

# KORINJAK

.....

Vegetarian hotel and camp  
Veli Iž, Croatia





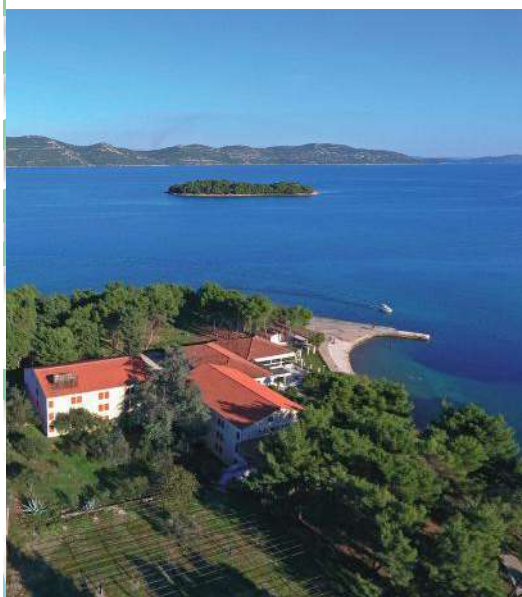
## Veli Iž

The hub of the island, **Veli Iž**, is nestled in a tranquil bay on the northeastern side of the island. This little town has retained the authentic spirit of traditional life on the island. The centre of the town features the renovated Church of St Peter, a cultural centre, ethnographic collection, several authentic taverns and restaurants, three cafe bars, a shop, a post office, a doctor's office and a state-of-the-art marina.

When it comes to cultural events, "**Iška fešta**" is the most famous among them. Its origins date back to Antiquity, and it is held every year in late July. On this occasion, the locals wear traditional costumes and perform the old folk songs and dances of the island, and the main event is the selection of the "**King of Iž**".

In recent times, the "**Queen of Iž**" has become another important event on the island. It is held in Christmastime, when the entire town awakens from its winter slumber and throws a fabulous party for the many guests that come to participate in the only night ski race that is held on the island. Crazy, ain't it?







## Korinjak Camp and Hotel

Located on powerful energy point, Hotel Korinjak is the first hotel on the Adriatic that specialises in holistic, individual and group programmes for personal (self-)development of the mind, body and spirit, united under the name of **Vacation for the Soul**.

Nestled in a lush green paradise with stunning sea views, this hotel aims to satisfy the human need for peace, relaxation and tranquillity, without the pressures of luxury and glamour. Although it is located near the town centre and right next to the town beach, it is free of the hustle and bustle of tourists even during peak season.

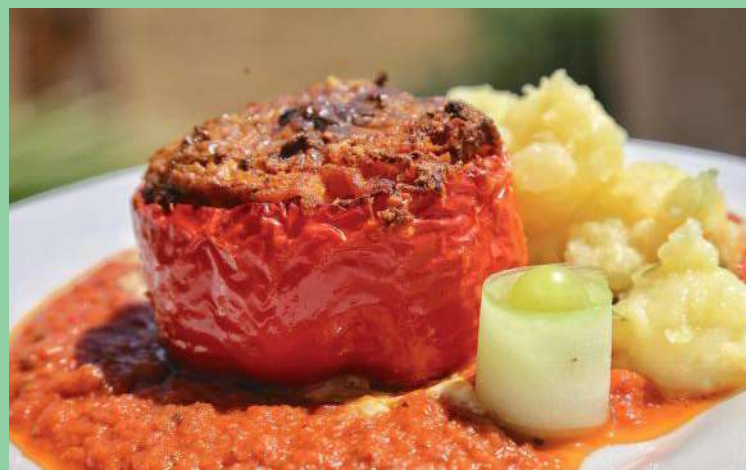
## Accommodation

The double rooms feature a minimalist design and elegant furniture. The rooms are air-conditioned, and each of them has a balcony with sea views.

