

# Back to Your Bliss

UNPLUG &  
CONNECT  
with

*Claudia Gallo & Cynthia Wong*

**6 Day Vinyasa & Yin Yoga Retreat  
& Exploration on Hvar Island, Croatia**

**AUGUST 5-10th, 2018**

**From 890 euros**



# *Back to Your Bliss*

What if we told you that you can restore your zest for life, come alive again in your senses, and regain balance within you... just by flowing to the tune of your body, breath, and inner voice?

This August, let friends, yoga teachers, and adventure enthusiasts Claudia Gallo and Cynthia Wong guide you into a 6-day journey to return to your bliss.

Croatia is known as the Land of 1000 Islands, of Antiquity, of Magic, and of Crystal Clear Waters. And no better time and place to rejuvenate your soul than at a private cottage graced with supreme spirit on dreamy Hvar, known as the Island of the Sun and rated amongst the 10 most beautiful and sun-drenched islands in the world, rich in history and culture.

Daily, we'll practice yoga at the studio or beach, embark on island excursions, and conclude with quiet time to return to your source as we guide you into self inquiry, dream up more magic in our lives, and just live in the present moment.

Includes accommodation and vegetarian meals prepared by a Croatian chef, revered for serving a tasty authentic journey into Croatian and Mediterranean cuisine made with love from fresh, seasonal, organic produce.

Having taught and organized retreats around the world, friends and also students of each other, Claudia and Cynthia are thrilled to put on this magical experience for an intimate group of 10. Bios and retreat testimonials further below, and additional private meditation, yoga, astrology or card readings, and energy healing can be booked with Claudia, Cynthia, or retreat center owner.



# *Location - The Island of the Sun*

Hvar, The Island of the Sun, is rated amongst the 10 most beautiful and sun-drenched islands in the world, rich in history and culture. It is the center of early Croatian literature, architecture, sculpture, painting and music, second only to Dubrovnik. This Adriatic island consists of rocky, pebble and sandy beaches, surrounded by brush and pine forest, aromatic medicinal herbs such as lavender, sage, rosemary and Mediterranean vegetation. With its crystal clear sea, fresh aromatic breezes, colorful villages, and majestic towns it is the ideal place for a magical journey into an ancient culture and current European life.

We will reside in a quiet, authentic Dalmatian farming village that dates back to the 12th century, set amid vineyards and pinewoods at an easy-going, family run retreat center. The property consists of restored, traditional farm cottages. Cozy rooms are uniquely styled in a charming mix of antique, vintage, and modern furnishings, each offers a beautiful view. Living space and bathrooms are shared, with patios for indoor and outdoor communal meals. Delicious organic vegetarian meals are served twice daily, predominantly made from fresh, seasonal, organic products, prepared with love. We will visit local restaurants in charming villages and nearby harbor-towns.

After morning yoga practice and brunch, we might explore the best of the natural, historical, and cultural spots. Or visit the island's most renowned waterfront towns and historical

museums, browse through art galleries and specialty shops, taste local specialties, or simply enjoy people-watching from a sidewalk cafe. Delight in the simple pleasure of spending time on a beautiful bay for a day of swimming, sea, and sun.

## **Getting Around**

For your convenience, there will be complimentary scheduled transport to and from various points of interest each day of the retreat week. Guests may opt to remain at the retreat for quiet time during the day instead and arrange their own transport needs.

The nearest town, Stari Grad, is located 2 km from the retreat. The journey to Stari Grad takes about 40-minutes on foot, 10-15 minutes by bike, and only 5-minutes by scooter or car (rental options available in Stari Grad).





# Itinerary

## SUNDAY (ARRIVAL)

**14:00**

Ferry from Split to Hvar

**16.30**

Transfer from Stari Grad port to Suncokret

**16.45**

Check-in

**19.00**

Dinner

**20.00**

Welcome circle

**22.00**

Quiet time

## MONDAY - THURSDAY

**08.00**

Vinyasa Yoga Practice

**10.00**

Brunch

**11.00**

Morning karma yoga

**12.00**

Free time or daily excursion

**16.30**

Daily transfer back to the retreat

**17.00**

Free time/Coaching sessions

**18.00**

Yin Yoga / Group meditation/ Slow Flow

**19.30**

Dinner

**20.15**

Coaching/ reading/ healing sessions

**22.00**

Quiet time

## FRIDAY (DEPARTURE)

**08.00**

Closing circle

**09.30**

Breakfast

**10.45**

Check-out & free transfer to Stari Grad port

# Rooms & Pricing

The total price of participation depends on your room selection. All rooms are subject to availability and reserved on a first come first served basis. If you are traveling solo but wish to share a room, let us know and we will match you with another participant.

