

YOGA CRUISE 2016
Departure from Split
Guaranteed departure August 20th – 27th

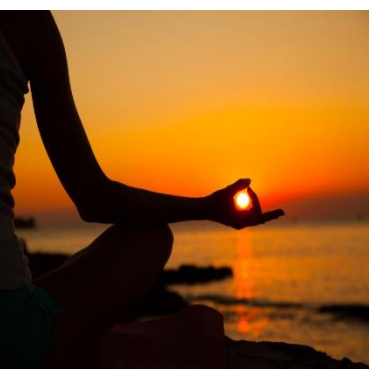
TriYoga® 
Renata Reiner



Cruising with motor ships along the magnificent Dalmatian coastline & islands on the route:
SPLIT – PUČIŠĆA – KORČULA – LASTOVO – RAVNIK (Blue cave) / KOMIŽA – BIŠEVO (Green cave) / STARI GRAD –
BOL – SPLIT

Yoga cruise offers specially adjusted daily programs for achieving a perfect balance between your mind, spirit and nature. Get away from the world as we know and take the opportunity to unwind. Spend in an unforgettable week cruising on the southern Adriatic Sea from one island to another combined with healthy and fresh dishes, different exercises and meditation overlooking the clean blue sea. The exercises will be led by Renata Reiner, the only certificated TriYoga teacher in Croatia, continuously being educated by Kali Ray herself. TriYoga is a classic HathaYoga style which has maintained all the elements from the traditional yoga, but which has been adjusted to modern lifestyle. TriYoga puts the emphasis on the slow, harmonious movements of the spine that gently and continuously are being transformed into the next position. The program is designed for beginners as well as for those who practice yoga in their everyday life.





SATURDAY SPLIT - PUČIŠĆA

Departure from Split at 13:00h followed by a lunch on board and a swim break. Continue to Pučišća on Brač island. While we cruise we will get acquainted with our yoga teacher and fellow passengers and will have our first meditation session. Pučišća is a typical Mediterranean place, situated on the northern side of the Brač island at the bottom of the deep bay. It is the cradle of the world's famous stone of Brač. There is a possibility of visiting a stone-masonry workshop, one of the few stone masonry workshops left in Europe. Enjoy the domestic food, wine and famous olive oil of this coastal village. Overnight in the port of Pučišća.

SUNDAY PUČIŠĆA – KORČULA

Early morning exercise on the sundeck. By the time we are finished with our breakfast, Pučišća will already be behind us. After a morning swim in the crystal blue sea, we cruise toward Korčula; the birthplace of Marco Polo. Lunch will be served either on the tip of the Pelješac peninsula (near Lovište) or in the quiet bay of Kneža on Korčula. Afternoon meditation on board in one of the perfect bays. Late afternoon arrival in Korčula for guided sightseeing of this exceptional town. According to legend Korčula was found by Trojan hero Anthenor in the 12th century B.C. On this island you can find more legends, tales and monuments than anywhere else. In the evening we recommend you visit one of numerous konobas or enjoy the stunning views of the mainland from the numerous cafes and bars. You can also visit a nearby village for a typical village dinner experience. Overnight in Korčula.

MONDAY KORČULA – LASTOVO

Let the early morning sun embrace you during your TriYoga session on the vessel's sun deck. We continue our cruise towards Nature Park Lastovo, the furthest, inhabited island in Dalmatia, which Romans called the Imperial island. Docked in Ubli port, one has the opportunity to visit the protected Nature Park or visit the biggest town on the island – Lastovo. The Island is surrounded by many smaller islands, with plenty of secluded bays suitable for snorkeling and for this occasion meditating, but also known for many little churches and unusually shaped chimneys. Captain's dinner party on board and overnight.

TUESDAY LASTOVO – RAVNIK (GREEN CAVE) – KOMIŽA

Enjoy your early morning yoga during the departure towards Vis island, which was closed to tourists for many years. Vis was, because of its unique geographical position, a strategic harbour for the navy. Because of this isolation, Vis has a special charm of the 'Mediterranean as it once was' which makes it really interesting to see. Near Vis, there is the little Ravnik island, where the Green cave is situated. It was named after the unusual light that reflects in the sea from the hole on the top of the cave. After a short swim, depending on the weather conditions, we sail further to the town of Komiža for overnight. Before the arrival get in touch with your inner self through meditation on the sun deck. Komiža is a typical Mediterranean place on the western part of the island, where the fishery on the eastern part of the Adriatic coast began. Enjoy the walk through the narrow alleys and rich heritage, or maybe on one of the pebble beaches with fresh water springs, that stretch along the whole eastern side of the Komiža bay.

