

Hormonal Reset & Detox Yoga Retreat on the Island of Iž (Croatia)



with Shakti Lehner & Tereza Schmitt
October 2-9, 2022

A beautiful time out to start the coming winter fit and radiant. With light vegetarian/vegan alkaline meals, smoothies and all the wonderful practices of this week, body and mind can leave behind, what they no longer need. Ayurveda and Sound Massages nourish body, mind and soul and with Hormone Yoga and Yoga Flow you bring your body into perfect balance. In addition there will be special workshops for Hormone Yoga Teachers and there is enough time for swimming, reading, chatting and community, hanging out in one of the cafes around the picturesque harbour or hiking in the beautiful scenery of this little island. A week of letting go and enjoying - in simple accommodation that has everything you need, including a wonderful setting right by the sea.

The hotel is located in a beautiful little bay, right on the water, 90-minute boat ride (ticket approx. 3 €) from Old Town Zadar. There are several boat shuttles on our official arrival and departure days. Your flight should land at least 1.5 hours before the boat departs. Waiting times in Zadar can be wonderfully combined with a visit to the idyllic and historic old town on a peninsula right at the ferry port. There are options to store your luggage and to have a good time until the ferry leaves. The hotel itself is non-smoking. The food on site and on excursions is alcohol-free and vegetarian, vegan on request. The promenade is right in front of the door and the small, romantic town center with a mini marina and a few small cafes and restaurants as well as a mini market is only a 3-minute walk away.

Prices are noted on the registration form and include accommodation & half board (brunch & dinner) and all workshops, yoga classes & meditations. Flights and local transfers are not included.

The additional booking of nights including half board at our hotel is easily possible - group members are granted a discount for extra nights. Depending on your room, expect between 55 and 80 Euro per night.

The pretty old town of Zadar, located on a peninsula, also offers a large number of possible accommodations for nights before or after your arrival.

Registration Form



Hormone Yoga & Detox Retreat on Iž (Croatia)

2. - 9. October 2022

Herby I register for this Retreat for the following option:

- my own Tent or Camper: 749 €
- 1/2 double room with balcony: 839 € (we are happy to try to find a room-mate for you, if you like to share with someone)
- Single room, small room with balcony: 889 €
- Single room with balcony & sea view (double room single occupancy): 1059 €

All prices include accommodation & half board (brunch & dinner) and all workshops and classes. Flights and local transfers are not included. Additional costs on site: bus from the airport to the hotel and back, boat fees, snacks, tips, shopping.

Name: _____ Date of birth: _____

Street: _____ Postal Code: _____

City: _____

Mobile Number: _____ E-mail: _____

previous yoga experience: _____

How did you come to know about this week: _____

Medicines, allergies or other health problems, special concerns:

Cancellation conditions:

Cancellation-fees up to 2 months before the start of the Retreat are 25%, up to 4 weeks before the Retreat 50%, and at any later point in time the full payment will be retained as a cancellation fee. If the Federal Foreign Office has issued a travel warning, we will reduce the cancellation fee to 25% of the travel price at any time. If the retreat has to be canceled from our side because of covid-19 regulations, you will be reimbursed with the full price.

Please inquire about a separate travel cancellation insurance if necessary.

I hereby make a binding registration and transfer the Retreat costs to the account of the Yoga Vidya Center within the next 14 days:

Sparkasse Vorderpfalz

IBAN: DE71 5455 0010 0380 0436 61

SWIFT-BIC for transfers from abroad: LUHSDE6AXXX

Please fill out the registration form, sign it and send it by email or post to:
Yoga Vidya Center, St.-German-Str. 1, 67346 Speyer, speyer@yoga-vidya.de

I have read and taken note of all travel information with instructions and conditions on the previous page.

Date, signature: _____

Data protection:

We have to collect personal data from you to process the offers and services you have selected. This takes place in particular when booking a seminar or training carried out by us, participating in events, yoga courses, yoga classes, trips or retreats, etc., ordering free information material, and e.g. by filling out a form. Furthermore...

- ...we look forward to your consent to receive the **Yoga Vidya Speyer Online Magazine** Newsletter. Please send the Opt-in Link.
- I consent to the Yoga Vidya Center and Yoga Vidya e.V. processing and using my personal data to send me Yoga Vidya information and messages **by post**.
- I would like to receive the **newsletter from Yoga Vidya e.V.**
- Usually requested by all participants after the trip at the latest, so here in advance: **I agree that my name, address, email and telephone number may be sent to all participants** in the form of a list of participants. Of course, we assume that all participants will use this list confidentially and only for private purposes.

Right of objection: You can object to the use of your personal data for information/advertising purposes at any time. Send a message to: speyer@yoga-vidya.de or to the postal address.

More information at: www.yoga-vidya.de/speyer.

Date, signature: _____

For questions about registration and travel preparation mail to: speyer@yoga-vidya.de
Yoga Vidya Speyer, Shakti Simone Lehner, St.-German-Str. 1, 67346 Speyer,
Phone: 06232 - 670 557