## Included in the price



- 2 vegetarian meals daily (brunch & dinner)
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- Morning & afternoon yoga w/ Cynthia & Claudia
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- Daily excursions to local villages & beaches, transportation provided

### Shared Room



Sleeps 2 or 3  
—  
Twin or double bed  
—  
Shared bathroom

NORMAL PRICE PER PAX

**1090€**

EARLY BIRD OFFER

**890€**

### Private Room



Sleeps 1  
—  
Single bed  
—  
Shared bathroom

NORMAL PRICE PER PAX

**1190€**

EARLY BIRD OFFER

**990€**

### Shared Suite



Sleeps 2  
—  
Twin or double bed  
—  
Private bathroom

NORMAL PRICE PER PAX

**1290€**

EARLY BIRD OFFER

**1090€**

### Private Suite



Sleeps 1  
—  
Double bed  
—  
Private bathroom

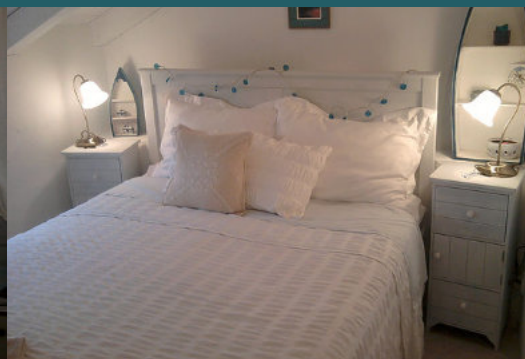
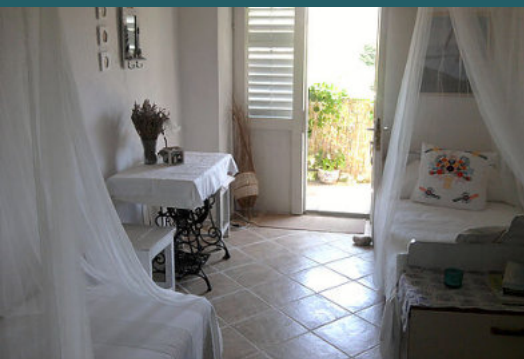
NORMAL PRICE PER PAX

**1590€**

EARLY BIRD OFFER

**1390€**

Book before June 1st and save **200€** with our **early bird** prices. To secure your spot (only 10 are available), a deposit of 350€ is required. Payment can be made via PayPal, Venmo or bank transfer. Please inquire to book now, or if you have any questions via email [claudiagalloyoga@gmail.com](mailto:claudiagalloyoga@gmail.com) or [namaste@cynthia.yoga](mailto:namaste@cynthia.yoga)



## *About your hosts & teachers*

### **Claudia Gallo**

Originally from San Jose in Costa Rica, Claudia Gallo has spent the last ten years traveling and working around the world. After four years in Kuala Lumpur, Malaysia has now become her second home.

Claudia received her 200 hr yoga teacher training in India at Himalaya Yoga Valley in 2011, and 300 hr in New York at Yoga Works in 2017. She's further studies through workshops and trainings across Asia and USA, as well as a vast interest in healing and restorative practices. As a third generation of teacher in Mind Body Movement she has felt blessed to share and learn from so many amazing students and teachers around the world.

Each class is unique, challenging, grounding, and flow with grace led by a voice that brings you deep within. She pays special attention to proper alignment with cues clear for both beginners and advanced practitioners. Committed to sharing wellness in an integrative and functional way, Claudia finds a way to take you into a peaceful mind and healthy "pura vida" living.

With a background in sports and adventure, Claudia's energetic yet serene personality makes for dynamic classes while focusing on breath and calming the mind with her life motto: Be here now.

### **Cynthia Wong**

Cynthia Wong is on a mission to create 1 million inspired moments to empower people to become truly inspired and empowered by our light within.