WEDNESDAY KOMIŽA/VIS – BIŠEVO (BLUE CAVE) – STARI GRAD

While we cruise towards the little Biševo island to visit the Blue cave, a magnificent natural phenomenon enjoy your early morning TriYoga session. As sometimes weather conditions can be very unpredictable, the possibility of our visit will depend on those conditions, however you will be notified of this by the crew. We continue towards Stari Grad on the Hvar island, the sunniest Adriatic island. Free afternoon to explore this unique town after we finish our afternoon meditation. The famous Stari Grad Field is the oldest in Croatia and the best preserved example of ancient Greek system of agriculture. Together with the old town it is a part of world heritage protected by UNESCO.

THURSDAY STARI GRAD - BOL

Awake your body and mind by early morning yoga on the sun deck. After breakfast we cruise towards the beautiful Brač island and the famous town of Bol. Swimming is planned at the most famous beach in Dalmatia – Zlatni Rat (the Golden Horn - its gravel promontory shifts from side to side as the wind and waves constantly change in shape). We will search for a perfect spot for meditation on Bol, a typical fishermen's town converted to a popular tourist destination. Here we spend the night and have the opportunity to enjoy excellent fresh fish, local wines and other delicacies of this unique island, enjoy a lovely walk or cycle along the promenade. Hike or rent a scooter up to Vidova Gora for a spectacular view of Bol and surroundings.

FRIDAY BOL – SPLIT

The last day is spent mostly relaxing, meditating and swimming in different quiet bays of Brač island. Late afternoon arrival to Split, the second largest Croatian town and the capital of the region of Dalmatia. Split is a city under UNESCO protection, and its historical and cultural monuments belong not only to its inhabitants, but also to anyone who wants to capture a piece of the thousand year old beauty. Possibility of joining our sightseeing tour of the old town (Diocletian's palace).

SATURDAY SPLIT

Early breakfast and time to say goodbye to the crew and all your new friends.



MV Adriatic Queen



YOUR HOME FOR THE WEEK

A+ category ship – MV Adriatic Queen

Ship description:

- 15 cabins divided in three decks (5 on top deck, 4 on main deck, 6 below deck) out of which
- 9 cabins with double bed (4 have extra bed possibility)
- 5 cabins with double beds can be either double or twin
- 2 cabins have bunk beds
- Spacious air-conditioned cabins with private shower and toilet
- Spaceful restaurant
- 2 bars
- Salon on deck – dining tables for 37 pax, bar, wine cellar
- Reception, TV, video, HIFI with CD player
- Spaceful sundeck (approx. 75 m2)
- Wi-Fi

Ship characteristics:

- Dingy with engine 20 PS
- Grill possibilities
- Length 40 m / Width 8,30 m / Depth 3 m
- Motor power 1.100 PS
- 1 generator - 50 kW; 2 generators - 70 kW (each)
- Speed 12 knots - 20,20 km/h



PRICES 2016.

Split harbour: Saturdays at 13.00 h/ check in from 11.00 h till 12:00h PRICE PER PERSON in DBL/TWN CABINS IN EUR	Departure date
	Aug 20th - 27th
A+ CATEGORY ON DECK	900
A+ CATEGORY UNDER DECK	840
ALL DECK CABINS ARE SITUATED ON MAIN AND TOP DECK! Under deck cabins are in the hull of the ship.	

Obligatory supplement:

- * **VISITOR'S TAX & PORT FEES ARE NOT INCLUDED** (to be paid on the spot) **EUR 25.-** per person per week
- * Entrance to Nature Park zone Lastovo: Approx. **EUR 5.-** per person (to be paid on the spot)

REDUCTIONS & SUPPLEMENTS:

- * adult on 3rd bed in a triple cabin – 30%
- * children under 10 years – 50%
- * single use of cabin +50%

PRICE INCLUDES:

7 days cruise on A+ category vessel Adriatic queen. Adriatic queen is a steel hull ship with air-conditioned, spacious en-suite cabins (with double or twin beds, hair dryer, safety deposit box). Accommodation based on half board service (hot & cold breakfast and 3 course lunch), 1 L of water daily. Price also includes 1 Captain's dinner (choice of fish or meat menu - ship's speciality), guided sightseeing of Korčula, daily cabin service, mid-week fresh set of towels and bed linen. Yoga mattress, blocks, pillows and various accessories for yoga meditation will be provided on board.

