

Divine Play

Yoga Retreat

Vis Island, Croatia

July 7th - July 14th



Divine play is a moving meditation where through laughter and play you remain firmly rooted in the present moment, liberated from the troubled mind, finding the joy from deep within your hearts, and creating a deep intimate bond with yourself, the soul. Divine play is a deeply spiritual state when one is in union, body, mind, and soul connected to the universal energy vibrating all around you. Through dynamic yoga classes (Ashtanga, Vinyasa, and SUP yoga), playful and fun excursions throughout the island, daily meditation and pranayama, and long afternoon Yin classes, you will learn how to experience the present moment through your breath and through your body as the temple.



Highlights:

- 2 SUP yoga classes
- Daily meditation sessions on the beach
- Daily Ashtanga and Vinyasa yoga
- SUP (Stand up Paddleboard) adventure to a nearby sandy beach
- One surprise boat excursion
- Transfers to and from the port of Vis
- Daily brunch and dinner
- 7 nights' lodging



Daily schedule:

- 08:00 Rise and shine yoga (Ashtanga or Vinyasa flow)
- 11:00 Buffet style wholesome Mediterranean brunch
- 12:00 Free time / beach / chill out on the estate or excursions
- 18:00 Gratitude yoga / sunset SUP class / Bili Bok gentle flow / sunset meditation
- 20:30 Wholesome four-course dinner



Location: Vis Island

“Fascinating”, “Divine”, “Pearl of the Adriatic”, “Island paradise” - these are just some of the epithets used to describe the island of Vis by people who come here from all over the world. The World Wildlife Fund (WWF) has included Vis in the last ten remaining paradises of the Mediterranean.

"Living in harmony with nature" is our motto and we find that the only way to live on this island is to live according to nature's rules. Therefore, our philosophy is based on the principles sustainability, leading a holistic lifestyle in harmony with the natural environment of the island. -Nearby places *City of Vis, 8 kilometers *Komiza, 20 kilometers.





Accommodation:

During this retreat, you will enjoy comfortable, fully equipped apartments at Estate under the Paintbrush or the surrounding houses in double and single rooms as well as studio apartments. The Estate under the Paintbrush is surrounded by lush vegetation, a magic oasis filled with harmony, beauty and creativity. With its cozy and artistically created space, you can find two houses - Camellia and Jana – and the wonderful Mediterranean garden. All rooms are air conditioned. Kitchens are fully equipped with appliances and utensils. There is also satellite television, and Wi-Fi internet.

Menu:

The menu will be based on organic and local Mediterranean ingredients. You will be served a buffet – style breakfast and a rich 4-course dinner. The menu will be vegetarian with the aim of purifying your bodies as well as your minds during your island getaway. If you have any dietary restrictions, our chef will be more than happy to accommodate the meals to your specific needs. Just let us know! :)





Things to do:

We will have a fully packed schedule as it is. We have added in some fun and active excursions to balance out all the yoga we are going to do. 😊 We will take you on two beautiful excursions, have a couple of SUP yoga classes, have meditations on the beach, etc. However, if there is anything else you would like to do in your free time, we will happily organize it for you. Just let us know.



Excursions:

SURPRISE BOAT EXCURSION

This tour will take us on a fast and crowd-free loop ride visiting some hidden bays around Vis Island. We will depart from our base in Rukavac after morning practice and breakfast. We will have a beach-hopping day, visiting a few hidden beaches around Vis Island. We will have a break for lunch and some cool down time and then continue our excursion. We will be back in Rukavac for our afternoon session on the beach.

SUP ADVENTURE

We will have a SUP tour to the nearby bay of Zaglav. Zaglav is a hidden sandy beach, not accessible by car, but only with narrow paths that is a 20 min walk from the bay of Milna. We will take another way to get there, by sea, using our Stand up Paddleboards. The beach is located in a wide and shallow bay, but it is well protected from prevailing summer western winds. The sand is very fine and clean, the water perfectly clean and clear, located in beautiful, unspoiled natural surrounding, and is perfect destination for those that seek peace and tranquility.



Package includes:

- 2 yoga classes per day
- Daily meditation sessions
- Stand up Paddleboards for SUP yoga
- An introduction class into SUP
- Boat excursion
- A SUP trip to surrounding sandy beaches
- Healthy vegetarian brunch and wholesome four-course dinner
- 7 nights' accommodation
- Welcome dinner
- Transportation during excursions
- Transfers to and from the port of Vis
- Tourist tax

Not included: Travel to Vis (airplane ticket, ferry ticket). Travel insurance.



