

*Ease and rejuvenate your body,
mind and soul! 7 days of bliss!*

HIGH FREQUENCY WELLNESS RETREAT ON THE ADRIATIC

*Novi Spa Hotels & Resorts,
Novi Vinodolski, Croatia
July, 7-14 2018*

**STARTING FROM
1,800-\$**



ReFaNaLa
Highly Vibrant Living Solutions

High Frequency Body, Mind and Spirit Retreat. Join us for 7 days in a beautiful resort town on the Croatian coast raising your frequency with yoga, meditation and mindfulness lead by certified experts in the field, with the added wellness benefits of a luxurious spa, the healing and rejuvenation of the Adriatic Sea, RIFE technology, and much much more. Every day of this retreat we will be offering optional two daily yoga classes (morning/evening), healing sessions (Reiki, Plasma Frequency Healing with the RIFE machine, Sound, crystal), spa time (pool, sauna, massage, etc.) great food (local/organic), pristine beaches, nature walks and group activities. We also have a special group day trip planned to visit the healing mud beach on the island of Krk with a late afternoon meal at a 5* seafood restaurant! Every bit of this retreat is created to raise your vibration, relax your busy mind/body and rejuvenate your mind, body and soul!

Open level yoga. Adults of all ages. Our team of experts will customize your personal practice and healing experience.

RETREAT PRICE

Starting from: **1.460,-€ (~ 1.800,-\$)**

INCLUDED

- 7 night accommodation in shared apartment in 4* luxury Novi Spa Hotels & Resorts
- Half-board supplement (including breakfast and dinner)
- Novi Spa Hotels & Resorts entrance and use of the seawater Jacuzzis, Finnish and Turkish Sauna, relax-area and Fitness Gym
- Twice a day, supervised/led yoga exercise led by certified experts from USA and Croatia
- Frequency healing packet (Initial frequency body scan and 3 frequency sessions during retreat)
- Free 1 hour reiki energy session
- Organized transfer from Zagreb or Rijeka to Novi Spa Hotels & Resorts and back to Airport

ADDITIONAL

- Lunch at Vrbnik, Krk (35 euro)
- Private healing sessions (energy work, reiki, Frequency healing)

PAYMENT ARRANGEMENTS

- Flexible cancellation policy (Free cancellation until May 31st 2018)
- Obligatory deposit payment by May 1st. You can cancel for full refund by May 15th. After May 15th no refunds. If we don't have enough participants we will give full refunds. Maximum participants 20. Minimum 6

HOW TO GET THERE

- The nearest airport is in Rijeka (situated on Island Krk) or in city of Zagreb. Transports from and to Novi Spa Hotels & Resorts is included in price.

ORGANIZERS AND TEACHERS

- Carla, Ana & Evelyn

FOR RESERVATIONS AND ADDITIONAL QUESTIONS PLEASE CONTACT US

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