

International Art of Living Holidays – unique experience for the whole family

Will

take place from 8th to 15th of August 2006 in Istria, Croatia. During these seven days each member of your family will have opportunity to participate in one of the following courses and activities:

ART Excel course (All 'Round Training in Excellence) – for children from 8 to 15 years divided in three age groups. Programme that develops creativity, friendliness and confidence. Course is fun and full of surprises.

Youth Empowerment Seminar – for teens from 16 to 19 years. They learn to relax, to deal with problems and negative emotions, to feel healthy, happy, and full of energy, and to share joy with others.

AOL course Part 1 – for adults. Great opportunity for deep rest and relaxation. Learn to release stress, and deal with it in everyday life. Effective techniques that fill you with joy and enthusiasm, making you ready for new challenges.

Refreshing – knowledge course – for repeaters. To get a deeper insight into the knowledge and to add a new dimension to our understanding of yoga

Price:

Accommodation - 150 Euro

Course fee – as it is for the corresponding country

All AOL courses are based on unique breathing and relaxation techniques, yoga exercises, knowledge of human values and strengthening of personal potentials.

Program:

Morning – course

Afternoon – sports, art workshops, swimming, and other activities

Evening – all groups participate in the evening programme with singing, dancing, and playing

AOL teachers and assistants provide all-day care.

Accommodation:

CHILDREN: rooms with 16 beds, two toilets and showers under supervision of AOL assistant.

ADULTS: trailers with 3 or 4 beds.

On request accommodation is also available in a nearby hotel or apartments.

Meals:

Vegetarian meal: breakfast, lunch, snack, and dinner.

Medical care:

All-day medical care is provided.

How to apply:

Application forms you can find on www.artofliving.hr
Application forms and advance fee of 50 Euro should be given as soon as possible to national coordinator for AOL Holidays.

Information and registration:

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www.artofliving.hr

Come and join us in this unique combination of
knowledge, relaxation, wonderful nature, swimming and sun bathing, sports, dancing and singing!

Art of Living Holidays organisation team