

Let the Journey Begin...

I'm so excited you are joining us!



GO WITH FLOW KUNDALINI YOGA RETREAT

September 19 - September 28, 2021

MS My Wish is a deluxe new ship that was set to launch in 2020. There is a large, fully air conditioned restaurant with indoor and outdoor seating, a sun deck and swimming platform at the rear of the ship providing easy access to the sparkling waters of the Adriatic.

All cabins on the MS My Wish have private bathrooms, individually controlled air conditioning, and are soundproofed for your comfort. They range in size from 140- to 161-square feet, providing plenty of room for baggage while featuring LCD satellite TVs, wardrobes, internal communication systems, bathrobes and slippers, and safes. Each bathroom has a shower, sink, toilet, toiletries and a hairdryer. Essential safety features include lifejackets, a fire alarm, emergency lights and a fireproof door.

ENTRY INTO CROATIA INFORMATION

PRIOR TO ARRIVAL:

To enter Croatia you **MUST** fill out the [ONLINE](#) entry form

Do this 3-5 days before we depart.

- After filling out this form, **print out a hard copy and have it with you when traveling**
- After you complete the form, you will hit **submit** and the form will be automatically forwarded to the Croatia Border Control System, which will save us time upon arrival. They will have received your vaccination certificate, passport, and identity card Cabins

Before going to the link below have the following items you will need to upload.

- Passport (photo)
- Vaccination certificate (Photo)
- Tourist Accommodation (hotels) listed below

HOTEL / ACCOMMODATION LIST:

We recommend that you keep this hotel list with you at all times AND leave one copy with your relatives or friends.

19-26 SEP

SHIP MS MY WISH

ADDRESS: PORT GRUZ,
2000 DUBOVEC CROATIA

26-27 SEP

HOTEL JEZERO

ADDRESS: JOSIPA JOVIĆA 19,
53231, PLITVIČKA JEZERA, CROATIA
PHONE: +385 53 751 400

27-28 SEP

HOTEL WESTIN

ADDRESS: KRŠNJAVAČKA 1,
10000, ZAGREB, CROATIA
PHONE: +385 1 4892 000

AIRPORT TRANSFER INFORMATION

GROUP ARRIVAL 4:15 pm estimated arrival to Yacht M/S My Wish 5:15 pm

From the airport, it usually takes about 30 minutes to reach the Gruz Port depends on traffic conditions.

NOT TRAVELING with Group - Check-in time is 2 pm feel free to make your way over to the Yacht.
PORT GRUZ – Once you are at the port look for the yacht **Ms MY WISH**

If you need to make your own way to the ship from the Airport:

There's no public transportation available from the airport to the port of Gruz.

DBV – Dubrovnik International Airport “Cilipi” is located 13 miles (20 km) southeast of Dubrovnik downtown. The easiest way to get to the port of Gruz is by taxi. After you claim your luggage, make your way to the official taxi stand in front of the arrival hall where you can arrange your ride. Official fare to Dubrovnik airport is from 40 USD.

If you need to make your own way to the ship from the Old Town:

Two options:

1. Taxi \$10-\$15 (\$15 = 94 Kuna)
2. Bus 1 Euro or 7 Kuna

It is easiest to purchase your ticket at a Newsstand before getting on the bus

Heading to Port Gruz (depending where you are Route A or B, it is basically a loop)

RETURNING HOME:

Traveling back into the United States, you will need to show a negative Antigen COVID-19 test before boarding the plane. I have arranged for both the PCR & Antigen testing on Sept 27th at our Hotel in Zagreb. More details while we are there. Payment directly by clients to the hotel reception

Price per test:

PCR 500 kn (approx \$80)

Antigen: 200 kn (approx \$33)

HELPFUL HINTS & INFORMATION

Stay Connected – Download WhatsApp NOW

I will be creating a WhatsApp group the week of our trip. Please make sure you have downloaded the app from the App Store. **Please confirm you have the app downloaded by sending me a message with your name to 714-493-9653**

Tipping Guidelines Tipping is a personal matter, and the decision to tip and how much to give is entirely yours, but I will make recommendations. Many prefer to not deal with this while traveling. A great suggestion is, ahead of time, creating envelopes labeled with the amount already preplanned. If you decide to add more while traveling great. All amounts are **PER PERSON, not per couple**. Label four envelopes and put the amount you want into them.

- **Cruise Concierge: USD \$20 (per person)**
- **Land Concierge: USD \$10 (per person)**
- **Ship Crew: \$150 - \$200 (per person)**
- **Local Guide \$30 (per person)** Make sure this envelope has 30 single dollars.

Baggage Handling: Please note tips for baggage handling are already included in the tour price.

Restaurants & Cafes: If not included tip 10%-15% of the check, depending on the quality of service (Restaurants in Europe generally include a service charge, but it is customary to give a tip)

Taxis: Tip-up to 10% of the fare (We recommend you book taxis via your hotel reception and pre-negotiate taxi fares to avoid unpleasant surprises at the end of the journey)

Money

Local currency (Croatian Kuna or Euro) will be needed. Cash may be obtained on arrival at exchange offices, banks, or ATMs. Traveler's checks are impractical and credit cards have limited use, although more shops are beginning to accept them. US Dollars bills, if used, should be in good condition (not stained or torn), and recently printed; as banks and exchange offices are very particular.