The single rooms feature a spacious bed, desk and air-conditioning unit. All rooms have a window with views of the pine forest, providing the peace and quiet you need for a perfect vacation.

The camp is located just a few metres from the sea, in the shade of pine trees, offering the perfect refuge for all lovers of nature.





## Vegetarian meals

A special feature of Korinjak Hotel and Camp are the **vegetarian meals** that it serves, which are **free of meat, fish and eggs**, prepared from fresh ingredients and inspired by Mediterranean cuisine. Sample some of the finest vegetarian dishes prepared in our kitchen.

Breakfast and dinner are included in the price for half-board accommodation, while lunch is charged separately according to the daily menu. Raw food dishes, fruit and vegetable smoothies, Budwig breakfast or special gluten-free, lactose-free and vegan dishes can be ordered at extra charge.

The balanced vegetarian meals that we serve are suitable for long-time vegetarians, those who are looking to change their diet and those who have been looking for opportunity to cleanse their body from heavy foods. Come and get your own dose of vitality, energy and health!



## Project “Geopuncture Circles”

In October 2015, a sculptural installation by the Slovenian academy-trained sculptor Marko Pogačnik, dedicated to the sea, water and oceans, was set up in front of Hotel Korinjak. On eleven pillars made from marble from Brač, Marko Pogačnik and a group of international artists engraved symbols that correspond with different aspects of the Adriatic and planet Earth.

The symbols define: the binary rhythm of the islands and sea channels that is typical of Dalmatia, the role of the Adriatic on the Mediterranean, the relationship between man and dolphins, the balance between the Pacific Ocean and the Atlantic Ocean, the Moon as the master of tides, the angel of Dalmatia. The following symbols are related to the aspect of water: a symbol dedicated to the cosmic dimensions that are reflected in water, a symbol dedicated to the creative power of water, a symbol that denotes water's influence on the aspect of love.

This sculptural installation is part of the larger project titled “Geopuncture Circles”, parts of which have already been installed in Canada, the USA, the Canary Islands, Portugal, the Czech Republic, Austria, Slovenia and, in Croatia, in Zagreb and on Brač.






Written by **Marko Pogačnik** in 2016

Last year, while I was driving to workshops around the island of Iž, I was in a constant state of awe. Above the highest peak of the island, a swarm of silver stars shone bright in spite of the light of the day. I had the feeling that the Goddess of Iž was warning me not to forget about all of the treasures of her making. After one week of intense geomantic work in the area of Veli Iž, it transpired that the treasures of the island had many layers.

First of all, I would like to say that Hotel Korinjak itself, which is where the workshops are held, is located in an area dedicated to the elementals of the four elements, which gives the place a primal power. On the other side of the bay, on hill of Mali Opačac overgrown with pine trees, there are several elemental focal points on a higher level. In the structures of the robust stone banks, there is an invisible faerie shrine. This dual elemental focal point is completed by an area located above the town, which is today marked with the Church of St Rocco. This is one of those areas that allows access to parallel universes which are still invisible to us today. It can be likened to a portal that opens in different dimensions of Earth's universe. The locality of St Rocco also stretches under the waters of the Adriatic, where the template of the Adriatic area is stored. In the form of a colourful mandala, it lies deep beneath the sea and emits signals that integrate and harmonise the soul. From the outside, this can be observed as the rhythmic intertwining of the sea and the crystals of the islands of Dalmatia. If we find ourselves on Iž, then we are in the centre of the Adriatic area, its midpoint. From there, we can find the closest path to our own personal centre and feeling of peace.











For a schedule and description of all workshops, please visit the link:  
[www.korinjak.com/radionice](http://www.korinjak.com/radionice)



# The holistic sound of gongs and Tibetan bowls

Every day, Hotel Korinjak offers the unforgettable experience of a **GONG SOUND BATH**. For those who have never tried it, the first question on their mind is: **what is this, how does it work, what do I have to do?** Those that have already tried it are **always eager to try it again**, which is why gong baths are an indispensable part of our Vacation for the Soul programme and our guests' stay at our hotel.

