



Join us for a creative-meditative retreat at the Slovenian coast

(no special talents or previous knowledge needed)

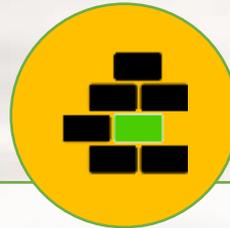
Join us for a 4-day retreat from 25th to 28th June 2017:

Sea, Mindfulness & Mosaic

In a scenic environment, we will ...



... connect with our own inner essence through the use of mindfulness, find our own intention, and embed it in a mosaic by constructing it.



... construct our own and unique tile mosaic of intention, which you can use to decorate your room, office etc.
In this creative process, we will focus on here and now.



... have fun, meet new people, and still have plenty of time to individually explore the beaches, cultural and culinary heritage of the Slovenian coast.

Retreat timetable (informative):

Sunday, 25 th June	Monday, 26 th June	Tuesday, 27 th June	Wednesday, 28 th June
From 2:00 PM - Check in	9:30 AM - 10:00 AM mindfulness meditation and focusing on your own intention	9:30AM - 12:30 PM mindfulness meditation and mosaic construction	9:00 AM – 11:00 AM mindfulness meditation and grouting of mosaic (final phase)
7:00 PM welcome for the participants, presentation of the retreat, mindfulness, and introducing the instructors	10:00 AM-12:30 PM a demonstration of a mosaic construction technique and construction of your own mosaic	Free time	11:00 AM Conclusion**
Free time*			

*In the evening it is possible to arrange the guided visit to the Labyrinth of the Rižana river (cca. 10 km) with a meditation included (transport on your own arrangement)

** If you are interested in booking the room/apartments for additional days, please, ask for the availability when booking the retreat.

Rooms/Apartments Zvezda



The retreat will take place in a lovely family house with three apartments and two rooms for the guests. The apartments/rooms have a separate entrance and each accommodation has its own covered terrace with a table and two chairs. There is a beautiful garden with a large table, sunshade, two loungers, and a barbecue. In the garden, there is a variety of spices and herbs, which can be used by the guests. In front of the house, there is a free parking place for each apartment and there is a possibility of garaging of bicycles and motorbikes. We also offer the possibility of using the washing, ironing and drying machines. There are two bicycles available to our guests free of charge.

We are located in the pleasant village of Pobegi, which is in the immediate vicinity of Koper and only 4 km from the sea. In the village, there is a post office, ATM, grocery shop, a local restaurant, and pizzeria. In the surrounding areas, there are many possibilities for hiking, cycling, and running on the trails, swimming in the sea or swimming pools. The Slovenian coast has many cultural and historical sites, such as those in the towns of Koper, Izola, Portorož and Piran. During the summer, numerous cultural and entertainment events take place there.

Address: Cesta I. Istrske brigade 20, SI-6276 Pobegi, Slovenia, EU

www.apartmajizvezda.com

Slovenian Coast or Slovenian Istria



Close to the northern extreme of the Adriatic Sea and between Italy in Croatia lies the 47 km long scenic Slovenian coastline. In this region, the Slavic, Latin and to some extent German cultures meet each other to create a unique melting pot. A fantastic mixture of the sea and mountains creates a unique atmosphere, which makes the region colourful from the cultural, culinary and geographical aspects. The region is also famous for its wines. This is Slovenian Istria.



There are many interesting towns on the Slovenian coast, and each has its own particular character and charm. All of them are well-known European tourist destinations: Koper with its narrow roads and various cultural sites is the economic and cultural centre of the Slovenian coast; Izola is a lovely fishing and tourist town; the medieval Piran has spectacular city walls that loom over the sea; and finally, the chic resort town of Portorož has beaches, hotels, discos, and casinos. Close to the Croatian border at Seča, there are the biggest salt pans on the Adriatic, Sečoveljske soline.



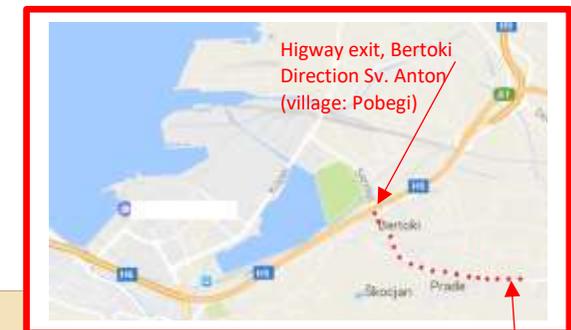
Images: www.wikipedia.org

How to reach us?

By car: from Italy: take highway to Trieste (A4), follow in the direction of Koper-Capodistria (not Ljubljana); from Austria and northern Croatia: take the highway (A1), pass Ljubljana, direction Koper; from the Kvarner region (Croatia): border crossing Pasjak, in Kozina turn for Koper (don't forget to buy a vignette for the highways before you enter them); from the Istria region (Croatia): border crossing Kaštel (Buje) or Požane (Buzet) and then do towards Koper.

By train or by bus: it is possible to come by train/bus to Koper or Trieste railway/bus stations. However, we recommend you to rent your own vehicle or hire a taxi to take you the workshop location.

By plane: airport (distances): Ljubljana airport (cca. 125 km form Koper), Trieste airport (cca. 65 km), Venice airport (cca. 185 km).



Apartmaji Sobe Zvezda
Cesta I. Istrske brigade 20,
SI-6276 Pobegi,

The instructors:



Maja Frencl Žvanut is a psychologist and psychotherapist (cognitive-behavioural psychotherapy, mindfulness, art therapy) who combines artistic creativity and meditation in her work in order to help people in their personal and spiritual development. She is the founder of the centre for education, counselling, and psychotherapy called "Čuječna soba" (Mindful room).

Boštjan Žvanut has been designing and constructing mosaics since 2002. Three years ago, Maja and Boštjan joined their life and professional paths. Since then, they have carried out a series of workshops, where elements of art therapy and mindfulness meet the mosaic construction. They carried out several workshops in Slovenia (Koper, Ljubljana), Croatia (Osijek) as well as in France (Bordeaux). For their past work, please visit www.mosaicsofintention.com. You can freely contact the instructors by email: info@cuječna-soba.com or mobile +386 70 467 674.

*We help people to
develop and express
their inner potential.*



www.cuječna-soba.com

www.mosaicsofintention.com

The fee for the entire retreat (accommodation in a double room/apartment) is **120 € per person (for early registration until 25th May 2017)**, and 135 € per person (full price). The extra charge for a single room is 8 € per day. The fee for the retreat without the accommodation is 85 €.

The workshop is suitable for adults and children over the age of 12, and no special talents or previous knowledge are needed. The price includes expert guidance and supervision, all required materials, and the use of tools.

Book your retreat by sending an email to apartmaji.sobe.zvezda@gmail.com or by mobile: +386 31 282 112 or +386 41 718 145. The registration is confirmed with an advance payment of 60 € per person to the bank account (at Intesa Sanpaolo Bank) no. SI56 1010 0000 1160 697 (holder: Irena Breznik, Cesta I. Istrske brigade 20, 6276 Pobegi, Slovenia). The rest of the money is to be paid in cash at the workshop.