



SUMMER 2021
KVARNER, CROATIA

Adriatic Yoga & Freediving Reset

LIVEBOARD WITH

NICA AGAPOVA & VITOMIR MARICIC



INFOS & BOOKINGS: WWW.YOAGNA.DE

Reset your mind & body through breath and nature

THIS CRUISE TAKES PLACE IN A BEAUTIFUL SERENE ENVIRONMENT OF THE NORTH ADRIATIC, WHERE THE SKY MEETS THE SEA AND ALLURING ISLANDS. IT IS A JOURNEY TO A NEW YOU, REFRESHED AND EMPOWERED BY THE COMBINATION OF BODY-MIND WORK AND JUST DOING NOTHING. LEARN HOW TO TURN YOUR EVERY BREATH INTO THE EXPERIENCE OF A MOMENT AS IT IS. DIVE INTO THE BLUE SEA TO DISCOVER YOUR TRUE POTENTIAL.

NICA, OUR YOGA INSTRUCTOR, HAS BEEN A DEDICATED YOGA PRACTITIONER FOR OVER 20 YEARS. SHE HAS A TRUE LOVE TO THE YOGIC TRADITION AND MODERN SCIENCES. SHE WILL HELP YOU TO BREAK FREE FROM SELF-IMPOSED LIMITATIONS AND WORK WITH THE INTEGRITY OF YOUR BODY & BREATH.

VITOMIR, MULTIPLE FREEDIVING WORLD RECORD HOLDER, FREEDIVING INSTRUCTOR AND PULMONARY REHABILITATOR WILL SHARE HIS KNOWLEDGE ON BREATHING AND ITS IMPACT ON YOUR EVERYDAY LIFE. HE'LL GUIDE YOU TO YOUR UNDERWATER JOURNEY ON A SINGLE BREATH AND ALLOW YOU TO EXPERIENCE YOUR FULL BODY AND MIND POTENTIAL!

REST IN YOUR AIRCON ROOM WITH PRIVATE BATHROOM, RELAX IN THE SHADE OR TAN ON THE SUNDECK. ENJOY THE HEALTHY FOOD AND BE SURROUNDED BY BEAUTIFUL PEOPLE.

ALL INCLUSIVE CRUISE WITH ALL MEALS, YOGA AND FREEDIVING PROGRAM.

Get involved, accept, embrace, enrich, reset.



Who are we? Your hosts are



NICA AGAPOVA

- Founder of Yoagna Yoga Studio
- Founder of „Baikalsee Yogareise“
- Yoga instructor with more than 15 years teaching experiences
- Certified yoga teacher trainer E-RYT 500
- Trainer in Meditation and Self-Awareness
- Buddhism practitioner

WWW.NICA.YOGA

VITOMIR MARICIC

- Founder of the Adriatic freediving trophy
- Multiple freediving world record holder
- Molchanovs instructor trainer developer
- Instructor with AIDA, NAUI, CMAS
- AIDA international judge
- Molchanovs base training director
- Pulmonary rehabilitator

WWW.VITOMIRMARICIC.COM



Yacht PiPi

300 TON MOTOR YACHT
FULL BOARD (3 meals/day)
2 PAX CABIN with AC
PRIVATE BATHROOMS
CHILLING LOUNGE AREA
SPACIOUS ROOFTOP SUN DECK
BAR
SPEED BYBOAT
&
FRIENDLY STAFF



Itinerary



ARRIVAL: Island of Krk in Croatia can be easily reached. The island is connected to the mainland by bridge. There will be a reserved safe parking spot available upon arrival. Krk island also has an airport – Rijeka International Airport.

Travel time by car: from Zagreb – 2h, Ljubljana – 1,5h, Vienna – 5,5h, Milan – 6h, Budapest – 5h.



DAY 1: Check in. Get comfortable on board. Swim in turquoise sea. No stress, free time. Yoga – Stretching – Relaxation 7 to 8 pm. Finish the day sipping your drink while cruising into the sunset.