## What is a GONG sound bath?

A gong bath is a deeply healing auditory event (with a duration of 60 minutes), and it has the effect of easing the burden of gravity and the material world for its participants. The result of a gong bath is the rejuvenation of the human spirit and the regeneration of the physical body. When the physical body is in full health, then it has a holistic resonance, and the tone of the muscles, organs and glands is good. After a gong bath, participants feel a resonating tranquillity in which the voice of their inner silence becomes their true self. Gong baths have a soothing effect on the brainwaves. Every single part of us, from our cells to our organs and our entire body, has its own resonant frequency that it vibrates on. When all of our cells and every part of our body operate at their true resonant frequency, then we are healthy.

## What does a GONG sound bath look like?

Gong sound baths are a **form of meditation in lying position**. All you have to do is simply relax on the comfortable sponges and surrender yourself to the holistic sound of gongs, Tibetan bowls, crystals bowls and other resonance instruments.

As the holistic sound and vibration of gongs passes through you, you will feel as if an enormous tsunami of sound waves is washing away all your fears and energy blocks, alleviating and erasing all traumas and illnesses. The body is filled with self-confidence, peace and universal love. **Anyone can participate in a gong sound bath**, irrespective of age, language, religion, race or familiarity with gong baths.

## How does it work, and how will I feel after a GONG sound bath?

Gong bath meditations calm the mind and regenerate the cells of the body. You will feel like you have had a few hours of sleep. The vibrations of the gong disintegrate physical and spiritual blocks, regenerate the cells of the body, soothe, purify and balance the emotions, help us face the challenges of life, remove stress and fear, increase joy and self-confidence, alleviate illnesses, cleanse spaces from negative energies and identities. You won't just hear the sound of the gong, you will feel it in your entire body: touching your skin, muscles, bones and body fluids, every organ and sense, every atom of your being and your existence. Gongs slow down brainwaves and take you to a state of conscious dreaming. **You will feel relaxed, refreshed and happy...**



## About the GONG player

"They say that no-one can teach you how to play a gong. Only the gong itself can teach you. You think that you're playing the gong, but the gong is actually playing you" - Don Conreaux

**Milena Markovska** is a certified holistic sound therapist from Split, Gong master and student of the international gong master Don Conreaux (International Center for Holistic Resonance, NY, U SA), whom she met in 2004 right here at Hotel Korinjak on Veli Iž. This is when she started studying the use of gongs and Tibetan bowls in sound therapy and their effect on creating harmony in everyday life.

She has been part of the VACATION FOR THE SOUL programme held at Hotel KORINJAK Veli Iž for many years, where she performs Gong baths, individual sound massages and treatments with Tibetan bowls and gongs. She is the leader of the weekly seminar titled Gongs for Holistic Health. She holds the "Certificate of Achievement Gong Master Training" of the Grand Gong Master Don Conreaux.

For all who are so enraptured by the sound of Gongs, Tibetan bowls and crystal bows that they wish to try playing these divine instruments themselves, Ms Milena offers TRAINING in the use of Tibetan bowls and gongs, individually and on an everyday basis throughout the entire season.

**NOW you have the CHANGE to enrich your knowledge and change your own world, as it is NEVER TOO LATE TO BEGIN!**



"Gongs are the most effective means of making resonant tones and the largest known instrument that has an effect on our health – physically, emotionally, spiritually..." (Don Conreaux – Gongmaster)



# Vacation for the Soul programme

Daily activities within the programme "Vacation for the Soul"

(activities that are charged extra are marked with an asterisk)

## **Meditative walk to Korinjak Hill, Sun Salutation at dawn (Sun yoga)**

The Sun Salutation begins at dawn, with a silent guided climb to Korinjak Hill where, at an altitude of 168 metres, we will welcome sunrise with a meditation. We will also practice sun-gazing, which is an effective means of absorbing pure energy into the body.