Bar tab on the Yacht - Can only be paid in Croatian Kuna at the end of the Cruise.
The Yacht is pretty fair with bar pricing (Beer is usually \$3-\$4 & Wine \$5-\$10 per glass)

Major credit cards: are accepted in some of the better outlets, but shops and restaurants generally require a minimum purchase amount when using them (so they are not appropriate for incidentals such as ice cream, snacks, etc.). You might consider bringing more than one card, as some outlets may not accept all types. Due to increasing credit card fraud worldwide, be prepared to show identification (i.e. your passport) when making a transaction with your credit card.

Debit Cards: For the best available exchange rate, you will find ATM cards indispensable. We recommend the same amount of care when using an ATM in Europe as anywhere in the world. Avoid making withdrawals at night or in unlit areas, protect your PIN code from view, and be wary of assistance from seemingly helpful strangers, however polite and well-dressed. A lost or blocked card should be reported to your bank via its 24-hour emergency number for immediate cancellation/replacement.

ITINERARY 10 days

Dubrovnik, Mljet, Korcula, Hvar, Split, Trogir, Sibenik, Sali, Zadar, Plitvice Lakes, Zagreb

Day 1 Sunday DUBROVNIK

6:00 pm Meet your fellow travelers and your Cruise Manager at an on-board Welcome Reception. This evening, you can relax or take a walk through Dubrovnik's vibrant streets. (WR)

Day 2 Monday DUBROVNIK – MLJET – KORCULA

Start the day with a walking tour of Dubrovnik, the "Pearl of Adriatic" and a UNESCO World Heritage site. You'll visit the **Rector's Palace** and Franciscan Monastery's **Pharmacy** before returning to the boat for yoga and lunch. As you dine, set sail for Mljet Island. **Mljet National Park** features five types of forest, many species of birds, and two deep lakes, Veliko Jezero (Big Lake) and Malo Jezero (Small Lake). After, time to enjoy the spectacular scenery, continue cruising to Korcula, believed to be the birthplace of the explorer Marco Polo. Dinner tonight is on board. (B, L, D)

Day 3, Tuesday KORCULA – HVAR

This morning, a walking tour of Korcula takes you through its narrow, cobbled streets and includes a visit to the majestic Gothic-Baroque **Cathedral of St. Mark**. Board your boat for yoga, lunch and a swimming stop as you cruise. Late this afternoon, arrive in Hvar. On a sightseeing tour, see the first public theatre in Europe (older than Shakespeare's theatre in the UK), the Franciscan Monastery and much more. Your evening is free in Hvar. You can explore more and dine on your own at one of the many restaurants in town (B,L) *Note: Due to the limited capacity of the Hvar harbor (during peak season in July and August) port of call can be substituted for Stari Grad/Jelsa. In that case transfer by bus will be organized to and from Hvar.*

Day 4, Wednesday HVAR - BOL – SPLIT

Morning Yoga as we Sail to Bol, home to one of the best beaches in Croatia, the Golden Horn. This vast, golden pebble beach is unique in that it changes shape and position depending on the winds. Over lunch on board, continue sailing to Split. Here, a walking tour shows off the historic inner city, built around the Roman Emperor **Diocletian's Palace**, a UNESCO World Cultural Heritage site. See the remnants of Split's Roman heritage, its Renaissance and Gothic structures, Jupiter's Temple, the Peristyle, and the Cathedral. Your evening is free in Split. (B,L)

Day 5, Thursday SPLIT – TROGIR – SIBENIK

Morning Yoga as we sail to the UNESCO-listed city of Trogir. Your time here is free to explore on your own. Back on board, enjoy lunch as you cruise to Sibenik, with stop on the way for a swim. Arriving in Sibenik, an orientation tour shows you the highlights, then your evening is at leisure in town. (B,L)

Day 6, Friday SIBENIK – SALI

Morning Yoga then The Sibenik area is home to two National Parks, **Krka**, with its breathtaking waterfalls, and **Kornati**, comprised of more than 140 islands. Your day is devoted to these scenic destinations before you sail to Sali. Tonight, enjoy **captain's dinner** on board. (B,L,D)

Day 7, Saturday SALI - ZADAR

Morning Yoga as you cruise this morning, stop for a swim (weather permitting). Late this afternoon, arrive in Zadar. A walking tour shows you Zadar's historical center with the defensive walls built in 16th century, the ancient Port Gate where the Venetian lion still stands guard, the Square of the Five Wells, **Church of St. Donat**, Roman Forum (1st century BC) and the largest cathedral in Dalmatia, **St. Anastasia**. Your evening is free in the city. (B,L)

Day 8, Sunday ZADAR – PLITVICE

Disembark after breakfast, bidding your crew farewell. Journey north for a visit to **Plitvice Lakes National Park**, a UNESCO World Heritage site. Have your camera at the ready as you take a walking tour around several of the lower lakes. Enjoy the breathtaking scenery of this natural wonder with its 16 terraced lakes surrounded by wooded mountains and lush vegetation. (B)

Day 9, Monday PLITVICE - ZAGREB

Morning Yoga in the Forest - After breakfast head to Zagreb, the capital of Croatia. Upon arrival, Covid test. Then, a comprehensive sightseeing tour will take you through the historic Upper Town. See St. Mark's Church, St. Catherine's Church, the Cathedral, Parliament, and the Government Palace. Farewell Dinner in your hotel. Overnight