

BALTIC HERITAGE ROUTES

YOGA ON THE BEACH.

DISCOVERING SECRET BALTIC BEACHES FOR YOGA IN POLAND AND SWEDEN

Company name: CENTRUM JOGA I PILATES, Gdynia, ul. Starowiejska 54/3 (II piętro), 81-356 Gdynia kom: 507 154 782 • 884 886 621, centrum@jogapilates.pl

TOURIST OFFER

BY THE BAY Tourism Company invites active people and sports lovers for exciting DREAM TOUR

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Main provisions:

Length: 7 days, activity: 6 days, transfers: 2 nights

Start up location: Gdynia, Centrum Joga i Pilates, Starowiejska 54/3; ; End location: Gdynia Sea ferry Terminal Attractions:

YOGA, MEDITATION, RELAX, BODY PERFECTION, BEACHES, DISCOVERIES, NATURE BEAUTIES

- Karwia Beach: activities and attractions
- Dębki Beach: activities and attractions
- Sasino Beach: activities and attractions
- Ferry Transfer to Sweden
- Karlskrona Archipelago
- Blekinge Coastal Beaches near Solvesborg
- Blekinge Coastal beaches near Karlshamm
- Swedish Coastal Islands Nature Beauties
- Return by ferry to Gdynia

FAIR STANDARDS

Accommodation and subsistence:

We assure 6 nights in 2 person rooms with breakfast, *** standard (2 nights in Poland 2 nights in Sweden, 2 double ferry cabins with windows with private bathrooms; nutritious lunches (for sport activities), snacks throughout the day. Evening meal participants assure on their own, orientation of the culinary offer will be provided. Transfer by spacious bus (with 22 seats capacity for maximum 16 participants and 1

instructor: Gdynia- Karwia- Dębki – Sasino – Gdynia – Karlskrona – Solvesborg –
Karlshamm – Karlskrona – Gdynia

Group size: min: 14 persons, maximum 16 persons

SOCIALIZING AND RESPECT

We assure you to take care about our participants socializing in different forms. Our tour members can be completely unknown for themselves and at the end of the tour they are good friends. We will respect all participants: assure dietary compliance, equality and self assistance. Everybody can feel good due to our flexibility.

IT CAN BE YOU – DREAM TOUR PANORAMA

Day 1. Karwia

Beach

- Group meeting in Gdynia 10.00
- Bus Transfer to Karwia to the boutique hotel
- Middday Yoga on the Karwia Beach
- Lunch
- Afternoon fishery boat tour to Jastrzębia Góra (Hawks Mountain)
- Return by bus
- Evening
- Sunset Yoga Meditation on the Beach
- Singing songs of our childhood outdoor



Day 2. Dębki

Beach

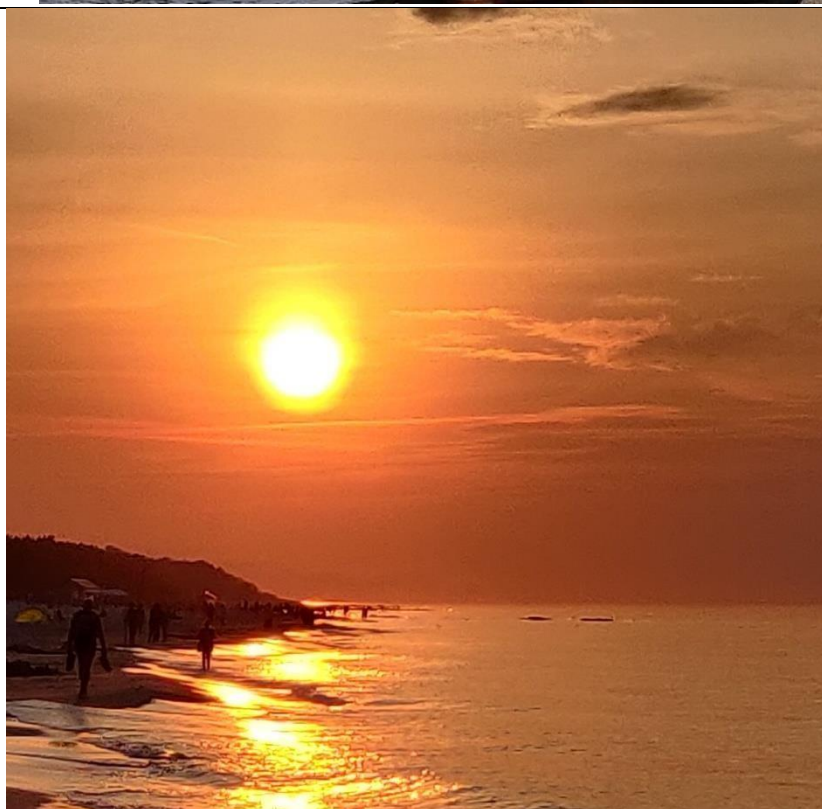
- Short bus transfer to Dębki
- Morning Yoga on the Beach
- Tour to Łeba and climbing the dunes
- Lunch in Łeba
- Evening: Yoga Meditation in the Sunset
- Night: Early night beach march with torches



Day 3. Sasino

Beach

- Short bus transfer to Sasino
- Morning Yoga on the Beach
- Sea Forest walk to the Stilo Lighthouse, Climbing the Lighthouse
- Lunch at "Ewa Zaprasza" Restaurant
- Afternoon transfer to Gdynia Ferry Terminal
- Night Stena Ferry To Kalskrona in Sweden



Day 4. Karlskrona

Archipelago walks

- Morning Yoga on the Ferry Deck -
- Bus transfer to Karlskrona
- Morning cruise on the Karlskrona Archipelago
- Midday Yoga on the nearly deserted small island of the Archipelago
- Picnic lunch on the island in Archipelago -
- Return by cruise boat to Karlskrona in the afternoon
- Transfer to Karlshamm to small boutique hotel



Day 5. Solvesborg Beach and Bridge

- Morning Yoga on the Secret small beach near Karlshamm
- Forest walk to Karlshamm and sightseeing the town
- Lunch
- Afternoon Transfer to Solvesborg
- Yoga Exercising on the Solvesborg Bridge
- Early night: Walk to the small secret Solvesborg beach and sunset meditation
- Bus return to Karlshamm



Day 6. Morrum
River Walk,
Blekinge Islands

- Morning Yoga on the secret small beach close to Karlshamm -
- Excursion to Morrum Rapids Fish River Centre and walk alongside the salmon catching spots - Lunch in Morrum -
- Afternoon walk on the Sternö-Boön Island stone beaches / other selected Island available through bridge
- Evening return to the Ferry Terminal in Karlskrona
- Night Ferry
- Return to Gdynia



Day 7. Return to
Gdynia
- Arrival to Gdynia 7.00
and the end of the
tour



HOW TO SUMMARIZE:

GOOD TIME, BODY PERFECTION, NEW EXPERIENCE, NEW FRIENDS



DATES OF THE TRIPS:

1. May – 15 October

We are rather strongly resistant to weather. In the rainy weather we will assure you the raincoats and protective means. Besides we are flexible and can operate in different conditions. The trip will take place as only a group of 14 or 16 people will be collected. The participants pay as for the group of 14 or 16 people. .

2. Tailored Trip for a Group

Participants, led by a group yoga instructor, establish the dates which are tailored to the needs of participants. The trip will take place as only a group of 14 (16) people will be collected. The participants pay:

The Price*

The price for 14 person group is 1400 € per person.

For the 16 person group it is 1320 € per person.

* must be confirmed