

'Wave' Vegetarian Camp- Croatia

11th- 18th June of 2021

The refreshing waves of the azure waters of the Adriatic Sea not only provide us rest, but also serve our physical and mental development.



Swimming, body-moving fitness, and yoga classes help us learn to control the waves on a physical level, while 5 rhythm dance meditation and mandala painting help us understand and manage

our spiritual and emotional waves, and to grow on any level.

After all, the balance of our lives is not ensured by the creation of permanence, but by the domination of change and ripple.

Swimming and water exercises provide the atmosphere and foundation of the camp. They give you a smile and confidence, taking your time in the water to a new level. By the end of the week, we will face the sea and the bigger waves of everyday life with courage and safety in the water.



The specialty of our camp is the 5 waves of dance and meditation, the free dance that provides physical and mental ecstasy through 5 basic rhythms. Going through the 5 rhythms, we can discover and transcend our limitations, as becoming more confident in our lives and living our inner freedom, as there are no fixed movements, we only move freely to the flow of music under the control of our inner strength, thus experiencing our creativity as well.

Healthy fatigue is ensured by interval type workouts. We can expand our dance skills and also develop our stamina with fun but intense **JOMBA** ground exercises. Choreographed lessons based on high-intensity, energetic, dynamic, dancing routine movements that combine the practices of carnivals, martial arts and high-intensity, bouncing shredding exercises, based on music. At Mandala Painting, you can gain insight into the tricks of glass mandala painting, bring your unspoken emotions to the surface with creative energies, while the energies released will help you to find your place in the world. And during the cooking workshop, you can gain practical insight into the mysteries of vegan cooking. Our mission is to bring something new into people's lives and help you move out of the greyness of everyday life. That is why we have designed the program of our camp in such a way

that you will not only return home with the memory of a pleasant holiday, but you will also be able to gain practical and theoretical knowledge that will help you change and develop day by day.



The location of our camps is the island of Brac, one of the largest pearls of the Adriatic, with beautiful natural features. It is also a perfect choice for lovers of the sea and sunshine, as well as for those, who is looking for an active holiday. In addition to the thematic programs of the camps, in our free time we can swim in romantic bays, walk on palm-trees covered streets, but there are also many opportunities for hiking and cycling. Our accommodation is located in the fairly peaceful village of Sutivan. It is located in air-conditioned apartments for 2 or 4 people,



150 meters from the sea. All rooms have a terrace overlooking the sea, an equipped kitchen and a TV.



Prices include vegetarian / vegan meals (buffet breakfast, three-course lunch, dinner), which offers ample catering and special gastronomic experiences. The trip is done individually, but if the campers request it, we will help you organize a carpool, a joint trip, and we will also inform you about other options (train, etc.).

Professional leaders of the camp:

Andrea Kovács - JOMBA, Zumba, Aerobics coach, Swimming coach, Member of Olympic national team hopes, Ironman 2015 team champion

Katalin Kenesei - Hatha / Ashtanga yoga instructor Shakti Heal, interpreter, and 5 waves (5 rhythms) instructor, therapist

Enikő Simon - yoga instructor, ayurvedic yoga therapist, beauty therapist, vegan meal workshop leader, Enything dreamer/founder

Tímea Pataki - Mandala painter instructor, Henna painter, IET energy therapist, Yoga instructor, Swedish and Thai masseur

Dharmista (Dóri Fábián) who will be responsible for your energetically clear and healthy meals everyday (naturopath, diet chef) is responsible and can provide you with lifestyle advice as well.

Price Camp participation fee:

£365 by 01/05/21

£385 after

If you want to participate in the camp with your family, we can provide you with the following **discounts**:

Child participation

- 0-3 years free
- 3-10 years 210 EUR / child
- Adult family members who do not require camp programs and children over the age of 10 can join for 370 EUR / person!

What does the price contain? **The price includes the cost of accommodation, meals, as well as yoga classes and community programs and other services.** (group sessions) Excludes the cost of the trip and the ticket to the Blaca Monastery (40 kuna) The discounted price includes the cost of accommodation and meals, but does not include other services! You do not need to buy a ticket for parking or swimming in the village. For Application & more details please email to info@jomba.co.uk. If you are coming from **Katalin Kenesei, Enikő Simon or Tímea Pataki**, please mention that in your e-mail.