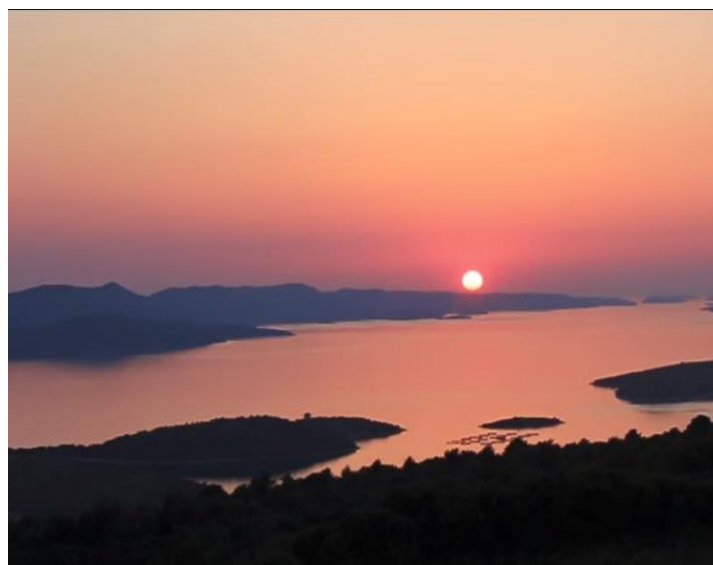


SOMA YOGA

02.07 – 09. 07. 2022



Hotel Korinjak Island IŽ 02.07 – 09. 07. 2022

SOMA YOGA seminar

We are inviting you to participate in this unique Soma Yoga seminar.

During one week retreat in silent Island Iž,
surrounded by pure and celestial nature,
we will practice different Vinyasa yoga sequences and
ancient method of enlivening Soma in consciousness and physiology
to strenghten the immune system,
vitality and preserve excellent health
and long life



Reservation of accomodation:

Send mail to the email address: reception@korinjak.com or make a reservation directly through the web page: <http://korinjak.com/>.

It is important that in the application for reservation you write the following:

date of arrival and departure; accommodation in single or double room; sea view; or some other wishes or information about arrival, parking, etc.

Also, you mention that you are a member of the Soma yoga group of Jadranko Miklec so that you have a 10% discount on the prices mentioned on the web page: <http://korinjak.com/>.

Prices on the website are half-board (including breakfast and dinner).

Those who want lunch pay an extra 5 to 10 euros, depending on the menu.

After you submit your application, from the hotel, you will receive an offer with a specified price and a 30% deposit that you need to pay by April 3rd, 2022, on the bank account that will be mentioned in the offer so that you can confirm your participation and room reservation.

Please also email your application to jadranko.miklec@gmail.com.

The price for the course is 200 euros and this amount you pay to course leaders Jadranko Miklec and Kristina Lenard at the course location.

Please bring your yoga mat with you for practice.

DAILY PROGRAMME

7,00 do 8,30 – Practice of yoga programm-

Ashta sandhi vimochna kriya, Suryanamaskar,

Udiyana kriya, Agnisara dhauti, Kapalabhati, Bhastrika pranayama,

Shitali pranayama, Bhramari, spine twisting exercises

Pranayama: Anuloma-viloma, Nadi shodana, Soma yoga practice – terrace of the hotel.

8,30 do 9,30 – Breakfast

9,30 do 12,00 – Swiming and aqua yoga

12,00 do 13,00 – Vinyasa yoga practice

13,00 do 14,00 – Lunch

14,00 do 14,30 – Time for walk

14,30 do 15,00 – Rest

15,00 do 17,00 – Swiming

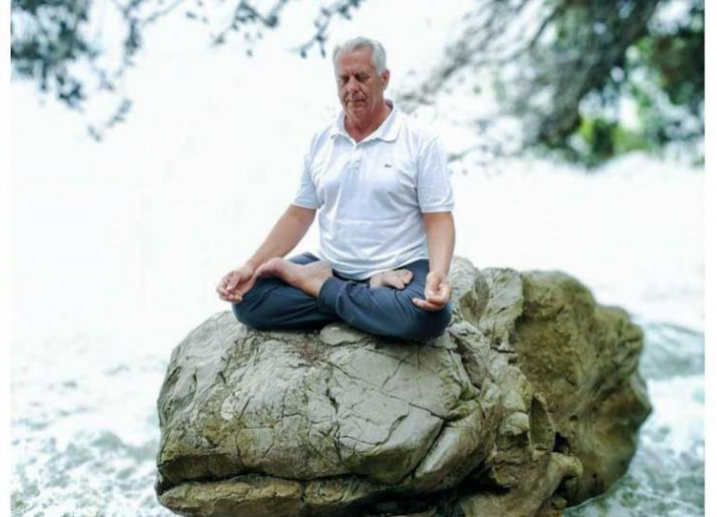
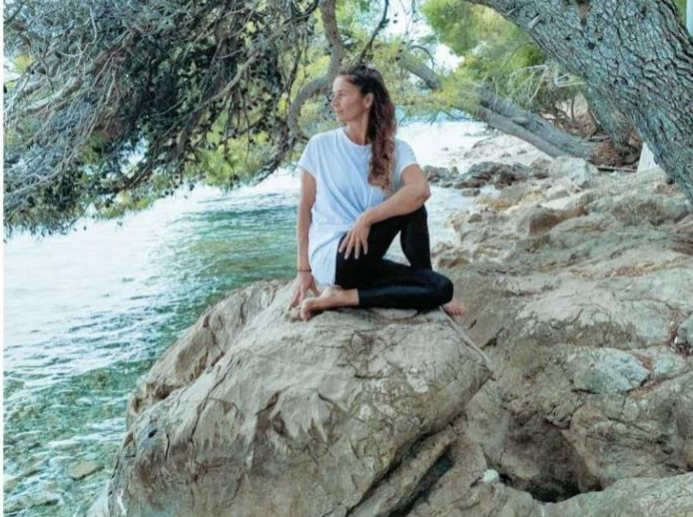
17,00 do 18,30 – Soma yoga practice

18,30 do 20,00 – Dinner

20,00 do 20,30 – Time for walk

20,30 do 21,30 – Lcture and Soma Yoga Nidra

21,30 - Sama Veda and going to rest



Course leaders

Yogacharya Jadranko Miklec

Yoga teacher Kristina Lenard