She sees yoga, traveling, and yoga adventure retreats as transformative tools to connect again to ourselves and step into the person we've always known we can be. Her passion is creating experiential events as a journey through senses, breath, movement, environment, music, and fun to build conscious communities, together embracing yoga, as well as personal goals and visions.

Cynthia's received 4 yoga certifications in Bali – 200hr Vinyasa Yoga and 20hr Standup Paddleboard Yoga in 2015, 85hr Pre/Postnatal Vinyasa Yoga in 2017, and 200hr Shamanic Yoga & Restorative Yoga in 2018, paired alongside Shamanic Breathwork, Shamanic Astrology, and ordained as a Shamanic Minister to hold sacred space and officiate weddings.

She believes nothing compares to being in nature, and has taught one-third, or approx. 100 classes, outdoors across 11 cities and islands. While born and raised in Chicago and traveling 59 countries across 7 continents, Cynthia began crafting yoga retreats in the way she likes to travel – through adventure, community, discovering new limits, and giving back. She's driven by a desire to discover what magic happens when we live with wild abandon, give without expectation, and love without fear.

## *Testimonials*

*Claudia's Yoga retreat in Costa Rica was so much more than I expected. Claudia is an extraordinary teacher. I learned so much about yoga and somehow Claudia always knew what kind of yoga style we needed. She paid attention to the needs of every person. She is the best teacher I met so far. During classes as well as in between classes she was subtle and present at the same time.*

*Claudia is not only a good yoga teacher but coach as well. During the retreat I learned so much about my body and mind. I got back home stronger (mentally and physically) and absolutely satisfied. Every time I think about that special time in Costa Rica I feel absolutely blessed. It was an absolute honor to practice with Claudia.*

**- Jana Probst, Germany**

*I was lucky enough to join both of Cynthia's retreats in 2017. The one at Perhentian islands in Malaysia was an incredible first intro to Acroyoga at gorgeous beaches. Cynthia and the acro teachers provided a completely safe and comfortable environment to try something new, which is what makes Cynthia's retreats special, whether new things include acroyoga, snorkeling to chase turtles and sharks, climbing a volcano at sunrise on Christmas Day, giving back to the volcano refugee camp, SUP yoga, or getting real reflecting on some big questions. And making new friends - many of us still get drinks together in Kuala Lumpur!*

*I practice yoga frequently, and I absolutely loved Cynthia's yoga classes at both retreats. They're always dynamic and uplifting, leaving me refreshed, relaxed and very peaceful afterwards. She's such an amazing host, ensuring her retreats are packed with plenty of sightseeing opportunities and group activities, yet she is so open to suggestions and changing plans or yoga styles depending on how the group is feeling and what we need. I would definitely recommend her retreats to anyone looking for an exciting holiday, opportunity to make new friends, or the chance to rejuvenate, recharge our body, mind, and spirit, and have so much fun doing so.*

**- Amy Cunningham, Australia**



## *Tips on flying & connecting within Europe*

There are direct flights to Split from many European destinations. The range increases continually so please check the full route network from the split airport website. There are also charter flights to Split from UK regional airports like Bristol, Norwich, Birmingham, Southampton, Luton and Manchester.

You can also travel to Split via nearby Zadar on the Dalmatian coast. From Zadar, fly to Split or take a bus along the coast to split (approx. 2.5 hours).

You can also fly to Dubrovnik, Zadar, Pula and Zagreb airports. From these places you can easily connect to other cities by plane, bus, train or car rental.

## **Airlines which fly to Croatia from European cities**

- EasyJet from London Gatwick
- Wizz from London Luton
- Austrian from Vienna
- German wings from Berlin Schönefeld, Cologne, Bonn, Hamburg and Stuttgart
- Lufthansa from Frankfurt / Main International
- SNBrussels Airlines from Brussels
- Norwegian Air from Oslo
- SkyEurope from Bratislava, Prague, Budapest and Krakow
- Croatia Airlines flies from London Gatwick, Manchester, Paris Charles de Gaulle, Vienna, Zagreb, Berlin Schönefeld, Dusseldorf, Hannover, Hamburg, Frankfurt, Rome, Athens





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If you're ready to book your spot, or if you have any questions at all, send us an e-mail today. We are both extremely excited about this retreat, and we can't wait to make it an unforgettable experience for all of you.



*Namaste*  
*Claudia & Cynthia*