

SEMINARJOURNEY THROUGH SLOVENIA

the 27th of July – the 4th of August 2008 – 8 DAYS!!

Group of 25 people with Ana Pogacnik

in German and English

Arrival & beginning: at 7PM on the 27th of July 08 in Youth Hostel „Celica“ in Ljubljana (organized bus from Lendava (at 2PM) from "The international creative Meeting of life network" – ca. 4 hours drive)

Departures: from Ljubljana on the 4th of August 08 at late afternoon/evening

A journey in the "Land of connections": The meeting of different cultures (Balkan, Central, West und East Europe), the combining of the South – North – West – East, flowing together of different landscapes (the Alps, the Adriatic see, the Karsts region, the Pannonien lowland), the melting of different elements (high mountains, open lowlands, peaceful ocean, deep underground caves, protective valleys, wild rivers etc.)...

A Land that often already played a rule of the boarder territory in our history and is carrying in that way the power of connecting.

The journey in the outer landscape will serve us as a mirror for the inner journey.

We will search and recognize different aspects in us that are often seen as opposite poles, as an opposer, as a division, as a boarder territory etc. and exactly because of that are carrying also the potential for the inner connection and often necessary reconciliation..

We will let the impulses of the landscape – of different regions – to influence us. Through that we will experience and awake elements of our own deepest Self.

Though the whole journey we will follow the places that were especially presented with different qualities and special energy-powers.

The power and colorful variety of the landscape will carry and accompany us on the whole journey.

PROGRAM (will stay flexible and see what single moments will bring us):

1. Evening + 1. Day (Sunday evening und Monday) – Ljubljana (Central Slovenian): Connection of the Group (getting to know each other); cognition of the capital city of Ljubljana.
Accommodation (1 night) in Youth Hostel „Celica“ in Ljubljana.
On Monday afternoon: Drive (ca. 40 km) to **Bled** (on the way visit of famous pilgrimage place **Brezje**)

2. till 4. Day (Monday evening till Thursday morning) – Bled and surrounding: (Gorenjska (the Alpine region) – Northwest – Slovenia):
Bled – a place, that is playing a central role for Slovenia already since the prehistoric times.
It is a place at the lake with a small island (with a pilgrimage church).
We will visit also places and landscapes in surrounding – as **Bohinj** – also a lake between the mountains; **Bitnje with Ajdna, Vintgar** (nature park in a wonderful canyon) etc.
Accommodation (3 nights) in Youth Hostel „Jazz rooms and apartments“ in Bled
On Thursday morning: Drive over **mountain pass Vršič** (1611 m o.s.l.) to **Bovec** (on the way visit of the spring of **river Soča (Isonzzio)**, **canyon of Soča**)

4. + 5. Day (Thursday and Friday) – Bovec and surrounding: (Soča valley – most beautiful tierces blue river in West – Slovenia):
Also Soča valley has written a very important chapter already in prehistoric times.
In the First World War deep wounds were caused to this landscape (a huge and very long front (very well known Isonzzio Front) took place here). In this way, will get a chance to observe the theme war also in our selves and most of all we will search for inner peace.
Beside river **Soča** (I've planed a rafting on Soča – but we don't need to do it), we will visit other important and beautiful places – as **Kobarid – Waterfall Kozjak, Tolmin**.
Accommodation (1 night) in Hotel „Alp“ (***)
On Friday we will follow river Soča to the south (with visits – as **Sveta Gora** – another important pilgrimage place close to N. Gorica). We will also make a short visit of **Šempas** (maybe an evening fire).
Accommodation (1 night) in Hotel "Garne" in Bilje

6. Day (Saturday) – The Karsts region: (West – Slovenia):

In the morning we will visit a magic place on **Vitovlje** (close to **Šempas**) and in the afternoon we will let us enchant from the underworld in „**Škocjanske jame**“ – one of the most beautiful huge underground caves (there are over 7000 caves in Slovenia). On the way to Adriatic coast we will maybe visit and experience some more places on the Karsts– plateau (as **Škocjan** – in prehistoric time one of the most important centre in Slovenia; **Socerb**, that lies on the verge of Karsts (already with the view of the see). In the evening we will arrive in **Piran** (an old medieval town directly at the see).

6. evening + 7. day (Saturday evening, Sunday) – Adriatic coast (Southwest – Slovenia):

We will visit some places on the Slovenian coast (**Piran**, **Portorož**, **Sv. Križ**) and maybe also shortly drive over the border to Croatia, to visit some of the important places in **Istria**.

We will also enjoy the summer at the see. I promise you! ☺

Accommodation (2 nights) in Youth Hostel "Val" in Piran

8. day (Monday) – we will drive in direction **Ljubljana** (ca. 100 km). On the way we will visit some more places: as **Hrastovlje** (a small church with wonderful frescoes) and we'll round off the seminar at **Sv. Michael** (powerful hill with the ruins of a church) in Karsts region. We will arrive in Ljubljana in late afternoon/early evening.

Transport: We will drive with three modern comfortable vans for 9 persons (all in all not more than 600 km).

We need people that would be ready to drive!

Accommodation and food: In most of the Youth Hostels/Hotels I made a reservation for a half-board (with breakfast and dinner). For lunches I planed picnics or ordered a soup, so that we will be flexible.

Costs: – in single-rooms (there are just few single-rooms!!) : **890 €**
–in double rooms: **810 €**

Price includes all the accommodations, food (half-board + picnics), all in connection with the transportation (car-rental, Diesel, Highways), all the entrance fees (boat to the island in Bled und guidance through Škocjan cave, Ljubljana castle, Waterfall Savica, etc.), rafting, guidance (Seminar).

The drinks and special wishes are not included as well as the journey to Slovenia and from Ljubljana (after the journey) and parking of own cars in Ljubljana (during the journey)

Die Price is valid for a group of 25 people (in case of a smaller group the price will raise)!

The whole journey should be paid at latest 2 weeks before the beginning of the journey.

Registraion: Till latest the **end of February 2008**

at: Schule „Wieder Sehen“; Ana Pogacnik; Fürkhofstr. 26; D – 81927 München; Deutschland; Tel. +49 (0)89 95 95 9678; Fax: +49 (0)89 95 95 3725; E-Mail: anapogacnik@alice-dsl.de; www.ana-pogacnik.com

I would be very glad, if you would join the group!! ☺ ☺ ☺ Ana