

## Waving with the vibes

31<sup>st</sup> of August 2022 – 7<sup>th</sup> of September 2022 (8 days 7 nights)

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 belly dance and mandala painting help us understand and manage our spiritual and emotional waves, and to grow on any level. Since in our lives everything is uncertain it accuses emotional (positive/negative) waves and to achieve healthy lifestyle balance the most challenging is to take control of these waves.



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 belly dancing, by which we can discover the secrets of our femininity and our body, the limits of them, and thus become more confident in our daily lives. This dance emphasizes the complex movement of the human body, which focuses on the waving and vibration of the hip and umbilical region, but the movements use every part of the body.

The informal, social form of it will make your movement much more feminine, elegant and sophisticated. It helps to harmonize female energies.

Healthy fatigue is ensured by interval type of workouts. We can expand our dance skills and develop our stamina with fun but intense JOMBA ground exercises. Choreographed lessons based on high/low-intensity, energetic, dynamic, dancing routine movements that combine the practices of carnivals, martial arts and high - and low - intensity, bouncing shredding exercises, based on music.

Mandala painting gives you an insight into the intricacies of vintage 3D painting, and with creative energy you can bring to the surface your hidden values that you may not have known about.

Pictures made on canvas can decorate your room or workplace, which will always remind you of your inner creativity and peace.

And during the cooking workshop, you can gain practical insight into the mystery 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 the promenade under the palm trees, but there are also many opportunities for hiking and cycling. Our accommodation is located in the fairly peaceful village of Sutivan. Accommodation is provided in air-conditioned apartments for **2 or 4 people, 150 meters from the sea**. All rooms have a terrace with a sea view, well equipped kitchen, and 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.).



### **What awaits you in the camp?**

Mandala paint (you will get 3 learning sessions per week) and 1 cooking workshop per week, daytime -, and optional programs

Daily Activities:

Yoga, Stretching classes, swimming classes (education, training, or technical development), cardio (JOMBA routine, Zumba), strength / conditioning training, aqua fitness, belly dance

### **Professional leaders of the camp:**

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

**Tímea Percz** - Aerobics Trainer, Dynamic Yoga Instructor, Spine Trainer, Pre- and **Rehabilitation** Trainer, Belly Dance Instructor

**Katalin Rubos** - Artistic wall designer representing Italian vintage style.

**András Kalmár** - International fitness trainer, movement, and manual therapist.

**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 is 450 GBP. If you want to participate in the camp with your family, we can provide you with the following discounts: Child participation fee 0-3 years is free, 3-10 years 210 GBP / child, adult family members who do not require camp programs and children over the age of 10 can join for 380 GBP / person.

### **Price includes:**

- accommodation fee,
- meals (3x/day)
- yoga classes and 'social- get to know each other's programs
- other 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. Parking at the village and all the public beaches are free of charge. For Application & more details please email to [info@jomba.co.uk](mailto:info@jomba.co.uk)