



## Oughten House Foundation, Inc.

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# Vacation-Wellness Retreat in Croatia

## Theme: "The Beautiful World of Intimacy"

Program for USA group:

9-16 September 2006

For Partners only...

### Itinerary Overview

Nature seeks no compromise, limitations, nor doubts. Nature is. She displays her bounteous beauty, everywhere, all the time, endlessly capturing the hearts of billions of her human expression. Nature is divine. Nature expands. These are also our human expression and divine gifts.

On this Vacation-Wellness Retreat, you will explore your human potential with regards to your natural expression of Intimacy. In as little as 7 days, your knowledge of intimate-self will be greatly enhance.

Each day, planned activities will enable you to become more aware of your own intimate attributes. You will relax, play, learn, and enjoy exploring your true intimate nature.

### Sight-seeing and Tour Schedule:

(for Wellness Program details see "Wellness Program Activities Schedule")

**1st day: Saturday, 9 September**– Wellness Theme: "Down to Earth"

Arrival to Croatia. Tour guide, transfer by bus to hotel, in Porec. Afternoon guided tour through Porec: a 2000 year old Roman Seaport. Free time, swimming and bathing till evening, dinner. Welcome Party and dance.

**2nd day: Sunday, 10 September**– Wellness Theme: "Exploring Self".

Morning meditation at beach. Breakfast. Bus excursion to Pula, guided tours to second largest Roman Amphitheater, Roman Arches, buildings, streets, shopping. On the way back, stop at the old medieval village, miracle church St. Foska and Lim Fjord, pirates hideout. Back to hotel. In the afternoon, free time, swimming and bathing. Dinner and free social evening, hotel dancing.

**3rd day: Monday, 11 September**– Wellness Theme: "Exploring Your Relationship"

Boat excursion to Venice, Italy. Early breakfast. Transfer by bus to Porec Harbor, 2.5 hour boat ride to Venice. English guided tour of Venice including: San Marco Plaza, Rialto Bridge, Murano Glass Factory, view canals and gondolas. Return to Porec. Late dinner, free social evening,

**4th day: Tuesday, 12 September**– Wellness Theme: "Communication in Relationship"

Breakfast. Enjoying the Green Lagoon. Wellness morning and afternoon Seminars. Swimming, bathing in the breaks and in the afternoon. Dinner, free social evening, hotel dancing.

**5th day: Wednesday, 13 September**– Wellness Theme: "Exploring Intimacy in Relationship"

Excursion by bus to Plitvice Lakes, recognized by UNESCO as one of the world's greatest natural inheritance: 16 lakes, lots of waterfalls, forests, hiking nature trails, boat rides and natural adventure. Early breakfast. Lunch package (instead dinner). Enjoyable beautiful coastal scenic ride to the Plitvice Lakes. Enjoy scenic stops along the way. Lunch on Lakes and guided tours. Return to Porec and hotel late evening.

**6th day: Thursday, 14 September**– Wellness Theme: “The Chemistry of Intimacy”

Breakfast. Enjoying the Green Lagoon. Wellness morning and afternoon seminars. Free time for swimming during the breaks and in the afternoon. Dinner, free social evening.

**7th day: Friday, 15 September**– Wellness Theme: “Intimacy in Every Day Life”

Breakfast, trip to Cave Postojna and Lipica in Slovenia by bus. Free rest of the day for swimming. Dinner, Farewell party, free social evening, hotel dancing.

**8th day: Saturday 16 September**– Early morning meditation on the beach, breakfast, return to New York.

## **The whole arrangement includes:**

### **Transfer, Accommodation and Food**

- Arrival to Croatia
- Bus transfer to the Hotel in Porec
- Four Star Hotel (4\*\*\*\* ) accommodation with comfortable double occupancy rooms
- 7 Breakfasts
- 7 Dinner
- Lunch on the Plitvice Lakes
- Free access to swimming and bathing, parks, and scenic nature trails, in beautiful Green Lagoon of Porec, one of the best equipped tourist settlements on the Adriatic Coast

### **Excursions:**

1. Guided tour through Porec: an ancient Roman Seaport, Renaissance Bridge, 2000 year old Street Decumanus, Pentagonal Tower, Gothic Palace, Marafor, Antique Temple, Romanesque House, Round Southern Tower, and much more
2. Euphrasius Basilica Complex in Porec with mosaics from the 6th century, part of the UNESCO World Heritage
3. Guided tour through ancient Roman Pula and Amphitheater, Roman Arches, Temple of Augustus, Triumphant Arch of Sergi, Twin gates, Forum and much more
4. Medieval Village Vodnjan with old mummies
5. St. Foska, a place of spiritual healing and miraculous recovery
6. Lim Fjord, that penetrates the inland for 8 miles, with its untouched Mediterranean vegetation and many kinds of fish
7. Boat excursion to Venice, Italy: San Marco Plaza, Rialto Bridge, Murano Glass Factory, view canals and gondolas.
8. Travel to the beautiful Plitvice Lakes, Croatia, one of the world’s famous National parks, part of the UNESCO World Heritage
9. Visit to Cave Postojna, Slovenia, underground sculptures, stalactites and stalagmites, human fish
10. Visit to Lipica, Slovenia, and its horses
11. Other fabulous sites
12. All excursions guided by English speaking guide.

All **Wellness Program Activities** hosted by Robert and Zeljka: seminars, workshops, activities, dances and meditations. For the details of the Wellness Program Activities see “**Wellness Program Activities Schedule**”

**The Price for the LAND only, for a group 44 adults is \$1,170.00 USD.**

For US citizens Visa for Croatia is not needed.  
100% pre-payment guarantee fixed price.

### **Optional:**

Vendor fees for water sports and recreation  
Gratuities and alcoholic beverages

### **Airfare:**

Flight New York-Zagreb-New York: fare range from \$850 USD-\$1600 USD.