

BODY POETRY'S YOGA, PILATES, STRESS MANAGEMENT, AROMATHERAPY, DETOX AND NUTRITIONAL EVENT IN VELIKI LOŠINJ, CROATIA THEMED:

“FRAGRANT, VIBRANT ENERGY WITH MIND & BODY TECHNIQUES. MANAGE THE STRESS AND MAINTAIN YOUR PERFORMANCE”

✿ **May 25 – June 4, 2013 (7 or 10 days package optional)**

✿ **September 28 – October 5, 2013 (7 days package)**

THE ISLAND OF LOŠINJ



In 2013 Body Poetry will bring you back again to Croatia. The wellness, vitality and spa event will take place in the Northern part of the Adriatic sea, on the island of Lošinj known as an old health resort for everybody having all kinds of respiratory problems like frequent colds, congested noses, asthma and allergies. The special microclimate is due to the old pine trees, aromatic herbs, salty air and sea very curative.

I decided that this is the perfect setup for the two events in which you will learn to use different tools to manage the stress, maintain your performance and detox the body and the mind. You will also have a great cultural event: “The sea discovery of the oldest statue called Apoxiomen”.



PROGRAM:

Saturday:

- Check-in, accommodation, dinner

Sunday:

Morning:

- Walking Meditation
- Yoga Asana Practice

Late afternoon:

- Pilates Workout Workshop: **Detoxing the Body with Juices.** Nutritional basics according to the

Body Poetry concept. Mindful eating.



Monday

Morning:

- Pilates Workout
- Workshop: **Aromatherapy for Beginners.** Effects, uses, calendar of fragrances. The presentation of the essential oils from the island of Lošinj (cooperation partner: Anamarija Pažin)

Afternoon:

- Walking Meditation
- Yoga Asana Practice
- Stress management technique 1

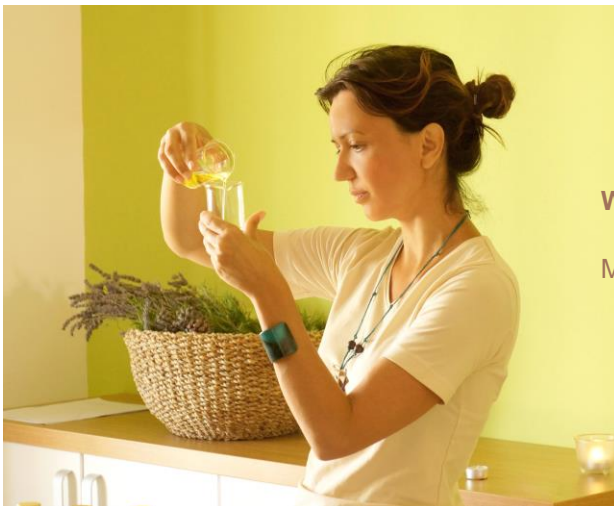
Tuesday

Morning:

- Walking Meditation
- Yoga Asana Practice

Afternoon:

- Workshop: **Stress Management.** Understanding the stress response. Stress in your life. How to manage stress. The influence of the stress on your body.



Wednesday

Morning:

- Pilates
- Workshop: **Aromatherapy in Daily and Seasonal Rituals.** Tips and tricks. (cooperation partner: Anamarija Pažin)

Afternoon

- Walking Meditation
- Stress management technique 2

Thursday

Morning

- Walking Meditation



COACH DR. ZRINKA

- Yoga Asana Practice
- Stress management technique 3

Afternoon

- Pilates Workout

Friday

Morning

- Walking Meditation
- Yoga Asana Practice
- Stress management technique 4



Afternoon

- Pilates Workout
- Workshop:
Mind & Body Coaching

Saturday

Morning

- Yoga Asana Practice
- Stress management technique 5

Afternoon

- Departure (for those with a 7-days-package)
- Free afternoon (for those with a 10-days-package)



Sunday:

Morning:

- Walking Meditation
- Yoga Asana Practice
- Free choice of one of the stress management techniques

Late afternoon:

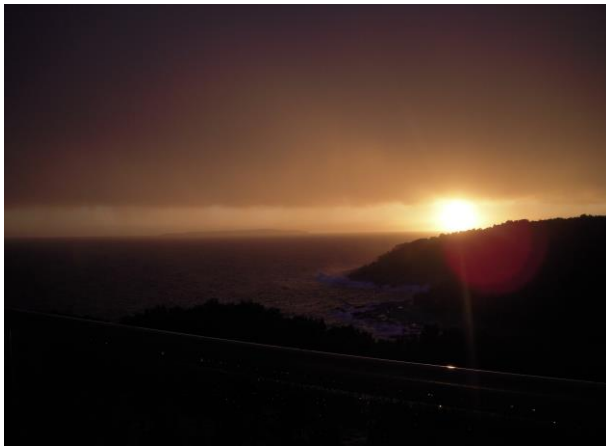
- Free afternoon and evening. Rest.

Monday:

Morning:

- Pilates Workout

Afternoon



Coaching Session:
After a Detox week. Impressions, Todos. Fine tuning and the habit change.

