



Summer 2019

Harmony programme

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
Full of life



Harmony programme 2019



Morning Exercise

Morning Prana - every morning Sun Gazing from 5:30 am - 6:30 am

Saturday, Sunday and Thursday from 5:30 am -

6:30 am - **Running with a Swim** - Goran Stanojević

Yumeiho Exercises - daily 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



Celebrations

Every Thursday a farewell evening with music and dance

29th June - **The Prosperity Ritual** - Puja Pandit Dr Dinesh Chandra Sati (India)

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

9th, 16th, 23rd and 30th of July The **'Love, Joy, Power and Peace Concert'** - Sanda and Shoica (Serbia)

Evening Programme

14th June - 5th July

5th July - 19th July

19th July - 2nd August

26th July - 2nd August

2nd August - 16th August

2nd August - 9th August

16th August - 23rd August

23rd August - 30th August

30th August - 6th 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)

International Folk Dances - Maurizio Diamantini (Italy)

Popular International Folk Dances - Sara Sponchiado (Italy)

Salsa - Saša Radomirović (Serbia)



Relaxation Programme

Every Thursday **Salsa Evening** - Saša Radomirović (Serbia)

10th, 17th, 24th and 31st of July - **'A Rhythmic Game for all of Us'** - Waking Our Inner Rhythms through Dance and Percussive Instruments with Shoica

10th and 17th of July - **Traditional Limpas Ceremony** - Nagual Uchu (Uruguay) and Tadeja Škorja (Slovenia)

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 2019 Seminars



*** Seminars
in English

14th June - 21st June

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

Picking and Using Medicinal Plants - Željko Sobotka (Croatia)

The Quantum Vibration of Emotion and Tesla's Spiral - Jasminka Premerl, BSc Eng., MSc (Croatia)

Love - The eternal inspiration of life - Martin Lisec, MSc (Slovenia)

Yoga for Hormonal Balance, More Energy and Better Sleep - Astrid Yamuna Buer (Austria)

21st June - 28th June

A Past Life Regression Seminar - Stephen Poplin (USA)

Therapeutic Shiatsu Massage - a Basic Seminar - Goran Stanojević (CRO)

Ayurveda Yoga Detox Retreat - Astrid Yamuna Buer (Austria)

How to Know Yourself, Nature and the Universe - Nenad Janjetović (Bosnia & Hercegovina)

Be present and celebrate your Magnificent Self as you are - NOW - Nataša Kern (Slovenia)

28th June - 5th July

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

Deep Healing and Relaxing by Vedic Mantra Chanting and Ceremony (Puja) - Pandit Dr. Dinesh Chandra Sati Ph.D. Jyotish/Sanskrit (India)

Yumeiho - Japanese Manual Therapy - Uroš Vukša (Serbia)

Improve Your Communication Skills - Jasmina Kovačev (New Zealand)

IFA (WISDOM) - the Science of Life, Human Destiny, Human Character and the Universe (African Shamanism) - Mateja Tomšič Akengen (Slovenia)

5th July - 12th July

Modern Shamanism - Free From The Past, Ready For The Future - Nagual Uchu (Uruguay) and Tadeja Škorja (Slovenia)

Reflexotherapy - a Method of Harmonisation - Matjaž Duh (Slovenia)

SOMATICS - Energetic and Somatic Exercises for Improving Health at All Levels Clinical Somatics - Tina Ogorevc Pavlin (Slovenia)

Realising Life in Accordance with Your Personal Mission - Vesna Maksimović and Zeljko Smulja (Bosnia & Herzegovina)

The Natural Way to Balance Body, Spirit and Soul - Josip Cvitkušić (Germany)



SEMINARS



DETOXIFICATION TEA



MORNING EXERCISE



CONNECTION WITH NATURE



FRIENDSHIP

12th July - 19th July

Modern Shamanism - Awakening The True Self - Nagual Uchu (Uruguay) and Tadeja Škorja (Slovenia)

Compassionate Communication - the Art of Listening, Empathy and Authentic Self-expression - Javor Skerlj Vogeljik (Slovenia)

Kundalini Yoga - Happiness is your Birth Right - Akal Puran Kaur (Slovenia)

Karmic Diagnostics - Changing Your Personal Programme and the Path to Yourself - Monika Pekošak (Slovenia)