## **Morning yoga, outdoor exercises**

You will warm up with body positions (asanas) without exhausting yourself; while the breathing exercises (pranayama) will cleanse your body and mind and fill you with vitality; the guided relaxation will help you completely relax and establish contact with yourself.

## **Guided meditation**

Meditation is a technique with which we turn our attention from the outside world and direct it inwards, and as such represents the perfect tool for achieving balance and tranquillity.

## **Breakfast (self-service)**

## **Seminars and workshops \***

## **Lunch \***

## **Gong bath \* 2 time slots daily**

## **Boat trip to Rutnjak isle \***

## **Djembe workshops \***

## **Dinner (self-service)**

## **Evening entertainment programme:** dance, song, music, poetry, films

The evening entertainment programme featuring music, dance and song will help you joyfully connect with others and have a good time during your entire Vacation for the Soul. Smiling heals the soul and mind, while meeting new people broadens one's horizons, the mind and the heart

We are certain that every day spent at Hotel Korinjak will be too short for all the options and activities that are offered. Please visit **[www.korinjak.com](http://www.korinjak.com)** for all programme changes, news and information on weekly entertainment and workshops.

## **Orgone accumulator and oxygen therapy**

The only alternative treatment of its kind in all of Croatia! Orgone accumulators create a strong vibration field that heal and regenerate all of the cells of the body. The treatment lasts for one hour and has a direct effect on the immune system and mood, and balance on the energetic, mental and spiritual level is restored as soon as the first session. For more serious illnesses, we recommend a series of five consecutive treatments in order to strengthen the body and defeat the illness in a completely natural way. Oxygen therapy lasts for 30 minutes, and pure oxygen is inhaled while lying in the orgone accumulator. Oxygen nourishes the brain and muscles and stimulates the heart, clears the mind and detoxes the body and fills it with energy.

## **Ozone chamber**

This treatment is exceptionally pleasant, as it reminds of a visit to the sauna, paired with a dash of aromatherapy. The warm steam opens the pores of the body, after which ozone is emitted to nourish the body and defeat disease. Ozone therapy lasts for 30 minutes, and during this time ozone stimulates the production of red blood cells, which allows for a large concentration of oxygen in the blood for a long time after the end of the therapy. Ozone attacks viruses directly by targeting their "reproductive" structure. It also attacks infected cells that do not have a lot of antioxidative potential due to illness and destroys them in this manner.

## **Individual treatments to help you regenerate:**

**Tui Na massage**

**Foot reflexology**

**Partial back massage**

**Shiatsu treatments**

**Ayurvedic consultations**

Tea made from freshly-picked herbs from the island of Iž is also at the disposal of our guests, providing refreshment and detox.





## Snack bar

The hotel features a Snack Bar right by the sea, which offers both refreshing and hot drinks all day long. In addition to drinks, the bar also serves simple meals, as well as crazy summer cocktails and everyone's favourite dessert – ice-cream – to help you cool down during the hot days of summer.





## Rutnjak

The hotel boat offers everyday transport to the neighbouring uninhabited island of Rutnjak. If you want to enjoy some solitude and peace, swim in crystal-clear waters – and even naked, if you wish – then this is the right place for you. So close, yet such a difference – far from the hustle and bustle of tourists, nestled in the lap of lush vegetation and secluded beaches.



## Visit to ethnographic collection

Once a week in the afternoon hours, we organise group visits to the ethnographic collection of Veli Iž, which gives a faithful depiction of the way of life of the island dwellers of old. The collection contains traditional costumes, household objects from village homes, jewellery and objects of everyday use that were part of the lives of the island dwellers of old. You will discover the tradition of Iž pottery, as well as familiarise yourself with all of the distinctive features of life on the island in the not-so-distant past.



