



SUMMER COURSES:
WELLNESS -YOGA – AYURVEDA – COUNTRYSIDE – SUN AND SEASIDE RESORT

From June 27 to July 12 2009

POLA
PENINSULA OF ISTRIA
CROATIA

http://www.suryanagara.it/seminari_viaggi/pola_croazia.html

<http://www.confederazioneyoga.it/news2.htm>



Summer holidays is a break for a thought and recharging.

Someone dive in the chaotic holiday clubs looking for fun and crowd. Others go climbing alone in search of silence, some people are in a desperate search of rest and nothing all or someone is fascinated by extreme sports. Everyone finds what is looking for.

Having a good time to restore one's strength and gain energy so as to afford another year of hard job.

And more ... there are people who look for a useful holiday other than relaxing and fun ... and this is what we offer you.

A different holiday ... using the summer vacation for a programme of Yoga, countryside, Seaside resorts and ... wellness ...

You can learn how to breathe properly, how to get relaxed and strengthen body and mind by means of exercises coming from the millenary science of yoga and Ayurveda.....
What about the place???? ...offering both silence and fun ?
A full immersion in a beautiful countryside, a clear sea, shadowed pinewood and a comfortable hotel ... in the beautiful and enchanting peninsula of Istria.

The Romanic city of Pola with its 3000 years of history, the many monuments, where almost every night – in the city centre –various performances by folk or ethnical groups take place

The Hotel is located in a marvellous countryside suitable for practising yoga, at a walking distance from **Pola**, and very close to other famous touristic places.
The indented coast-line of Pola looks like a white zip-fastener that link the green countryside to the light blue of the sea, in a scenery where the enchanting bays with fabulous beaches are so inviting for sliding in its transparency water.

A wonderful holiday, ... which offers: **wellness, yoga, relax and ayurvedic massage** and, for those who cannot attend the regular lessons during school-year for many reasons **a training course for yoga teacher or ayurvedic massage.**

A professional Yoga training in four levels (always during summer time). A training **certified by National and International Body.**

A different holiday, a special one, for those who are not interested in getting a certificate but simply would like to deepen their knowledge of yoga and meanwhile enjoy a clear sea, the sun, the beauties of a countryside ... a full immersion in the psycho-physical benefit. In fact, 5 FORMATS have been established with different timetable and studied for proposing an instructive way but very pleasant too...

THE FIVE FORMATS:

BLUEMARINE FORMAT - YOGA AND WELLNESS HOLIDAY

(Smooth Energetic re-charging practise)

Those who simply want to deepen their knowledge of Yoga (beginners and advanced people) will attend morning or afternoon classes (optional attendance) and have free time to enjoy sun and seaside.

Registration Fee: € 290

ORANGENERGY FORMAT – INTERNATIONAL TRAINING FOR YOGA TEACHER (level one)

– A level one course for yoga teacher in order to enable to attend the regular classes in Milano, Torino, Roma, or to continue the training always in full immersion during summer time in 16 days, 14 days out of which with lessons for a total of 140 hours of practise and theory.

The training lasts 4 years, established in 4 meetings, one every year - level 1°- 2°- 3°- 4° - -and certified by C.U.I.D.Y (Italian Confederation of Yoga) and in addition a certificate from International Yog Confederation of New Delhi, India will give further value .

Registration Fee : € 990

GREENNATURE FORMAT - BASIC AYURVEDIC MASSAGE TRAINING for those who should be interested in becoming an ayurvedic operator we suggest they should attend a basic ayurvedic massage class which is established in a 7 days class for level basis and additional 7 days for advanced specialisations.

(Theory of ayurvedic medicine plus practising)

Registration fee: € 490

GOLDENSUN FORMAT – INTERNATIONAL CLASS FOR YOGA TEACHERS (LEVEL TWO) - a level two class will enable to attend the regular class already started in Milano, **QUALIFICATION C.U.I.D.Y. (Confederazione Ufficiale Italiana Di Yoga)** plus an additional certificate issued by the International Yog Confederation of New Delhi, India .

Registration Fee: € 990

TURQUISE SEA FORMAT – HOLIDAY ON A SEASIDE RESORT – INTENSIVE YOGA-energetic re-charging with intensive yoga practise. For those who want to deepen their knowledge of yoga (beginners and advanced people) while having the opportunity to enjoy holidays with sun and seaside resort.

Registration Fee: € 490

This class (format two and four) gives the chance with a short attendance to learn as much as during an entire year training course and further it will give you the opportunity to directly register yourself in the second and third class in Milano, Torino or Roma or to continue next summer classes in some beautiful places that will be chosen together with the group.

Lessons will take place (depending on the weather) on the beach, in a pinewood or in a proper classroom or in some spaces near a swimming pool (therefore there will be the possibility for everybody to spend much time at the open air and on a seaside).

The village is located in a quite and detached area but very close to some famous seaside resorts (for those who cannot resist) ... and again ... for those who cannot resist ... an internet point wireless is situated in **Place Foro in Pola** ... just in case !

