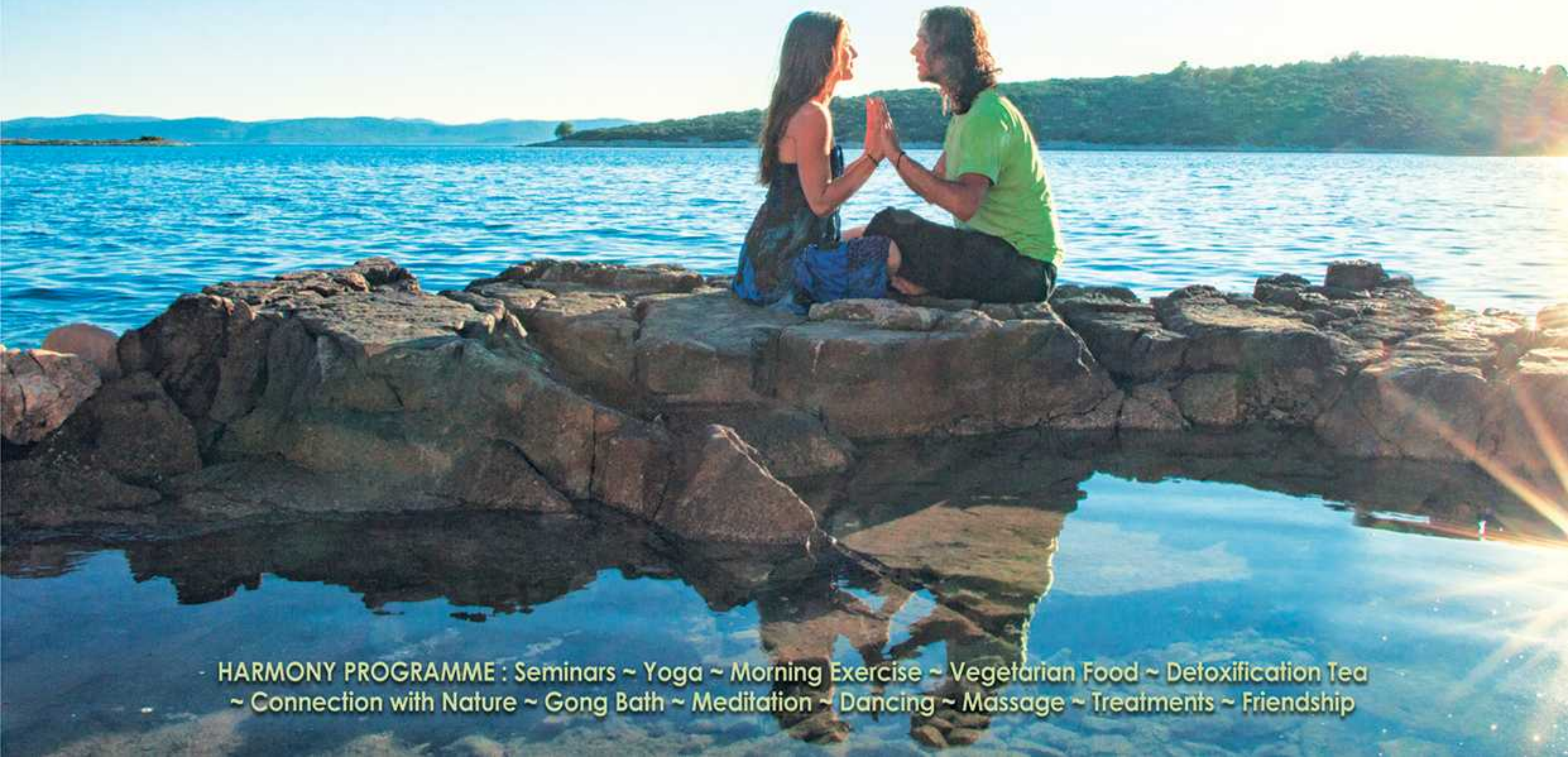


# Harmony programme



*Summer 2020 Croatia*

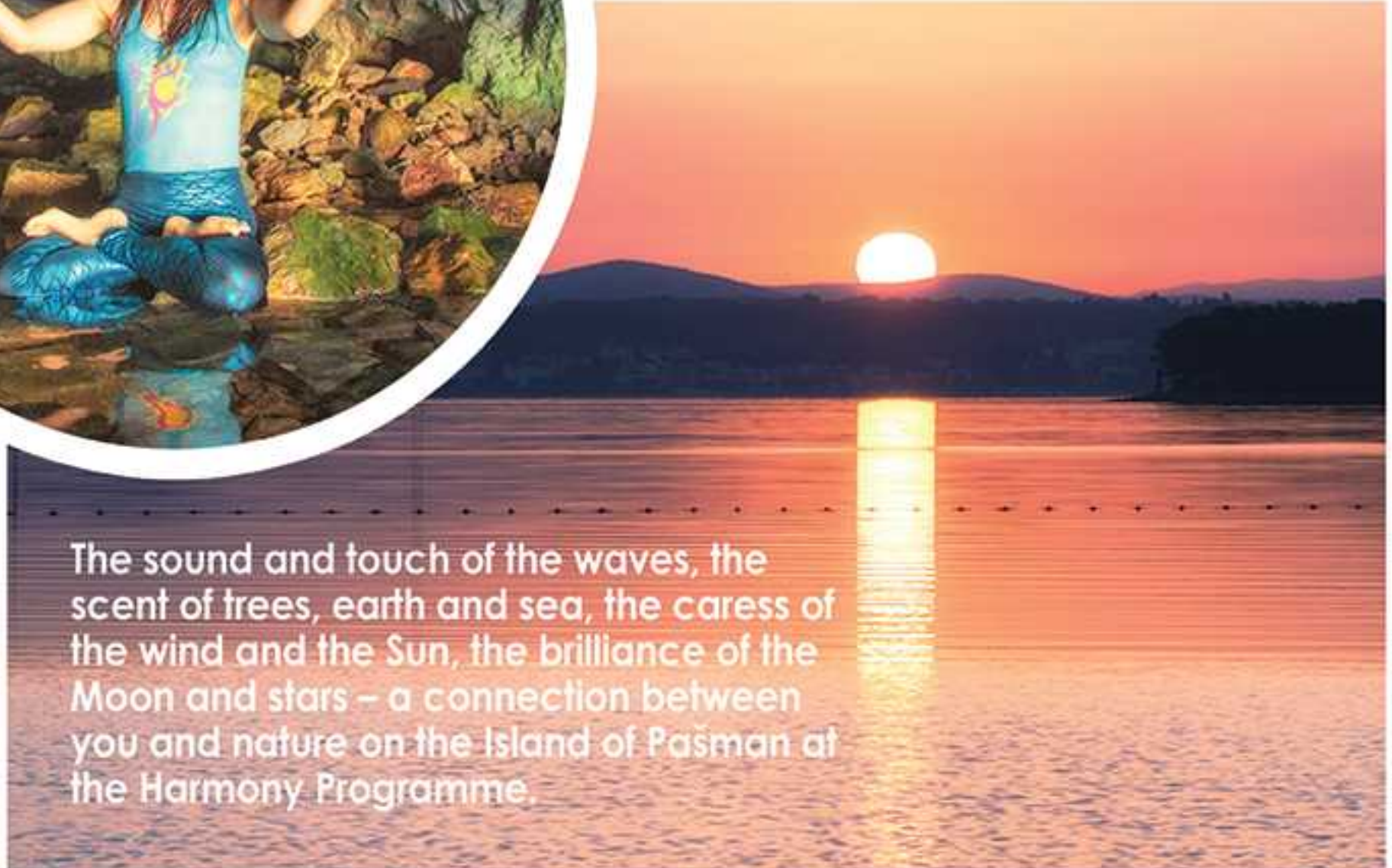
**THE VEGETARIAN CENTRE  
ON PAŠMAN ISLAND, CROATIA**



**HARMONY PROGRAMME : Seminars ~ Yoga ~ Morning Exercise ~ Vegetarian Food ~ Detoxification Tea  
~ Connection with Nature ~ Gong Bath ~ Meditation ~ Dancing ~ Massage ~ Treatments ~ Friendship**



**CROATIA**  
*Fall of life*



The sound and touch of the waves, the scent of trees, earth and sea, the caress of the wind and the Sun, the brilliance of the Moon and stars – a connection between you and nature on the Island of Pasman at the Harmony Programme.