Pricing (1 Person)

- ❖ Shared twin room (two bedroom apartment; max 4 people in the apartment)
860EUR
- ❖ Single room (two bedroom apartment; max 3 people)
1000EUR
- ❖ Shared double room (Studio apartment; for couples or good friends)
880EUR
- ❖ Single room (Studio apartment: whole place to yourself)
1200EUR

Reservation and booking

To secure your spot you need to make a down payment of 30%. In case of cancellation, the amount paid for the booking will not be refunded.

The remainder is paid upon registration on the day of arrival.

Reservations to be made until 15.06.2019 the latest or until spots fill up.

****Pease keep in mind that spaces are limited. We are keeping this retreat to a maximum number of 10 students so each participant can get as much individual attention possible.*

****Paying is possible in installments. Please contact us at ashtangayogaskopje@gmail.com get further info.*



How to get here:

If you are arriving by airplane please book your flight to arrive at Split International Airport (SPU). To come to Vis, you have to take the ferry or the catamaran, which undock from Split. The ferry takes 2 hours and 20 minutes, and the catamaran takes an hour and twenty five minutes to arrive to Vis. For detailed schedule of both the ferry and the catamaran, please check out the official site of the company: www.jadrolinija.hr

For information regarding the airport in Split, please check the following link: www.splitairport.hr

For information regarding the train transport, please click here: www.hzpp.hr

For information regarding the bus transport, please click here: www.akz.hr

We will wait for to greet you at the port in Vis. Transpiration to Estate under the Paintbrush is included in the package. Drop off on day of departure is also included. We will come down to the ferry port in Vis to say our goodbyes.



Neda Kocare

Resident of Vis Island, Croatia and Macedonian – American yoga teacher **Neda Kocare** is a lifelong vegetarian yogi. She believes the yogi saying that if you do yoga in this lifetime you must have done it in previous ones as well. Neda considers herself **a student of yoga first and foremost**. In 2010 she discovers the Ashtanga Yoga method and starts practicing religiously at her home. After a lifetime of practice and soon after finding Ashtanga Yoga, she decides to embark on the path of a yoga teacher. Since then she can't seem to stop. Accumulating over 1000 hours in formal training, she is an E-RYT 200, RYT 500 and YACEP; still hungry for more knowledge and new challenges. Among her teachers she credits Doug Swenson, Lea Loncar, Petra Carmichael, Eddie Stern, Silke Polanco and Javier Castro as being the most influential in her personal practice.

Currently she is splitting her time teaching yoga on the Island of Vis, Croatia, and her hometown of Skopje, Macedonia, after spending a decade living and learning yoga in the USA. She is the owner and founder of her very own studio Inside Yoga in the center of Skopje where she founded the first yoga school in Macedonia, and held the first ever Yoga Teacher Training which produced 14 beautiful teachers. She is also the owner of Vis Island Yoga, teaching regular SUP Yoga classes for the past 4 years. She regularly guest teaches on yoga retreats as well as Yoga Teacher Trainings. Besides that she holds her own YTTs and annual retreats on the island of Vis, Croatia. She is the founder of the first Mysore class in Skopje, and is truly **dedicated to spreading the love and practice of yoga** in her neck of the woods, wherever that may be.



Neda teaches from the heart and from intuition. She believes that our ultimate teachers are nature and our own experience. Nothing can replace our intuitive knowledge, and is through the yoga practice that we learn how to cultivate the sensitivity to start listening better to **our bodies** (finding stability and ease), **our minds** (the somatic experience: body-mind connection), **our hearts** (realizing that we are all one: escaping fear, comparison and competition, sharing with others) **and souls** (finding deeper meaning into our lives). This deep felt intuition can only be cultivated through a dedicated disciplined practice. One of Neda's most important messages is to awaken the importance of cultivating a self-practice in her students.

Besides yoga, Neda is a sea mermaid (she might love swimming just a bit more than yoga), slow mover, avid traveler, herb grower, amateur photographer, home cook, melophile, and the best friend of a 2 year old cocker spaniel named Yoda. Oh yes, and she has a BA in International Security and Conflict Resolution with an emphasis in Environment, and an MSc in Land Management. PhD coming soon :)