THE PARK HOTEL

The PARK hotel is located four km far away from Pola historic centre, opposite to the seaside in a pleasant and quiet area in a beautiful overgrowth and linked to a bay / beach where the sea changes in different colours and glints. At a few steps distance a valuable fiord can be admired.

The hotel is made of a three bodies building with 140 rooms on three floors, the rooms are comfortable and with a modern furniture (TV satellite, phone and hair-dryer)

Large terrace dipped in a pinewood and close to the seaside with two open air seawater swimming pools.

Restaurant, bar, air-conditioned lounges.

At a short distance from the hotel there is: tennis-court – mini-golf and other places dedicated to different sports.

Half board price is € 49,00 (from 27/06 to 11/07/09) per person in a double room. For a single room there is an extra charge of € 10 per day. Meals: help yourself buffet (vegetarian or non vegetarian).

HOW TO GET TO POLA

Pola is at 535 Km. far away from Milano. By car: take the highway till the ex-border of Trieste and then the speedway till Pola.

REGISTRATION FEES:

CLASSES:

REGISTRATION FEE - **BLUEMARINE:** € 290 (7 days)
REGISTRATION FEE - **ORANGENERGY:** € 990 (14 days)
REGISTRATION FEE - **GREENNATURE:** € 490 (7 days)
REGISTRATION FEE - **GOLDENSUN:** € 990 (14 days)
REGISTRATION FEE - **TURQUOISESEA:** € 490 (7 days)

FEES DO NOT INCLUDE:

PERSONAL EXPENSES, EXTRAS, MASSAGES, JOURNEY, TRANSFER, EXCURSIONS, HALF-BOARD OR FULL-BOARD IN DOUBLE, SINGLE OR TRIPLE ROOM AND TAX OF € 1,50 PER PERSON.

The half-board cost is (from 27/06 to 12/07/09) € 49,00 per person per day.

Meals: help yourself buffet (vegetarian or non vegetarian).

Single room additional charge € 10,00 per person per day.

Additional charge sight sea room € 4,00 per person per day.

Children aged three max 3° bed FREE OF CHARGE .

Children aged three to twelve max 3°bed, 50% DISCOUNT.

Adult 3° bed , 15% discount .

For staying less than three days prices will increase 20%

TERM OF PAYMENT

50% OF TOTAL COST WITHIN MAY 15.

Booking can be cancelled within May 30th, after that date and before June 10 only the cost of staying will be charged. After June 10 it will be charged 50% of the total amount. After June 20 the full amount will be charged. PAYMENT IN ADVANCED: 10% discount within March 30th and 5% discount within April 30th 2009.

Early booking is suggested in order to avoid increase in costs. (a 10-15% increase there might be).

Payment can be made by cheque title:

Blesio

and send by priority mail to the following address:

CUIDY

Via Teramo 5

tel. 02 89150917

20142 Milano

Italia

secretariat@confederazioneyoga.it

OR BY BANK TRANSFER

Teste to:

CUIDY

IBAN IT21 W030 6901 6211 0000 0004 261

BIC BCITITMM

BOOKING FORM

REGISTRATION FORM TO BE FILLED OUT AND SIGNED

Name

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Surname

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Sex

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Date and place of birth

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Job

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Education

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Address

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City

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Cap

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Nationality

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Phone

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Mobile phone

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Email

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Website

- REGISTRATION FEE - **BLUEMARINE:** € 290 (7 days)
- REGISTRATION FEE - **ORANGENERGY:** € 990 (14 days)
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- REGISTRATION FEE - **TURQUOISESEA:** € 490 (7 days)

NUMBER OF PEOPLE.....

SINGLE ROOM..... DOUBLE TRIPLE.....

Journey will be done by car. Please inform CUIDY secretariat should you have any seat available in your car for other people. As well as if you do not have a car available please inform CUIDY secretariat that will inform about possible seats available.

Signature

Bank transfer to:

INTESA SANPAOLO
filiale 21, via E. Ponti, 30, Milano, Italia

C.U.I.D.Y. Confederazione Ufficiale Italiana Di Yoga

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BIC BCITITMM

SUMMER CLASSES: YOGA AND AYURVEDA IN SARDINIA

from 18 to 26 July 2009

wellness, yoga, relax and ayurvedic massage and ...to whom it may not attend a school-year class regularly there is a Training course for Yoga teacher and a basis class of ayurveda and ayurvedic massage (level basis of 7 days)

Summer holidays are a break for a thought and recharging .

Someone dive in the chaotic holiday clubs looking for fun and crowd. Others go climbing alone in search of silence, some people are in a desperate search of rest and nothing all or someone is fascinated by extreme sports.

The Orvile beach

And everyone finds what is looking for.

Having a good time to restore one's strength and gain energy so as to afford another year of hard job.

And more ... there are people who look for a useful holiday other than relaxing and fun ...and this is what we offer you.

A different holiday ... using the summer vacation for a programme of Yoga, Countryside, Seaside resorts and ... wellness ...

and learn how to breath properly, to relax and empower body and mind with millenary practises that come from the science of Yoga and Ayurveda.

