

# Spirit & Body Holiday - A Way to feel more complete

06<sup>th</sup> July 2020 – 13<sup>rd</sup> July 2020 (8 days 7 nights)

Our goal is for you to return home with a strong, healthy, happy and balanced way by combining the two different forms of training yoga and fitness at the end of the camp. Through this special yoga experience and the dynamic fitness program combined you can find the path to your physical and mental health. If you are just getting acquainted with yoga, or a well-trained yoga teacher, whether you just started to get to know the water or beginning of your fitness journey we looking forward to have you on board.



Come and be part of something new and special! Spend a week on the coast of the Adriatic Sea where you can leave your daily stress and troubles behind and do something exciting for yourself. We will start every morning with a yoga class followed by intense fitness workouts and close the day with a strengthening dynamic yoga session. By starting a regular yoga exercise routine could help you achieve a better and healthier life physically and mentally. This exceptional intensive fitness workout program built by professional trainers can effectively increase your fitness level while burning up to 800 calories per hour. JOMBA is a new form of training which already gained ground in England as it alternates between highly intense intervals and toning exercises. It is extremely effective in stimulating cardiovascular function and strengthens muscles at the same time.

Our mission is to bring something new to people's lives and help you get out of the grey everyday life. That is why the program of our camp designed for you to return home not only with a memory of a pleasant holiday but also to acquire practical and theoretical knowledge which could help you change and develop your daily life for the better.

The camp is based on the island of Brac. One of the most beautiful natural beauties of the Adriatic Sea. This is the perfect choice for sea and sun lovers and for those who are looking for an ongoing relaxation. In addition to the dynamic programs of the camps there are also leisure areas where we can take a tour overlooking at romantic bays or walk along the palm trees. There are lots of opportunities for excursions and cycling too.

Our accommodation is located in the peaceful almost like fairy-tale village Sutivan. An apartment accommodates 2 or 4 people with built in air-conditioning and its situated 400 meters from the sea. All apartments have a sea-view terrace, fully equipped kitchen and television. More about the accommodation:



## The prices

Include 7x nights' **ACCOMODATION**, 3x daily vegetarian **MEALS** (breakfast, three course lunch, dinner), please be aware there are not many options for different variations and tastes. It is an extra, very basic additional the camp is providing and if you prefer to try a local kitchens and bars, please feel free to try that adventures. Our camp offers special gastronomic experiences and 4x daily sports **ACTIVITIES**.

### - THE ACCOMODATION

*Apartments are fully equipped. All apartments accommodates 2 to 4 people which is air-conditioned with a sea-view terrace. The apartments have a fully equipped kitchen for individual cooking which includes fridge, microwave, dishes, plates and cutlery. There is no coffee maker. The television can receive broadcasts in Hungarian. Wifi is not available in any of the apartments but is accessible to everyone in the common terrace/reception.*



### - THE MEAL

*Our seaside camps are basically about creativity, self-expression, relaxation and recharge. However, we believe that the healthy nourishment of our body is important to achieve and maintain a proper state of mind and inner balance. Consuming clean and fresh ingredients in carefully prepared meals is the first step through health and balance! Based on the principle of non-violence and organic living we are vegetarians and we aim to attract more people to this type of nutrition. It is important to us to offer our guests not only healthy but delicious dishes. In order to ensure the quality of the food we obtain fresh produce of fruits and vegetables from the Supetar grocery store and from the Nerezisca valley producers.*

*We've already started working with our chefs on the exact menu for the camp. We hope that you will be able to find some of the ingredients that are special, some new and unfamiliar flavours delightful and satisfying.*

**If anyone has food allergies or a special diet please do inform us when signing in. As we have a dietitian cook therefore we do not have any difficulties creating special meals at all.**

### **Beach access**

*The beach and bays are only a few minute walk from the apartments. The nearest bay is 200 meters away, although a bit further away (around 1000-2000 meters) you can find smaller and larger bays that are suitable for bathing. Parking is free. There are showers and toilets on the beach too.*

### **Shops, restaurants, cafes, trips**

*Every meal is safe to indulge in the camp, however if you want to have a coffee on the beach in the morning or have a cold drink in the evening please do so as everything is close by. There is a Café 200 meters away. The centre of the village is 10-15 minute walk where ice cream parlours, restaurants, grocery stores and souvenir shops can be found. You can exchange money in the post office or at Supetar. The village has a market which is rather small. Fresh vegetables and fruits can be purchased in large Supetar grocery shops which are situated every day (6 km). Any trip is organized individually, however we can help you organize a car trip at camper's requests or a joint trip and other possibilities like i.e train etc.*

*How do you get here?*

*Address: 21403 Sutivan, Bana Josipa Jelačića 16., GPS: N 43.38572 E 16.46896*

Click on the link to open the map planner: <https://goo.gl/maps/Qmh7VrZA8hx>

## What you will get from the Spirit & Body Holiday Camp



- 2 yoga classes a day
- 1 swimming lesson per day (learning, training or technical development)
- 1 cardio session with JOMBA routines – no trampolines, Zumba, toning and conditioning workouts
- Other daytime organized and optional programs

### The camp's agenda in both /Hungarian and English/ -

Please note that the schedule is subject to change due to the size of the groups and inclement weather.