# Harmony programme 2020



## Morning Exercise

**Morning Meditation** - daily, Relaxation and Sun Gazing - Domagoj Čelan

**Crazy Exercises** - Chinese Energy Exercises, daily 6:15 am - 7:00 am - Domagoj Čelan

**Running** - 5:30 am Wednesday and Saturday, Monday 9:00 pm - Goran Stanojević

**Yumeiho Exercises** - 26<sup>th</sup> July - 14<sup>th</sup> August from 6:15 am - 7:00 am - Uroš Vukša

**Yoga** - Asanas, Pranayama and Meditation - daily from 7:00 am - 8:15 am

**Fountain Of Youth: 5 Tibetan Exercises** - daily from 7:30 am - 8:00 am - Saša Radimirović

28<sup>th</sup> August - 4<sup>th</sup> September 7:00 am - 8:00 am -

**'1,000 Movements' Exercises** - author Dr Nikolay Grishin

## Celebrations

**Every Thursday a farewell evening with music and dance**

27<sup>th</sup> June - **The Prosperity Ritual** - Puja Pandit Dr Dinesh Chandra Sati (India)

25<sup>th</sup> July - **A Galactic Celebration - Mayan New Year** - Saša Radomirović (Serbia)



## Evening Programme

12<sup>th</sup> June - 3<sup>rd</sup> July

3<sup>rd</sup> July - 17<sup>th</sup> July

17<sup>th</sup> July - 31<sup>st</sup> August

24<sup>th</sup> July - 31<sup>st</sup> August

31<sup>st</sup> August - 14<sup>th</sup> August

31<sup>st</sup> August - 7<sup>th</sup> August

14<sup>th</sup> August - 21<sup>st</sup> August

21<sup>st</sup> August - 28<sup>th</sup> August

28<sup>th</sup> August - 4<sup>th</sup> September

**Zumba and Circle Dance** - Alice Stojko Saliu (Slovenia)

**TEJ Latino (Rumba, Cha-Cha-Cha, Salsa, Bachata and Samba)** - Tomo Tololeski (Slovenia)

**Ecstatic Conscious Dance** - Marijana Pajić (Croatia)

**Dance of the Chakras** - Dagmara Gmitrzak (Poland)

**Salsa and Bachata** - Peđa Petković (Serbia)

**Oriental Dance** - Mateja Pevec (Slovenia)

**Salsa cubana, Zumba, Afro peruano** - Juan Angeles (Peru)

**Popular International Folk Dances** - Sara Sponchiado (Italy)

**Salsa** - Saša Radomirović (Serbia)



## Facultative Programme

8<sup>th</sup> and 15<sup>th</sup> of July - **Traditional Limpas Ceremony** - Nagual Uchu (Uruguay) and Tadeja Škorja (Slovenia)

7<sup>th</sup> and 14<sup>th</sup> of July - **Cacao Ceremony for Women** - Tadeja Škorja (Slovenia)

10<sup>th</sup> July - 21<sup>st</sup> August - **Gift of touch®**, **Access Bars®** and **Energetic Facelift®** (Training). **Vision Correction and Abundant Energy Ball (Workshops)** - Margareta Riznica Radosti

## Relaxation Programme

Enjoy the sun, the sea and the scents of the Mediterranean. Use natural methods for healing, such as: healing mud, Kneipp baths, long walks...

Relaxation with morning meditation and exercises, purification of the body with a vegetarian diet and detox teas and limbering up through evening dances. If you just want to experience deep relaxation and healthy living, simply participate in the Relaxation Programme.

# Harmony 2020

## Seminars



\*\*\* Seminars  
in English

12<sup>th</sup> June - 19<sup>th</sup> June

Knowing Yourself through the Beauty of Nature - Trekking Seminar - Marko Šetinc (Slovenia)

Picking and Using Medicinal Plants - Željko Sobotka (Croatia)

The Principles of Health and Its Use and Practice - Jasminka Premerl, BSc Eng., MSc (Croatia)

Inter-personal Relationships and Health - Martin Lisec, MSc (Slovenia)

Using the Potential of the Lungs and Brain during Yoga to Achieve Inner Peace and Health - Astrid Yamuna Buer (Austria)

