

# 9 DAY PRANIC BREATHARIAN (FASTING/DETOX) RETREAT IN LOTUS RESORT WITH NICOLAS AND RAFFAELLA 1-9 JUNE 2022 -CROATIA

Facilitators: [Nicolas Pilartz](#) [Raffaella Galoppi](#)

Assistant: [Ivan Orlic](#)

Languages: English, with options for French, Italian, and Croatian.



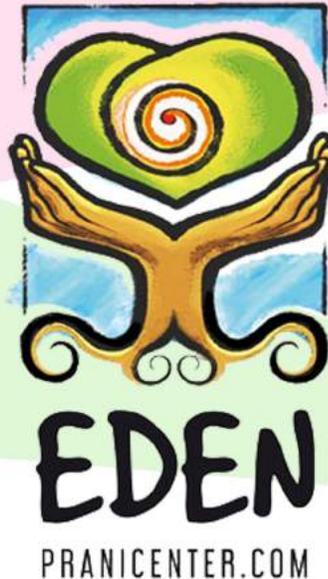
Venue: Lotus Resort and HOMER  
Holistic Center ([Click here](#))



The 9-day process is like a journey through an unknown land, where one can discover oneself and the wonders that are hidden within. It is an opportunity to experience the power of prana, the life force, and to establish within oneself a permanent state of peace and unity, as it offers us a chance to simply reconnect with the natural state of being. During the process, our energy begins to circulate more freely throughout our system, and the body has a chance to get used to a new form of nourishment.

## Benefits :

- Re-connection with an all-embracing wisdom (the supreme One/All/Creation)
- State of mental clarity
- Amplification of the senses of perception and intuition
- Improvement of the physical state (healing) and spiritual state (bliss)
- Liberation from old patterns (mental, emotional)
- Ability to tap into levels of Pranic Nourishment (breatharian levels 2, 3 and 4)



## FIND OUT MORE ABOUT THE SURROUNDINGS:

[National Park](#)

[Krk Sights](#)

[Oprna Bay](#)

[Things to do](#)

## CONNECT WITH US:



## BREATHARIAN PROCESS:

[www://](#)

[info@pranicenter.com](mailto:info@pranicenter.com)

[+39 3317032659](tel:+393317032659)

[www:// pranicenter.com](http://www.pranicenter.com)



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# ACCOMMODATION

## OPTION 1

### **Single occupancy in private apartment**

#### Facilities:

- Bedroom with queen-sized bed
- Private shower and toilet
- Fully equipped kitchen with electric kettle
- Living room with sofa, TV, Wi-Fi
- Spacious balcony with either garden and/or sea view
- Bed/pillow linens and towel provided

#### **Cost for one person:**

For 9 days:  
1150 EUR

## OPTION 2

### **Double occupancy in private apartment**

#### Facilities:

- Bedroom with queen-sized bed
- Private shower and toilet
- Fully equipped kitchen with electric kettle
- Living room with sofa, TV, Wi-Fi
- Spacious balcony with either garden and/or sea view
- Bed/pillow linens and towel provided

#### **Cost for one person:**

For 7 days:  
750 EUR

## OPTION 3

### **Shared room in the main building, with either 2 or 3 single beds**

#### Facilities:

- Single beds
- Cabinets
- Shared bath/toilet
- Use of central kitchen
- Wi-Fi

#### **Cost for one person:**

For 9 days:  
600 EUR

### INCLUDED:

- ▶ Liquid food: apple juice, teas and herbal teas, honey, spring and sparkling water.
- ▶ Nearby excursions: seaside, city, rivers, and waterfalls.
- ▶ Free Channeling or Aura-Reading session with Raffaella Galoppi: One free session per week booked.

### OPTIONAL WITH EXTRA FEE:

- ▶ Other liquids can be purchased in nearby shops.
- ▶ Extra session with Raffaella Galoppi: € 30
- ▶ Special excursion, day-long boat trip with Ivan & John: € 20 per person (limited to 10-12 people / multiple trips possible during the 9 days)

### DAILY SCHEDULE:

- 9 AM Morning walk
- 1 PM Midday sharing
- 5 PM Soft exercise
- 8 PM Evening sharing



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COCCORE  
ASSOCIAZIONE DI PROMOZIONE SOCIALE

# The Lotus Resort and HOMER Center

## How to reach us:

Address: Brzac 85, 51511 Brzac, the island of Krk, Croatia

To get the Google map link, please search for the Lotus Resort and HOMER Center, or just [Click Here](#)

## BY PLANE:

The most convenient airports are the following:

1. Zagreb (Franje Tudman Airport)
2. Rijeka
3. Trieste
4. Ljubljana
5. Venice

If traveling from the Zagreb airport, one can:

1. Hire a rental car and travel towards Rijeka and the island of Krk, via the highway E65. (This is a toll road, so you should have some local currency to pay the toll, equivalent of approximately 10 EUR, or you can use a credit card.)
2. Use the airport shuttle, which will take you to the Zagreb Central bus terminal. There you can find the bus to Rijeka or to the Island of Krk. The nearest towns on the Island of Krk are Malinska or Krk, from which we can pick you up if you make arrangements with us ahead of time.
3. We can arrange a collective taxi, which can fit up to 8 people, to pick you up from the airport and bring you directly to the Lotus Resort. The cost of this service is approximately 200 EUR – 25 EUR per person if shared between 8 people.

You can find more options on the Zagreb Airport website: [Click Here](#)

Or more specifically: [Click Here](#)

The Rijeka airport is only 30 km from the Lotus Resort. However, this is a local airport with frequent flights to a number of European towns during the summer months, but with a rather limited number of flights during the winter season. For all flights, please check the airport website: [Click Here](#). We can pick you up from this airport if you make arrangements with us ahead of time.