## Dolphins

Once a week, we organise a day trip that departs at daybreak and travel by boat around the island of Iž. Stunning views of the sunrise at sea, accompanied only by the sound of the waves and the cries of seagulls, will give you a sensation of freedom and tranquillity. Seeing the island of Iž from the sea is a true pleasure, and encountering the dolphins that live in the Zadar archipelago is a truly unforgettable experience. The joy that these wonderful creatures bring will remain with you for a long time.





Check accommodation prices, extra charges and seasons at the website [www.korinjak.com/price](http://www.korinjak.com/price)

## Extra charges

- extra charge for lunch according to daily menu
- extra charge for pets
- rental of tent with equipment
- special meals available for an extra charge (vegan, gluten-free, lactose-free) – arrange at reception desk

## Discounts

- children up to the age of 3: **free of charge**
- children aged 3 - 8: **70% off on the regular price**
- children aged 8-12: **50% off on the regular price**

## The residence tax not included in the accommodation price, and is paid per person per day as follows:

- persons **above the age of 18** – according to the price list for the current year
- persons **aged 12 to 18** - 50% of the residence tax
- persons **under the age of 12 are exempt** from paying the residence tax

**Please send all booking inquiries via e-mail or directly via our website.**

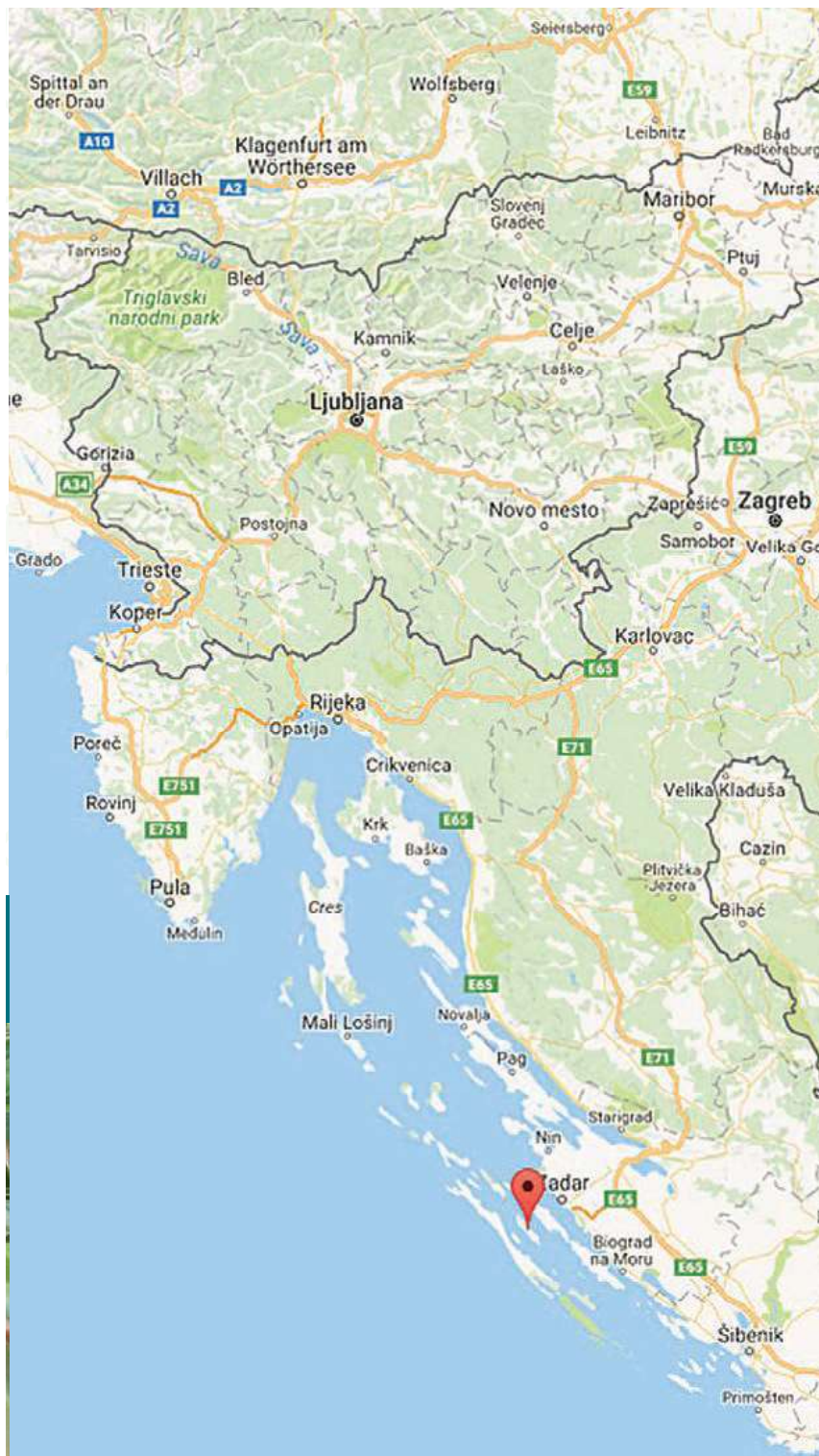
**Welcome !!!**

### Bookings and information:

✉ [reception@korinjak.com](mailto:reception@korinjak.com) ☎ 00 385 95 3720 024 📞 00 385 23 277 064

Vlahov d.o.o. Baštijanova 9, Rijeka, Croatia IBAN: HR6523400091117014005 Swift: PBZGHR2X