19<sup>th</sup> June - 26<sup>th</sup> June

Handpan Workshop with MAG Instruments - Basic Techniques, Simple Rhythms and Improvisation - Janos Juhasz / Patrik Szombathelyi (HU)

Little Shiatsu Magic - a Basic Seminar - Goran Stanojević (Croatia)

Ayurveda - A Pure Body as a Basis for a Peaceful Spirit and a Happy Life - Astrid Yamuna Buer (Austria)

How Thoughts, Words, Different Magic and Figures Generally Affect Health and Life - Nenad Janjetović (Bosnia & Hercegovina)

Knowledge for Life - Andrej Pešec (Slovenia)

26<sup>th</sup> June - 3<sup>rd</sup> July

Free Your Voice and connect with your Soul - Alegra Jenkins (GB)

Deep Healing and Relaxation with Knowledge of the Vedas (for More Health, Success and Happiness) - Pandit Dr. Dinesh Chandra Sati Ph.D.

Jyotish/Sanskrit (India)

Water and Sunshine - the Harmony of Female and Male Energies within Ourselves and the World around Us - Maja and Uroš Vukša

Get Close to Your Essence by Elevating Your Frequency - Jasmina Kovačev (New Zealand)

Opening the Paths of Ecstasy by Experiencing an Emotional Existence - Biodanza - Nataša Kern (Slovenia)

3<sup>rd</sup> July - 10<sup>th</sup> July

Access Ancient Wisdom Through Soul Journeys 1 - Nagual Uchu (Uruguay) and Tadeja Škorja (Slovenia)

Living in Line with Your Personal Mission - Vesna Maksimović and Željko Reflexotherapy - a Method of Harmonisation - Matjaž Duh (Slovenia)

Merkava and 27 Angels - Tina Ogorevc Pavlin (Slovenia) Smulja (Bosnia & Herzegovina)

How to Balance Your Body, Mind and Soul - Josip Cvitkušić (Germany)



SEMINARS



DETOXIFICATION TEA



MORNING EXERCISE



CONNECTION WITH NATURE



FRIENDSHIP

### 10<sup>th</sup> July - 17<sup>th</sup> July

Access Ancient Wisdom Through Soul Journeys 2 - Nagual Uchu (Uruguay) and Tadeja Škorja (Slovenia)

Agnihotra - a Daily Fire Ceremony at Sunrise and Sunset - Eduard Aichbauer (Austria)

Shakti Dance® - Dance Yoga - Free Your Mind and the Rest Will Follow - Nataša Tovirac/Siri Amrit Kaur (Slovenia)

Karmic Diagnostics - Changing Your Personal Programme and the Path to Yourself - Darija Sekulić (Slovenia), Nenad Janjetović (Bosnia & Hercegovina)

Abdominal Work and Touch Awareness in Therapy - Nataša Radanović (Bosnia & Hercegovina)

### 17<sup>th</sup> July - 24<sup>th</sup> July

Health and Harmony through Sound, Voice and Overtones - Nestor Kornblum (Spain, Great Britain)

Psychology and Shamanism: What Can Inter-personal Relationships Teach Us about Ourselves? - Dagmara Gmitrzak (Poland)

The School of Love and Healthy Relationships - Bruno Šimleša (Croatia)

Breathing Peace - Kundalini Yoga - Akal Puran Kaur (Slovenia)

Biodanza - on the Wings of Angels - Ursula Scattolin (Italy)

### 24<sup>th</sup> July - 31<sup>st</sup> August

The Development of Personal Spirituality - Spiritual Guides, Angels, Animal Guides, Dreams, Past Lives and Akashic Records - Kim Doucette (Canada / Slovenia)

'Siren Songs' - Musicians at Sea - Andrea Moroni (Italy)

The Pleasure of Letting Go - Vanni and Rosy (Italy)

Changing Your Programme with Karmic Diagnostics and Moving to a Higher Level of Activity - Monika Pekošak (Slovenia)

SAI Relaxation of Body and Spirit - Irena Odar Tomašević (Slovenia)

### 31<sup>st</sup> August - 7<sup>th</sup> August

Beauty and Youth in Ayurveda - Swami Gyan Nikhil Joshi (India)

The Shaman in Us - the Art of Listening and Observing - Francesco and Chiara (Italy)

BIODANZA - Numerous Languages, Differing Cultures, but Just One Source - Elisabetta Bianchi (Italy)