OPTIONAL SPLEMENTS (nett):

- * Entrance to Biševo Cave: Approx. **EUR 7.-** per person (to be paid on the spot)
- * Full Board supplement: **EUR 115.-** per person/week, min. 10 pax required
- * Drink supplement: **EUR 25.-** per week – incl. choice of 1 drink - glass of wine, 1 beer or 1 soft drink with lunch
- * Extra towels: The guests will be provided with two towels for personal use per week. Extra towels can be rented for **EUR 3.-** and beach towels **EUR 5.-** per week/towel. Katarina Line beach towel can be purchased on arrival for **EUR 10.-**
- * Parking: Possible from **EUR 10.-** daily
- * Airport transfers: **EUR 50.-** from Split airport to Split port. Other transfers available on request.
- * Wedding renewal or other occasional / special day celebration package: **EUR 100.-** per couple – includes renewal ceremony performed by the captain, certificate, champagne, gift
- * Pre/post cruise accommodation: Available on request - villas, hotels, private accommodation, hostels...
- * Ferry Tickets: Cabins, seats or deck, available for coastal & international ferry connections

Add 3 nights land program to your cruise for a 10 night program; possible for all departures

Includes: Combined with Yoga cruise includes 3 nights prior to cruise (2 overnights Zagreb, 1 overnight Split), 1 half board and 2 bed and breakfast services; accommodation in 4* Hotel in Zagreb & Split, Visitor's taxes during land part, airport transfers (from airport Zagreb and to airport Split), all transfers as per itinerary, guided sightseeing of Zagreb, Plitvice, Split, and on the cruise of Korčula)

Price per person: EUR 525.-;
Single supplement: **EUR 135.-;**
Reduction on third bed: **10%**

OPTIONAL EXCURSIONS (if paid locally payment in KUNA currency, prices are informative and subject to change)

MOSTAR FROM SPLIT EUR 68.-

Experience Bosnia and Herzegovina's most beautiful city, view the iconic "Stari Most"/Old Bridge, discover Ottoman and Turkish history – full day coach excursion with a tour leader and local guide. Passport required. (min. 10 persons)

KRKA WATERFALLS FROM SPLIT EUR 58.-

Do not hesitate to swim at the wonderful Krka waterfalls and visit the historic town Šibenik. After a guided tour of the oldest Croatian town on the Adriatic coast, excursion continues to Krka waterfalls to explore beautiful natural surroundings. Return to Split in late afternoon hours.

WINE TASTING IN BOL from EUR 7.-

Get your taste buds working and try Dalmatian wine sorts growing on Brač island in the oldest wine association in Dalmatia dating from 1903.

VILLAGE DINNER EXPERIENCE FROM KORČULA EUR 28.-

Try typical Dalmatian dinner in small village near Korčula and find out more about the history and traditional way of living.

PLITVICE LAKES FROM SPLIT EUR 87.-

Visit the famous Plitvice Lakes, sixteen turquoise coloured lakes with crystal clear water connected by magnificent waterfalls. Pure nature, mountain forests and fresh air. One of the most beautiful national parks in Croatia, and a UNESCO site. A full day tour, starting early in the morning and returning just for your dinner. One-day tour begins in the early morning hours (7:30 am) while the return is scheduled in the evening (approx. 7:00 pm, includes coach transfer, guide, entrance to the park with boat and train ride in the park); comfortable shoes recommended.

Optional sightseeing in following towns (min 10 pax required):

Split - **EUR 10.-** per person per tour

Payment:

- * 150 EUR per person upon reservation
- * Remainder one month prior to arrival

Conditions & Cancellation policy:

- * The Captain reserves the right in changing the route in case of bad weather conditions
- * Departures are guaranteed. Katarina Line reserves the right in cancelling departures with less than 10 participants and changing ship name if need arises
- * Guests are obliged to follow ship rules (found in written form on the ship) especially with regards to bringing drinks on board.
- * In case of inappropriate behavior Katarina Line/captain reserves the right in asking clients to disembark

Cancellation conditions:

- * From the day of confirmation up till 30 days prior to arrival – advance payment (EUR 150 per person) - **non-refundable**
- * 29-22 days – 25% of the remaining balance
- * 21-15 days – 50% of the remaining balance
- * 14-0 days – 100% fee
- * Name change / date change fee – 20 eur per person (valid only if the change is done up till 30 days prior booked departure, otherwise regular cancellation clause will be applied)

Katarina line highly recommends clients to take insurance against cancellation of reserved services! Katarina line offers a complete travel insurance package (travel health insurance, personal accident insurance, private liability, luggage insurance & trip cancellation). Additional information about travel insurance package can be found at <http://www.katarina-line.com/terms-of-service.html>

Due specific mooring conditions and requirements in some Croatian ports, Katarina Line ships are moored side by side, making it necessary for the clients to cross from one ship to another with gaps in between ships in order to get to the shore. In such cases clients need to take special care when crossing and do this at their own risk. Crew assistance will be given to those needing and requesting it. **Cruise not recommended for clients in wheelchairs or with limited mobility.**



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