#### **7 am - 8am Sunrise:**

Every morning we start with yoga and watch the sun shine. We will be greeted by the waves of the sea and the rising sun. The Twelve Aces Practice Series is an integral part of yoga traditions. Works like an imam through meditation. It gives endurance, relaxation and strength to the whole body. We will do more from day to day. You can join us if you wish for a real challenge at the end of the camp.

We will do Hatha yoga moves which exercises a whole body and we close the day with relaxation yoga workout.

#### **8.10- 9.10 am Early bird Aqua** Fun for everyone: – with Andyka – An Ironman Champion

- Education for beginners:

Love of water, breathing technique, water learning, and movement patterns in water, gliding, jumping, water safety, aqua fitness

- Training for advanced: swimming in time and races in different techniques

- Technique development by drills for professionals

#### **9.30 - Breakfast**

#### **13.00 - 3 course Lunch**

#### **17.30-18.30 - Daily alternating cardio or toning session**

#### **Cardio classes every Monday, Wednesday and Friday:**

**JOMBA** - High intensity, energetic, dynamic choreographed interval jumping exercises based on dance routines, usually on trampolines, or on soft/flexible surface. Built on music. It includes various carnivals, combat sports and high intensity bouncing contests.

**Zumba** - Dance from Colombia. Easy to learn. Based on Latin rhythms which is also a type of fitness program at the same time. The movements are made up of aerobic and various dances. It includes basics of well-known dances such as salsa, merengue, cumbia and reggaeton.

The complex program exercises the whole body much better than most other endurance or fitness sports. Before you even realize, not to mention the fun, the vibrant music and rhythm will completely disconnect you from your

daily stress and encourages your mind to focus on your body and soul. You will be getting to know more about yourself and your hidden skills with joy.

**Conditioning / Toning sessions are on Sunday, Tuesday, Thursday and Saturday:**

This is an all-body shaping class. LBT /Legs, Bum, Tom/, Beach Fun Boot Camp. Toning exercises strengthen the muscles and improve posture. Particular attention is paid to those parts of the body and muscles whose shape have changed over time or have become critical.

**18.45-20.00 Toning /after cardio class/ or Stretching /after toning class/ Yoga class**

**20.15 Dinner**

**What to bring with you:**

For yoga classes a yoga mat (no polifoam), comfortable clothes, towels and a bottle of water

For swimming - floating goggles, rubber gloves, rubber or sea shoes, earplugs and nose clip (ONLY if you do not like the water - our goal is to reignite)

For Cardio / Toning - sports shoes, comfortable shorts, sport top, towels, water

**Professional leaders of the camp:**

**Teachers for Tulasi Jógastudio / Tulasi Yoga Studio:**

Noemi of Csémy - Hatha Yoga, Yin Yoga, Child Yoga and Pöttöm Yoga Instructor  
Csaba Czeglédy - Hatha Yoga, Aerial Yoga, Gerinc Yoga and Ashtanga Yoga Instructor

**JOMBA London Instructors:**

Andrea Kovács – JOMBA London Representative, Zumba Fitness Coach, Swimming Coach

Chef/Nutritionist:

Dharmistha Fábián Dóri - creator of your healthy, delicious and energy-efficient meal - who is a natural therapist and dietitian cook and can also provide lifestyle counselling.

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Flights Recommendations:

<https://www.easyjet.com/en/buy/flights?isOneWay=off&pid=www.easyjet.com>

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**For Ferry and Local Bus/ Taxi recommendations for prices and planning please contact Andrea on 07878805269.**

For more infos visit:

<https://www.croatia-expert.com/split-airport-airport-bus-and-transfer/>



## The Participation fee for the camp:

Adult : 385 GBP/ person

Discounted Early Bird price: £365 GBP/ person, £100/ person deposit needed to pay in by 01/06/20

Minimum 2 guests from each country needed to make the camp enjoyable. In a case of low attendance, we guarantee the full refund, paid money back by 01/07/20.

- If you want to participate in the camp with your family. We can give you the following discounts: Children age 0-3 years are free. Children age 3-10 years old 180 GBP/ child.

- Adult family members who do not require field programs and children over 10 years can join at 310 GBP/per person.

The discounted prices includes accommodation and meals, but does not include other services. Of course we would also enjoy excursions and other informal programs!

What does the price contain?

The price includes accommodation, meals, yoga and fitness classes. Also community programs and other services i.e. group sessions. Does not include travel expenses.

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There is no need to buy tickets for parking or bathing in the village. You can sign up for the Spirit & Body Holiday camp and participation fee by filling out the following form and send it to [info@jomba.co.uk](mailto:info@jomba.co.uk) or visit [jomba.co.uk](http://jomba.co.uk) and click on <https://jomba.co.uk/classes/jomba/jomba-sub/jomba-vegetarian-yoga-fitness-camp> to make a full payment or we will send you a bank account details to make a payment for the £100 deposit only.

Please let us know which method you prefer to send the payment.

Many Thanks, and we look forward to see you there.

Surname \*:

First name \*:

E-mail address \*:

Phone number \* :

Billing name, company name \* :

Town \*:

Postcode \*:

Street Address \*:

The number of adults \*:

Number of children \*:

If you need a special diet, choose from the following menu items. The special menu is 30 Euros about 26/27 GBP.

1. vegan / lactose free
2. Glutenfree
3. sugar-free
4. Comment