And the place????

where you can find both silence and fun ? in an Island !!!

The most beautiful and fascinating one : SARDINIA.

At Orvile very close to a wonderful white beach and a marvellous seaside.



Forty kilometres South of Olbia past the Costa Smeralda



A fabulous holiday ... for those who wish to use the summer break to attend a basis class of ayurvedic massage or ... to get a level one of a Yoga Teacher Training class that enables to attend more advanced classes in a future.

The Yoga Teacher Training is certified by the International Yog Confederation of Delhi, India and by C.U.I.D.Y. Confederazione Ufficiale Italiana Di Yoga, The World Community of Indian Culture & Traditional Disciplines.

However, it might be a different holiday for who is not interested in getting a certificate but simply in deepening Yoga discipline and enjoy a clear sea and the sun ...
Five programmes have been established with different timetables to allow an educative way though even very very pleasant.

THE FIVE PROGRAMMES :

1° - YOGA AND WELLNESS HOLIDAY

(Energetic Re-charging practise)

Those who simply want to deepen their knowledge of Yoga (beginners and advanced) can attend morning or afternoon classes (up to them) and have time to spend enjoying sun and sea.

Registration Fee: € 290

2° - ATTAINMENT FOR THE INTERNATIONAL YOGA TEACHER TRAINING (Level one and two)

(Certified by C.U.I.D.Y. Confederazione Ufficiale Italiana Di Yoga and I.Y.C. International Yog Confederation di Delhi, India- for a total of 600 hours) Registration Fee € 490

3°- BASIC AYURVEDIC MASSAGE TRAINING

(Theory of ayurvedic medicine and practising) Registration Fee € 490

5° - HOLIDAY: Seaside-Yoga-intensive energetic re-charging

(Energetic Re-charging practise)

Those who want to deepen their knowledge of Yoga (beginners and advanced) and have time to spend enjoying sun and sea. Registration Fee: € 490

NOTICE !

This class gives the chance to retrieve those who have not attended attentively the class, and it will give the chance to directly register yourself in a further class in Cagliari or in Milano or to continue next summer courses in some beautiful places that will be chosen along with the group.

Lessons will take place on a beach, in a pinewood or in the terrace of our hotel opposite to the seaside (therefore there will be the possibility for everybody to spend much time in the open air and on a seaside) . A rent-a-bike place is available.

The place is located in a quite and detached area but very close to some famous seaside resorts, Costa Smeralda included.

[download the full courses programme](#)

Info on 338 3116126 02 89150917

secretariat@confederazioneyoga.it

REGISTRATION FEES:

ORVILE agritur prices agriorvile@tiscali.it

60.00 € per person per day half-board local cooking.

55.00 € per person per day half-board vegetarian cooking.

50.00 € per person per day half-board vegan cooking.

Fee includes overnight staying in large rooms (2 – 4 beds)

The mentioned fee is valid for a one week staying as well.

CLASSES:

REGISTRATION 1° PROGRAM: € 290 (7 days)

REGISTRATION 2° PROGRAM: € 490 (7 days)

REGISTRATION 3° PROGRAM: € 490 (7 days)

REGISTRATION 4° PROGRAM: € 490 (7 days)

REGISTRATION 5° PROGRAM: € 490 (7 days)

EXTRA CHARGES:

PERSONAL EXPENSES, EXTRAS, JOURNEY , TRANSFER, EXCURSIONS AND EVERYTHING IS NOT MENTIONED IN THE SYNOPSIS

TERM OF PAYMENT:

50% OF THE FULL AMOUNT WITHIN MAY 10TH

Cancellation of booking is possible within May 30th, after this date and till June 10th 50% of cost of staying will be charged. After June 20th the full hotel amount will be charged. After June 30th the full registration and hotel fee will be charged.

PAYMENT IN ADVANCE: 10% less within end of March and 5% less within end of April 2009

We suggest you should book your ticket (flight or ferry to Olbia) as early as possible in order to avoid increasing in last minute costs. (The cost of a ticket of the ferry-boat Genova – Olbia is € 30 (seat only) and to reach Orvile, from Olbia, you should get a bus or ask the hotel for a taxi (depending on your time of arrival)

[download registration form](#)

You are kindly requested to mail the receipt of payment to the following address:
Confederazione Yoga,
Via Teramo 5 - 20142 Milano - Italia

Payment by cheque is accepted, teste to:
Blesio
and sent by priority mail
to the following address:
Confederazione Yoga,
Via Teramo 5
tel. 02 89150917
20142 Milano
Italia
secretariat@confederazioneyoga.it

BOOKING FORM

REGISTRATION FORM TO BE FILLED OUT AND SIGNED

Name

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Surname

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Sex

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Date and place of birth

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Job

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Education

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Address

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City

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Cap

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Nationality

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Phone

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Mobile phone

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Email

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Website

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- REGISTRATION 1° PROGRAM:€ 290 (7 days)
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NUMBER OF PEOPLE

SINGLE ROOM..... DOUBLE TRIPLE.....

Signature

Bank transfer to:

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