIDAY

PLAYFUL MINDFUL

17-22.09 2017



6 DAYS IN KOMIZA ON THE ISLAND OF VIS, KROATIA.
YOGA FOR ALL LEVELS. SEVERAL PRACTICES DAILY.

ZENIT YOGAHOLIDAY SEPTEMBER 17-22. 2017:

In September 2017 Zenit Yoga organizes a yogajourney to the beautiful island of Vis in Croatia. Join in on six days filled with yoga, meditation, healthy and delicious vegetarian food, beach life and sun.



5 of Zenit's most experienced instructors will be accompanying you on this yogaholiday. We will arrange for most of your needs and will also be available outside of the program. We will offer a variety of dynamic and more restorative yoga classes, that will both challenge and calm you down, as well as play with how we perceive the world and maybe experience a few other perspectives.

We named our yoga holiday: "Playful Mindful" to invoke lightness and playfulness in order to invite presence. We want to show you that you don't have to be glued to your meditation cushion in order to achieve a sense of mindfulness, as it is often in the moments when we are lost in laughter or intense awareness that we become highly present. With this yoga holiday we want to make space for these moments of presence and awareness, and try to seek them out both on and off the mat. We hope to make space for an encompassing humanness, and we feel like we have found the right place and perfect setting for just that.

In your spare time you are free to explore the area around Komiza, rent diving gear, try SUPyoga on the beach or get a soothing massage. As a participant at Zenit Yoga Holiday you will receive discounted massages with Nadja Jovic, our masseuse in Komiza.



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DETAILS

- **Yoga classes for all levels.** Every morning we offer both a dynamic vinyasa practice and a calmer yoga practice. You can select one - or attend both if you want to. In addition there will be a yoga practice in the afternoons before dinner, this practice will vary between active yoga (Vinyasa, playful acroyoga) and calmer yoga (restorative yoga, mindful yoga, yin).
- **Mindfulness and meditation.** There will be meditation every morning, and some evenings. We will also practice body scan.
- **Vegetarian / vegan food.** Included in the price is breakfast buffet and dinner. The menu consists of healthy vegetarian food made from fresh, local ingredients. The food will be adapted to intolerances and allergies, please note this when registering.
- **Excursion to the Blue Cave** which is a short boat ride from Komiza. The tour is included. **Read more about Blue Cave here: <http://www.visbluecave.com/en/>**



DAILY PROGRAM September 18th to 21st (with reservation to changes):

7:15 am-08:45 am: Vinyasa yoga practice

8:50 am-9:10 am: Meditation

9:15 am-10:15 am: Calm yoga practice

9 am-11:30 am: Breakfast buffet

11:30 am-5 pm: Leisure time (massages, sunbathing, bathing etc. One of the days there will be an arranged trip to the Blue Cave (included in price))

5 pm - 6:30 pm: Yoga practice (active, calm, yin, etc)

After 8:30 pm Leisure time. Some evenings we will offer evening meditations, bodyscan etc.

Sunday 17th of September: ARRIVAL

From 2 pm: Registration and check-in

5 pm: Welcome and information

5:30 pm -7 pm: Yoga practice

7:30 pm: Dinner

Friday 22nd of September: DEPARTURE

7:15 am-8:45 am: Vinyasa yoga practice

8:50 am -9:10 am: Meditation

9:15 am-10:15 am: Calm yoga practice

9 am -11:30 am: Breakfast buffet

Checkout and departure

PROGRAM

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ABOUT KOMIZA AND VIS

The Dalmatian coast is a favorite vacation area for tourists, but it still maintains its tranquility and its leisurely pace. Vis is about a 2.5 hour boat ride outside of Split and is considered to have some of Europe's most beautiful beaches. The island is a gem among the Croatian islands, untouched by tourism for many years - because of its strategic location on the open sea, it worked previously as a military zone. After Croatia gained its independence the island slowly began to open to the outside world, and is now offering its unique traditions, its history, heritage and natural beauty to the outside world.

Komiza is located on the west side of the island and is a typical Mediterranean town, with narrow streets and stone houses squeezed together around the harbor. The town is small, with about 1,500 residents, and it is within walking distance of everything. Komiza has a slow pace and is perfect for a retreat to get a break from everyday life. **Read more about Vis and Komiza:** <http://www.visinfo.org/> and <http://www.visinfo.org/komiza/>



HOW TO GET TO AND FROM?