A Connection with the Presence - Falling in Love with Life - Romana Strasek (SLO)

The Ancient Knowledge of Man - Gorodijskij Bogdan (Russia)

### 7<sup>th</sup> August - 14<sup>th</sup> August

Sound magic - Himalayan Bowls & Gongs - Vedran Petrak (Croatia)

Iyengar yoga for physical and emotional health - Paulina Stroz (Poland)

The Bravery of Being What We Are - Identity, Self-esteem and Self-confidence - Nicola Poinelli (Italy)

Practic Spirituality - Bruno Šimleša (Croatia)

Women - Inside and Out - Vesna Juvan (Slovenia)

### 14<sup>th</sup> August - 21<sup>st</sup> August

The Medicine Wheel and Mayan connections - Alegra Jenkins (Great Britain)

Qigong and Tai Chi Chuan - Jasminko Miklec (Croatia)

Finding Balance through Experience of Polarity - Micaela Bianco (Italy)

Ancient Knowledge of Vedas on Self-realisation - Dalibor Purhmajer (Serbia)

Discovering Patterns Using the Feldenkrais Method - Petra Jeretina (SLO)

### 21<sup>st</sup> August - 28<sup>th</sup> August

Kundalini Yoga - Feeling Your Inner Flow - Wioletta Glyzewska and Ewa Zudro (Poland)

Mindful Yoga Trekking - Sandra Brborović (Croatia)

Biodanza - Building a Happy Home - Giusy and Gianna (Italy)

Harmony and Chakras - Andrea Marini (Italy)

The Science and Skill of Energy Management - a System of Natural Healing and Synchronisation - Domagoj Čelan (Croatia)

### 28<sup>th</sup> August - 4<sup>th</sup> September

Kundalini Yoga - the Source of Youth - Wioletta Glyzewska and Ewa Zudro (Poland)

Fractals and the School of Life - Jasminka Premerl, BSc Eng., MSc (Croatia)

From Aromatherapy to Harmony - Sindy Slipac (Croatia)

Soap, Shampoo, Natural Cosmetics and other Workshops - Alenka Kukman (Slovenia)

Further information can be found on the following link:

<http://www.harmony.hr/en>



## Information and Reservation:

### Great Britain:

Alegra +44 (0)7973247930 (UK),  
+385 (0)915666335 (Croatia)  
E-mail: alegracroatia@gmail.com

### Croatia:

Vesna +385 (0)98615020  
harmony@harmony.hr  
Skype: krya\_shakti

An advance of 80 EUR (for 1 adult person and 1 week's programme) is required. This can be paid into the following transaction account:

IBAN HR8224840081500195247  
SWIFT RZBHR2X,  
Harmoni programa d.o.o. (Ltd.),  
Globočec 45e, Marija Bistrica,  
Croatia

For the following periods - **12<sup>th</sup> June - 19<sup>th</sup> June, 21<sup>st</sup> August - 28<sup>th</sup> August and 28<sup>th</sup> August - 4<sup>th</sup> September** - we are going to arrange accommodation, food and a hall for seminars for **group bookings** (a minimum of 15 people) at reasonable rates.

Our camp is located under the olive trees in the bay, quite close to the sea. Guests can choose between the following types of accommodation:

- In the campsite: **tents and mobile homes** featuring two double bedrooms with en suite bathrooms and air-conditioning, and
- Accommodation in **private houses** surrounding the camp.

### Accommodation per Person for One Week in EUR:

| Accommodation Description   | 12.6.<br>19.6. | 19.6.<br>26.6. | 26.6.<br>10.7. | 10.7.<br>21.8. | 21.8.<br>28.8. | 28.8.<br>4.9. |
|---|----------------|----------------|----------------|----------------|----------------|---------------|
| TENT  | 200            | 230            | 250            | 300            | 250            | 200           |
| PRIVATE HOUSES - 1/1 (two rooms sharing one shower and toilet)                | 330            | 385            | 415            | 455            | 415            | 330           |
| PRIVATE HOUSES - 1/2 for one person (two rooms sharing one shower and toilet) | 350            | 405            | 435            | 475            | 435            | 350           |
| PRIVATE HOUSES - 1/2 (two rooms sharing one shower and toilet)                | 280            | 325            | 355            | 395            | 355            | 280           |
| PRIVATE HOUSES - 1/2 own shower and toilet                                    | 310            | 365            | 395            | 450            | 395            | 310           |
| MOBILE HOMES - 1/2 own shower and toilet                                      | 325            | 380            | 410            | 465            | 410            | 325           |
| MOBILE HOMES - 1/2 for one person, own shower and toilet                      | 375            | 445            | 475            | 530            | 475            | 375           |

