





Stillness in Movement Yoga Retreat

Bellevue *****

13 – 17 May 2020

Join us on the magical island of Lošinj for a weekend retreat devoted to YOU.

Retreat will be hosted by Nataša and Rose, both licensed vinyasa yoga teachers.

Embody wellbeing through the ancient practices of yoga and meditation, expand your life force breathing in a beautiful nature and dive deep into inner self.

The intention is to achieve the ultimate purpose of Yoga, a harmonious union between body, mind and spirit. Unplug yourself from the daily life stress and reconnect with the nature as you experience activities that nourish and feed your soul.

You will have opportunity to experience different styles of yoga and meditations. Enjoy the health benefits of this magical island, rejuvenate yourself with its healing climate or chill by the sea and celebrate life.

Rose Firouzbakht is a French Iranian architect and yoga teacher, based in London. Her dynamic yoga style is both challenging and fun.

In addition to her dynamic yoga practice, she also teaches stretch and mobility classes.

Nataša Gašparinac is a vinyasa yoga teacher with the master degree in economics. She is mom of three and lives in Zagreb. She is interested in a yoga of a subtle body such as meditation, pranayama and chakra alignment.

Hotel Bellevue · Čikat 9 · HR-51550 Mali Lošinj · Croatia · T. +385 (0)51 661 101 · F. +385 (0)51 231 904 bellevue@losinj-hotels.com · www.losinj-hotels.com



We are more than happy to welcome our dear guest Vladimir Radišić to be a part of our community. He is a true artist and Integrative art psychotherapist. He works closely with several high esteemed curanderos (shamans), zen masters, yogis, sports trainers, supervisors-psychotherapists, professors of faculties and musicians.

He'll lead a Cacao ceremony, popular ritual in yoga communities.

Pure cacao is used as a heart opening medicine for a people to safely experience awakening, revelation and inner healing.



You will be accommodated in the **luxury hotel Bellevue**, perfectly designed to meet every one of your needs as a guest.

From the outside, the Bellevue hotel is minimalistic, boasting sleek designs with white hues. From the inside, the hotel opens to a large and lavishly decorated atrium, exuding a unique airiness and comfort. The soft daylight blends perfectly with the natural tones of the meticulously designed furniture and lighting, making Hotel Bellevue an excellent choice for relaxation and regenerating the energy of life.



Come and discover why this island is called the Island of Vitality.

Package includes:

- · 4 nights in Superior or Deluxe room with half board, a three-course vegetarian menu
- · Welcome signature drink
- 4 x sunrise morning meditations
- 4 x dynamic yoga morning classes
- · 4 x sunset meditations & pranayama with live music
- · 1 Cacao ceremony
- 1 Tibetan Healing Sound massage
- 1 group Sound Bath Tibetan singing bowls

Amenities also included for you:

- Admission to the wellness area of the Bellevue Spa Clinic with saunas, relax zone, indoor and outdoor pools with seawater
- · Complimentary use of fitness centre
- \cdot Towels, sunbeds and sunshades by the pool and on the hotel beach
- · Specially adjusted food for people suffering from allergies (available on request with prior notice)
- · Wi-Fi Internet connection
- · Concierge service
- · Electric vehicle charging station
- Hotel parking under 24-hour surveillance

Package price:

SUPERIOR ATRIUM ROOM:

- · Single occupancy 903,00 EUR
- · Double occupancy 716,00 EUR per person

SUPERIOR PARK SIDE ROOM

- · Single occupancy 950,00 EUR
- · Double occupancy 746,00 EUR per person

SUPERIOR SEA SIDE ROOM

- · Single occupancy 1124,00 EUR
- · Double occupancy 854,00 EUR per person

DELUXE PARK SIDE ROOM:

Double occupancy 879,00 EUR per person

Tourist tax and registration fee are not included in price (payable at reception) Tourist tax is additional 10 kuna per person and night (approx. 1,35 eur), registration fee is 15 kuna per person, one-time cost (approx. 2 eur).

Minimum 10, maximum 20 participants.

Let yourself free, connect with the nature and raise your spirituality. We will be happy to welcome you on this luxury yoga retreat designed just for YOU.

Retreat is open for ALL levels. Spots are limited. All classes will be held in English.