Split is one of Croatia's beautiful coastal cities and it may be worth adding a few extra days there before / after your yoga holiday. Tip for accommodation in Split:

Marko - www.facebook.com/casadelsolsplit

Lidija - www.apartments-dosud.com/hr

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

Airbnb: <https://www.airbnb.no/>

Flights to Split

There are frequent flights between the largest Norwegian cities and Split, including Trondheim. Both SAS and Norwegian flies to Split - but it is advisable to book in advance to secure tickets at an okay price.

Boat from Split to Vis

The boat between Split and Vis takes about 2.5 hours. See timetables here: <http://www.jadrolinija.hr/en>
Tickets can be ordered via the website or when you get to Split.

From Vis harbor Komiza

Tell us which boat you come by, and we'll organize pick up on arrival. We also organize a ride on departure.

PLACE AND TRAVEL

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SIRI OHREN

Siri is one of Zenit's most experienced Vinyasa instructors and her teaching focuses on integrating skill and precision within a framework of flow, spiced with exciting challenges and playful exercises. Siri has trainings based in i.a. Ashtanga, Shiva Rea-flow og Iyengar, and have practiced yoga for 16 years. Siri is owner and daily manager at Zenit.



LEA LONCAR

Lea's energetic and compassionate being have inspired hundreds of people on their yoga journeys during her 28 years of teaching. Lea's deep interest for Yoga Psychology is anchored in her academic work (NTNU) and research in yoga. Lea is one of the owners at Zenit, and as a native Croatian, she'll be our guide at Vis.



SIRI NORDHUS

Siri has a distinct sense of humor and thinks it is a great art and hard work to create a life with less seriousness. Siri have been doing yoga for almost 20 years, and have i.e. an extensive education in MBSR (mindfulness-based stress-reduction), in addition to other trainings based in physical yoga. Siri is an owner at Zenit, and the tribes' wise advisor.



MARIANNE HELGESEN

Marianne was inspired to do yoga after several journeys to Asia, and shortly after she began teaching at Zenit in 2003. Her main yoga teacher training (200h) is based in Ashtanga-Vinyasa yoga, a path that led to her dedication to the study of yogic texts. Marianne is an owner at Zenit, and in addition she has her own small studio.



TATIANA ELSOUKOVA

Tatiana has a long practice- and teaching experience in yoga, and emphasizes yoga and meditation as valuable tool that can help when facing all that life has to offer. Her main yoga teacher training (200h) is based in Ashtanga-Vinyasa yoga. Tatiana travels regularly on workshops and retreats the focuses on buddhist meditation, philosophy and psychology.

THE TEACHERS

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PRICES

Included in the price is several daily yoga classes and meditation, food (breakfast and dinner), accommodation 17-22.september (5 nights), excursion to the Blue Cave and shuttle to / from Vis harbor upon arrival and departure.



Regular prices - in NOK - by registration after April 10

9450 (bed in room shared by 1-2 others)

9450 (separate room with double bed for two people - suits couples or friends) Price is per person in the room. Remember to write who you want to share a room with when you book your spot.

11 350 (separate rooms)

12 600 (your own mini apartment)

11 250 (your own mini apartment with double bed for two people) price is per person in the room.

3,000 of the amount is an entry fee which is non refundable. *Refund policy: On presentation of a medical certificate for treatment, the remaining sum will be refunded before August 1st. After August 1st there will be no refunds.* **This yoga holiday has a limited number of spaces.**

Sign up here: <https://zenityoga.no/pamelding/product/187>

PRICES & BOOKING

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ACCOMODATIONS

Most of the participants will be accommodated in the welcoming villas Alma and Maris, both located in the center of Komiza with only a short walk to the yoga studio, beach, restaurants and shops.

Villa Alma: <http://www.luxuryislandvis.com/destinations/island-of-vis/villa-alma>



Villa Maris: <http://www.luxuryislandvis.com/destinations/island-of-vis/villa-maris>



BRING ALONG:

Yoga mat and any other equipment you need for your yoga practice

Pen and paper

Swimwear and a beach towel

Sunglasses and sunscreen

Comfortable clothing for yoga practice

Comfortable shoes

Slightly warmer clothing for evenings and optionally a shawl for meditation/relaxation

LODGINGS & NOTES

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