Tuesday

Morning:

- Walking Meditation
- Yoga Asana Practice
- Meditation
- Brunch, departure

 **This special and exclusive package price contains:**

	Package price 7 days	Package price 10 days
DOUBLE ROOM SOLO USE SEASIDE	1449 €	1799
DOUBLE ROOM SEASIDE (sharing)	1299 €	1599

- 7 or 10 nights in a single standard room of approximately 24m² incl. balcony (double room → sharing with somebody is optional if a roommate is available; superior upon request, same as standard just approx. 30m²) with the sea view in the just renewed 4* hotel "Punta" in Lošinj (pool, gym, wellness/spa area available, for more information visit <http://www.losinj-hotels.com>)
- **7 days package: arrival is on Sat May 25th, departure Sat June 1st** after the brunch/early afternoon depending on your flight
- **10 days package: arrival is on Sat May 25th, departure Tue June 4th** after the brunch/early afternoon depending on your flight
- **DETOX:** you can book/announce your detox days (same price as above). One week before the start you can decide if you want to detox with juices. You can decide how many days you want. I recommend for all those new in juice fasting to start with three days and gradually expand to 5, 7 or 10. During the detox days you will have enough juices freshly made for you to drink (2 l per day, meaning 1 l for brunch and 1 l for dinner. Between the brunch and the dinner everybody will have teas and more juices. Water is your own concern. I will guide you through the detox days and we will have workshops about that. A physician is in the hotel in case you are worried for your health and need medical assistance. I will be detoxing too!
- Vegetarian, vegan, macrobiotic and Five Elements brunch and dinner (yummie!). This is for everybody's taste.
- At 13.00 and 16.00: specially made fresh fruit and vegetable juices according to the Body Poetry recipes (0,6 l per person a day) will wait for everybody in our group
- Herbal teas as much as you want
- Daily yoga practice and/or Pilates workout, meditation, stress management techniques
- 1 workshop: **Detoxing the Body with Juices. Mindful Eating.**
- 1 workshop: **Stress Management**
- 1 workshop: **Mind & Body Coaching**
- **2 Aromatherapy workshops**

- 1 Coaching session: **After a Detox Week**
- 1 full body massage with aromatic essential oils from the island of Lošinj (duration: 60')
- 1 Eco Foot Spa pedicure with aromatic essential oils from the island of Lošinj (duration: 40')
- Local tax for 7 or 10 days

Registrations are open.

Notice: This special early bird price will increase by 50 EUR on January 15, 2013 and additionally by 50 EUR on March 1st 2013!

The closing date of the business is April 11th, 2013!

Places are highly limited! **With your registration 449 € are due.** The rest of the payment is due at latest on April 11th, 2013. Please download the form from the website and send it either per mail or scanned with your full name, address, telephone number, date of birth and a valid email to:

Mail:

**Body Poetry,
Horst-Schulmann-Str. 5,
60314 Frankfurt**

Email: info@bodypoetry.de

The first payment for the reservation goes on the following bank account:

Owner: Dr. Zrinka Katarina Fidermuc Maler

Bank number (BLZ): 500 700 24 at Deutsche Bank Frankfurt/M

Account number: 4635678

Keyword (Stichwort): Body Poetry Event "Vibrant and Fragrant Energy 2013, Croatia"



CANCELATION POLICY, LIABILITY AND TRAVEL DOCUMENTS:

- 45 days before the event (April 11th, 2013) – refundable everything except the registration fee of 449 €. After that date no refund can be given. You can find a substitute to fill your spot.
- You need a valid passport. The EU members do not need a visa. To confirm the information please visit the Ministry of Foreign Affairs of Croatia (<http://www.mfa.hr>).
- This journey will take place with at least 6 participants otherwise it will be cancelled.
- Air fare tickets are best to be booked via croatiaairlines.com, fluege.de, expedia.de. **However, I highly recommend waiting with the ticket as we can get a group rate at the Croatia Airlines but only when the group fills up. I will help you with the logistics.**
- I would provide all the necessary travel information at latest 45 days before the event. There are Condor flights directly to the airport Rijeka. There are other options too (flight to Zagreb and bus to the island, approx.. 4 hours ride). Let's discuss it in early spring 2013!
- I take no liability for any injuries caused through the yoga practice, Pilates workout, stress management techniques or any losses or damages during the trip. For further information see the AGB on my website. I also take no liability for the events third parties conduct for Body Poetry.
- Body Poetry reserves the right to change the program of the event or to cancel it completely. In this case your money will be fully refunded.



OTHER USEFUL INFORMATION:

- You can book additional private coaching session spontaneously (not included in the package price).

- Trips to the neighbouring islands can be organized upon request. Spectacular are the trips to dolphin's families living around the island. There are around 200 dolphins.
- You can take your pet with you (charged separately by the hotel).
- Children up to the age of 2 will not be charged for the stay in the hotel. For older children please request the information directly from the hotel.
- The local currency is Croatian Kuna. The usual exchange rate is during the season months 1 € = 7,45 Kuna. You can change your money once you are there (better) or order it in your local bank (not that good exchange rate). Credit cards are also available but not always. The official speaking language is Croatian. English, German and Italian are widely spoken.
- The average temperature in the spring in Lošinj is >23 degrees Celsius; sea temperature > 20 degrees Celsius.
- If you want to arrive earlier or stay longer, I could try to get you the Body Poetry rate for your hotel room.

You have more questions?

Please email me! I would be glad to assist you!

Happy to see you there!

Zrinka

Mind & Body Coach

Date: November 15th, 2012