DAY 2: Morning yoga – Sukshma vyayama. Learn holding the breath. Breakfast. Freediving theory lesson. Here we usually warm up with a fun shallow cave dive on Cres island. Alternatively, there is an option to walk the maze and forest around Beli Rescue Centre for Griffon Vultures. In the afternoon we can stop for a training dive at the deepest point of Kvarner (123m), and have a lecture as we make our way south. Evening yoga and meditation.

DAY 3: Morning yoga – Full yogic breath – breathing less – visualisation. Breakfast. Freediving practice and water relaxation. Optional training dives. Lunch on the way and workshop after. Arrival to Losinj, time to explore and fun-dive in the underwater archaeological park. Finish the day with evening yoga and relaxation.

DAY 4: Morning yoga – Awakening the body awareness. Bandhas – Yogi's locks. Breath holds. Breakfast. Freediving practice on the line. After lunch time to get lost in the park with over 1,000 years old olive trees on the tip of Pag island and watch the sun set into the sea. Freediving lecture on our way to Zavratica – a beautiful Croatian fjord with a shipwreck. Evening yoga and meditation.

DAY 5: Morning yoga – Energy control through movement, breathing and visualisation. Breakfast. Workshop. After lunch take a stroll through beautiful old town Rab. Spend the afternoon at remote beaches with a view of the crystal clear sea, or diving the wreck. Evening yoga and relaxation.

DAY 6: Morning yoga – Methods of gaining the energy. Breakfast. Freediving confined water practice. Afternoon visit of a cool cave and an old notorious prison island Goli otok and Sveti Grgur. Evening on the boat or walk on one of many long sandy beaches on the north part of Rab island by Lopar peninsula.

DAY 7: Morning yoga relaxation, breathing and meditation. Breakfast. Freediving practice and fun dive in Prvic, Island's underwater tunnels and caves. Evening yoga – power through relaxation.

DAY 8: Morning pranayama. Breakfast. Check out.



Yoga with Nica

For your body

- MOVE WITHOUT STRESS AND IN A HEALTHY WAY
- GAIN POWER THROUGH RELAXATION- BECOME FLEXIBEL WITHOUT STRETCHING
- RELIEVE BACK PAIN AND NECK PAIN AND WORK WITH INJURES

For your energy

- AWAKE THE BODY AWARENESS
- MOVE ENERGY THROUGH THE BODY
- GAIN AND ENCREASE YOUR ENERGY
- START THE HEALING PROCESS IN YOUR BODY

For your mind

- WAYS TO SPONTANEOUS MEDITATIVE STATES
- BREATHING LESS
- MEDITATION IN ACTION





Freediving with Vitomir

- DEPTH FOR ALL LEVELS OF FREEDIVERS
- SUITABLE FOR COMPLETE BEGINNERS
- FREEDIVING LECTURES
- MOLCHANOV'S FREEDIVING COURSES
- COACHINGS AND TRAININGS
- MASTER CLASSES

Freediving equipment provided. Recommended your own freediving mask and snorkel.

Breathing

- LEARN ABOUT YOUR LUNGS AND RESPIRATORY SYSTEM
- PULMONARY RETREAT WORKSHOP
- OXYGEN SATURATION LEVELS, PULS, SPIROMETRY, BLOOD PRESSURE MEASUREMENTS
- MENTAL PREPARATION
- STRESS RELIEVE
- BREATH CONTROL
- BREATHWORK



Available Retreat dates
17 july - 24 july

Price: ~~2000~~ Eur 1799

EARLY BIRD PRICE: 1799 EUR, PRICE FOR BOOKINGS AFTER 20 APRIL: 2000 EUR

All Inclusive

NOT INCLUDED: PERSONAL EXPENSES OFF BOARD,
SOFT / ALCOHOL DRINKS ON BOARD



Infos & Bookings:

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