**This price includes** full board, 4 hours of programmes (1 hour of exercises + 3 hours of seminars), 2 hours of evening programmes and the detoxification teas are available all day. If you do not attend seminars you will receive a 20 EUR discount on the weekly rate.

The Sojourn Tax (Tourist Tax) is 1 - 1.5 EUR a day per person. Children under the age of 3 have free accommodation unless they require a separate bed, children between 3 and 14 pay 50% of the full price.



## Harmony Centre

The **HARMONY CENTRE** is a place where people have the opportunity to look for their inner journey and grow spiritually. The spiritual atmosphere and hearty community of people in this Adriatic oasis provide a space to gain new power and inspiration.

As part of their stay, guests are provided with a varied, easily digestible, fresh and above all tasty **VEGETARIAN CUISINE** that will satisfy all of their basic requirements. Consuming this food gives one a feeling of lightness in the stomach and invigorates the body with new vitality. Every morning, fruits and teas are used to support the natural rhythm of toxin elimination. All of these elements result in complete purification and the balancing of the body's physiology and energy, thus enabling better energy flow and in turn shepherding the body to self-healing.



## Address: Torkul Camp, Kraj, the Island of Pašman

**How to get to Kraj?** If you travel by car you can reach the Island by ferry which sails from Biograd to Tkon. The journey takes 15 minutes and the ferry leaves every hour. You can also drive from Zadar to Preko (on the Island of Ugljan), which takes about 30 minutes. The Ugljan and Pašman Islands are connected by a bridge. The Harmony Centre is located between the Villages of Preko and Kraj, and there is a bus service.

**Info: ferry** (Zadar (Gaženica) - Preko, Biograd - Tkon) [www.jadrolinija.hr](http://www.jadrolinija.hr). If you are travelling by air, you will need to fly to Zadar. You can go by bus from the Airport to the Port of Zadar (Gaženica). In Zadar, you will need to board a ferry which will take you to the Island of Ugljan and to a place called Preko. Buses drive from Preko to the Harmony Centre - it takes 30 minutes to get to the Harmony Centre. For groups of 8-9 people we can organise transport from the Airport to the Harmony Centre, however this would be an additional cost.



# IN TOUCH WITH NATURE - IN TOUCH WITH YOURSELF

The beautiful Island of Pašman, with the energy of sea, sun, pure air and medicinal herbs, provides an unforgettable holiday destination for soul and body alike.

When we are in harmony with nature and immersed in its benefits, a world of primeval existence opens up to us and smiles never leave our faces.

Our programmes, along with our vegetarian cuisine and detoxifying teas, empower people to recognise the resources within themselves that enable internal change. This process of awareness of ourselves and our bodies allows us to expand the limits of individual development and open up to the environment around us.



Harmony programme - 24 years with you!



## Sound Bath

Vedran Petrak (Croatia) - daily from 2 pm - 3 pm  
\*optional programme

As you lie down in a relaxed state, just like you do before going to sleep, sounds from ancient cultures will guide you on a journey that you will never forget. Planetary gongs, shamanic drums, Tibetan and crystal bowls, Native American flutes, didgeridoos, shruti, fujara and many other instruments that have been used for many millennia for dissolving energy blocks and regeneration will now be played for you. When you raise the frequency of your etheric body, your intentions and goals will begin to materialise.

Vedran Petrak is a certified 'Gong Master Journeyman'.

Vedran became interested in the miraculous and unusual sounds at a very early age. In 2004 he became the youngest student to ever study with Don Conreaux, a globally renowned Gong Master to whom he would go on to become Assistant and, to date, he has arranged over 500 gong and sound baths across Europe and the Balkans. He tirelessly explores the power of sound with numerous ancient and experimental instruments, striving to bring the benefits of primordial sounds to a modern society.

[www.harmony.hr/en](http://www.harmony.hr/en)



Harmony program



harmony.program