# Location

The island of **Iž** can be accessed by boat, catamaran or ferry. A boat operated by the agency G&V line and a catamaran operated by the agency Jadrolinija depart from the port located in the city centre of Zadar, arriving at the **port of Veli Iž**, which is located a few minutes away from **Korinjak Hotel and Camp** on foot. Free luggage transport is organised for all guests.

The ferry operated by the agency Jadrolinija departs from **Gaženica ferry port** and arrives at **Bršanj port** on the island of Iž, which is a fifteen-minute drive away from Korinjak Hotel and Camp. You will need to organise your own transport as the hotel does not offer transport from Bršanj port to the town of Veli Iž.

## Jadrolinija Zadar agency

Tel.+385(0)23-254-800

[www.jadrolinija.hr](http://www.jadrolinija.hr)

For transport of a vehicle by ferry, you must purchase a return ticket online via the website of Jadrolinija agency at [www.jadrolinija.hr](http://www.jadrolinija.hr) tel: +385 (0)23 666 100

## GV line agency

Tel. +385 (0)23 250 733

[www.gv-zadar.hr](http://www.gv-zadar.hr)

## Zagreb Bus Terminal

Tel. +385 (0)60 313 333

Tel. +385 (0)72 500 400

## Zadar Bus Terminal

Tel. +385 (0)60 305 305

## Parking in Zadar – Obale i lučice d.o.o.

Tel. +385 (0)23 213 035

[www.oil.hr](http://www.oil.hr)

## Zadar Airport

Tel. 060 355 355 – for national calls

Tel. +385 (0)23 205 917 – for international calls

[www.zadar-airport.hr](http://www.zadar-airport.hr)



# KORINJAK

.....

Book the perfect vacation for your soul!  
Korinjak Hotel and Camp – Veli Iž

☎ Mob: 00 385 95 3720 024 valid all year long  
🔑 Tel.: 00 385 23 277 064 valid from 01.05. till 30.09.  
✉ E-mail: [reception@korinjak.com](mailto:reception@korinjak.com)

Facebook: Korinjak – vegetarian hotel and camp

Instagram: [hotel\\_korinjak](https://www.instagram.com/hotel_korinjak)

🌐 web: [www.korinjak.com](http://www.korinjak.com)