Thai Abdominal Massage and Reproductive Health - Nataša Radanović (Bosnia & Hercegovina)

19th July - 26th July

American Indian and Hawaiian practices of healing the Body, Mind, Heart and Soul - Dagmara Gmitrzak (Poland)

Love - Romana Đekić (Croatia)

Shakti Dance® Yoga Dance / Awakening the Creative Fire - Nataša Tovirac/Siri Amrit Kaur (Slovenia)

Music as Medicine - Self-therapy with Healing Sounds - Josip Joe Meixner (Croatia and Austria)

How to Balance Life and Health - Nenad Janjetović (Bosnia & Herzegovina)

26th July - 2nd August

Making Soul Connections through the Medicine Wheel - Alegra Jenkins (Great Britain)

Awakening Body Awareness through Magic of Touch & Sound - Margareta Vesna Agape and MSc Branislav Micić (Serbia)

It's Never Too Late to Express Your Talents (Biodance and Kinesiology) - Vanni and Rosy (Italy)

The Inner Clown - a Journey in Search of Your Inner Madness - Piero Zama Nabe (Italy)

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

2nd August - 9th August

Eco Therapy - Discover the Healing Power of Nature and How to Communicate with It - Dagmara Gmitrzak (Poland)

Ayurveda - Swami Gyan Nikhil Joshi (India)

I Dance, Vibrate and Live - Renato Poletto (Italy)

Who Am I? Identity, Value and Self-esteem (Biodance) - Elisabetta Bianchi (Italy)

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

9th August - 17th August

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

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

Between Heaven and Earth - Remembering Our Roots and Fulfilling Our Wishes - Nicola Poinelli (Italy)

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

Woman and Connecting with Her - Vesna Juvan (Slovenia)

16th August - 23rd August

Qigong and Tai Chi Chuan - Jasminko Miklec (Croatia)

Biodance: Myths and Archetypes of Male and Female Polarities - Micaela Bianco (Italy)

Psihodinamics of karmic patterns (vastu, jyotish, ayurveda) - introduction and application - Dalibor Purhmajer (Serbia)

Returning to Natural Motion Using the Feldenkrais Method - Petra Jeretina (Slovenia)

Tantric Work for the Body - Sherakai Rita Shiller (Austria)

23rd August - 30th August

Kundalini Yoga - Feel the Flow through your Mental, Physical and Spiritual Bodies - Wioletta Glyzewska and Ewa Zudro (Poland)

We Are Colour - Biodance - Ursula Scattolin (Italy)

Mandala and My Wishes - Maurizio Dossi (Italy)

How to Walk Your Talk in Spirituality - Urban Urbanc (Slovenia)

Mindful Yoga Trekking - Sandra Brborović (Croatia)

30th August - 6th September

Free Your Voice and Connect with Your Soul - Alegra Jenkins (Great Britain)

Tesla's Spiral as a Tool for Personal Development - Jasminka Premerl, BSc Eng., MSc (Croatia)

From Aromatherapy to Harmony - Sindy Slipac (Croatia)

A Space for Creativity: Music, Motion and Socialising - Biodance - Maurizio Dossi (Italy)

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 - **14th June - 21st June, 23rd August - 30th August and 30th August - 6th 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	14.6. 21.6.	21.6. 28.6.	28.6. 12.7.	12.7. 16.8.	16.8. 23.8.	23.8. 30.8.	30.8. 6.9.
TENT	200	230	250	300	250	230	200
PRIVATE HOUSES - 1/1 (two rooms sharing one shower and toilet)	330	385	415	455	415	385	330
PRIVATE HOUSES - ½ for one person (two rooms sharing one shower and toilet)	350	405	435	475	435	405	350
PRIVATE HOUSES - ½ (two rooms sharing one shower and toilet)	280	325	355	395	355	325	280
PRIVATE HOUSES - ½ own shower and toilet	310	365	395	435	395	365	310
MOBILE HOMES - ½ own shower and toilet	325	380	410	450	410	380	325
MOBILE HOMES - ½ for one person, own shower and toilet	375	430	460	500	460	430	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 EUR a day per person. Children under the age of 3 have free accommodation unless they require a separate bed, children between 3 and 8 pay 30% of the full price unless they require a separate bed, and children between 9 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. 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.



A Unique Holiday by the Adriatic Sea - Harmony Programme

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 - 23 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



Harmony program
Harmony Croatia

