



Yoga/Mantra Retreat in India

with Chanting Artist **Sathya** & Yoga Instructor **Shanti**

11-25th Feb 09

Yoga Mantra Retreat in INDIA

Join us for a unique Yoga & Mantra Retreat at Sathya Sai Baba's Ashram in India.

Chanting Artist **Sathya**, who spends most of the year in India & Yoga Instructor **Shanti** from Switzerland are teaming up to offer you an uplifting Retreat Experience. "the way into the heart" will be a Retreat that gives you along with the power of chanting & yoga practise deep spiritual insights to connect you with the divine inside and to open your heart. Living with an open heart is essential for living a meaningful and happy life.

In 9 simple, yet profound steps this Retreat is meant to give you some spiritual tools of meditation & contemplation to open the Heart Chakra and inspire you for your daily practise and way of living.

Experience the **healing power of sacred chanting** combined with the ancient wisdom of **Hatha Yoga** at the most popular **Ashram in the world**.

Dive into the tranquility and beauty of **true Retreat** that offers you the wisdom of integral Yoga and the opportunity of Darshan in the divine presence of Avatar Sri Sathya Sai Baba in Prashanti Nilayam.

Sathya, Yoga Acharya & Chanting Artist will guide you through the Mystic Art of devotional singing and share his insights regarding the transformational power of Sanskrit mantra. Sathya's devotional chanting guides the listeners immediately into their own inner center of peace.

Charismatic **Yoga Instructor Shanti** will share her many years of experience leading yoga retreats all around the world. Her yoga classes are a joyful event that truly give you the taste of what **Hatha Yoga** is all about.

Hosting the **Retreat at Sai Baba's Ashram** will be of immense benefit for Rejuvenation, inner Transformation and connection to the Spirit. The purpose of this heart-opening event is to connect you with the divine and give you a truly uplifting experience of spiritual transformation.

You will be deeply introduced into the ancient art of **Kirtan** and **Hatha Yoga** and you will have the opportunity of **daily Darshan with Sri Sathya Sai Baba**, the most known **spiritual Master alive today**.

To know more about Sathya's work and world tour please visit www.sathyamusic.com. ~ To know more about Shanti's yoga retreats around the globe visit www.yogaflow.ch or www.wellfitness.ch Wellness- SPA & Yoga Guide.

During our Retreat you will also have the opportunity for **Ayurveda Treatments**, such as Massage & Consultation by a renowned Dr. of Ayurveda.

Also we will give you a detailed tour through the Ashram and share our experience with you. Space is limited to **12 persons** as we want to take good care of everyone and offer an uplifting **spiritual retreat** !

Contact / Retreat Booking Shanti: yogaflow@bluewin.ch
Contact / Information Sathya: om@sathyamusic.com

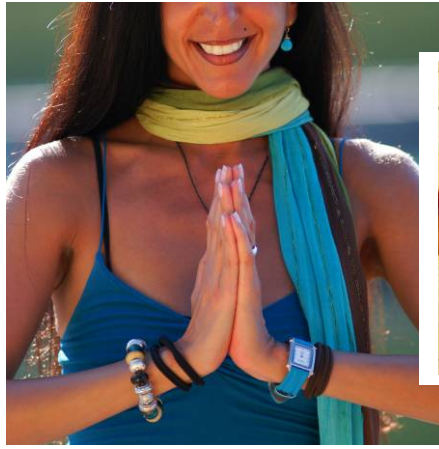




Retreat INDIA : 11. February – 25. February

Diary:

- 11. February - flight from your destination
- 12. February day of arrival
- 13 - 21. February Retreat with Sathya & Shanti**
- 22 - 24. February free time
- 23. February Mahashivaratri Festival ***
- 25. February Travel



* **Mahashivaratri is the night of Shiva.** It's one of the most important festivals in India, held at Sai Baba's Ashram. Together with thousands of people from all over the world we'll chant the whole night, dedicated to Lord Shiva. It's an amazing spiritual experience of joy, healing & divine energy.

This event will be truly a highlight of our Retreat.

Retreat Cost : €1080.--



Including: 14 nights at the PremiumHotel SaiTowers in Puttaparthi Standard Room

Single Room/Aircondition €90 Euros more
2,5 h transfer from Bangalore airport to Puttaparthi

9 days intensive Retreat with Sathya & Shanti

Mantra booklet for daily spiritual practise

AshramTour of Sathya Sai Baba's Ashram
Introduction into the mission & life of Sathya Sai Baba

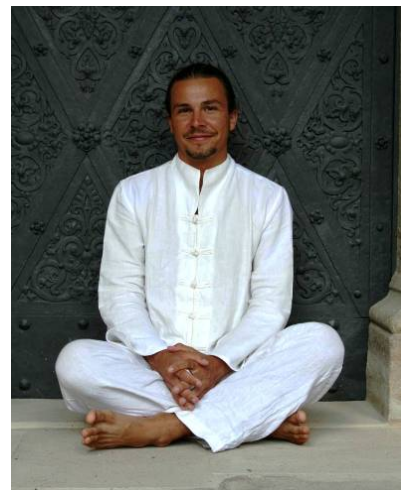
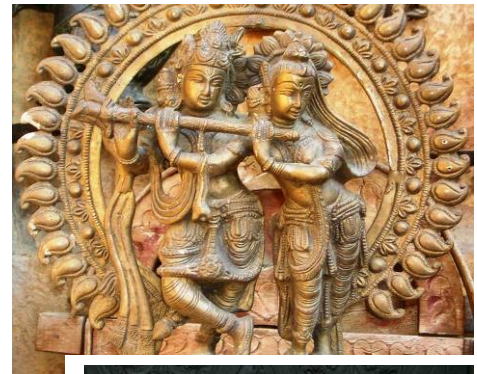
Guidance / Suggestion for Ayurvedic Treatment

Not included:

Flight around €750.— from Frankfurt - Bangalore or ZH/FR/Bangalore

Visa for India

Meal, which is very inexpensive ~ Puttaparthi is full of delicious restaurants that serve all kinds of cuisine (German Bakery, italian, chinese, indian....they even have a raw food restaurant and organic restaurant)



Booking:

50% of the full amount at the day of booking
2nd half 4 weeks before the Retreat starts ~

Booking / Bankaccount:

Zürcher Kantonalbank | Clearing Nr. 700
Wellfitness – Aquila Camenzind
Rubrik Yoga Retreats SWIFT-Adresse: ZKBKCHZZ80A
Konto Nr. 1100-1536.666
IBAN Nr. CH29 0070 0110 0015 3666 6
Kontakt: yogaflow@bluewin.ch oder Tel. +41 (0) 79 402 69 63

Retreat Inspiration:

6.00 h - 7.30 h Yoga Asanas & Pranayamas
08.00 h – 11.00 h Darshan at Sai Baba Ashram (incl. Bhajans)
Time for Relaxation or Ayurveda Treatment
15.30 h - ca.18.00 h Eveningdarshan & Chanting at Sai Baba Ashram
Dinner in wonderful India Restaurants or Ashram
20.00 - 21.30 Mantren & Meditation