The airports of Trieste, Ljubljana and Venice are 160, 186 and 270 km away from the Lotus Resort, respectively. There are no direct buses from these airports, so the best options would be to rent a car or arrange a taxi ride.

## BY CAR:

When you arrive in Croatia, follow the signs to Rijeka. Once near Rijeka, follow the signs to the Island of Krk. When you cross the bridge to the Island of Krk, follow the signs to the town of Krk (Road D102). After about 20 km, take a right turn and follow the sign to Valbiska and to the ferry for the island of Cres and Lošinj (Trajekt-Ferry Cres Lošinj, Road D104). When on Road 104, drive approximately 5 km and take the right turn towards the villages Milohnići and Glavotok. You will soon arrive to the village of Linardići, followed by Milohnići and Brzac. When in Brzac, keep right and follow the sign Kamp Glavotok. After about 500 meters, you will see on your left side a white building with some sports facilities. Please turn left and follow the signs towards the Lotus Resort.

To register:

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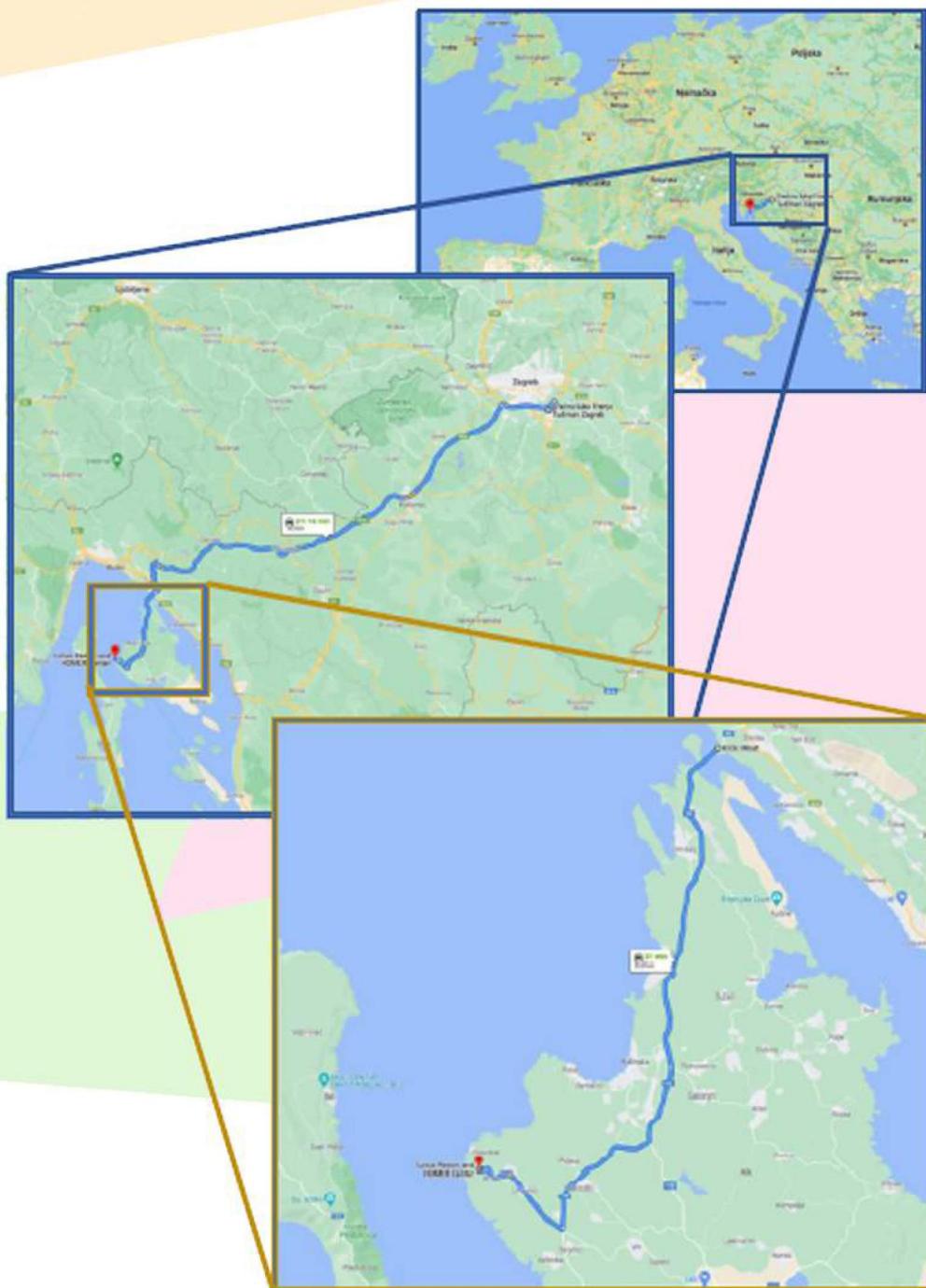


## BY BUS:

If arriving by bus from Zagreb or any other EU city, take the bus to Rijeka. Once at the bus terminal of Rijeka, take the bus to Malinska or the town of Krk. We can pick you up from either of these towns if you make a prior appointment and give us your time of arrival.

A few maps are attached:

- The Island of Krk, Croatia, located on the NE part of the Adriatic Sea
- The road from the Zagreb airport to the Island of Krk and Lotus Resort
- The road from the Krk bridge to the Lotus Resort



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