

SAMADHI

YOGA & MEDITATION RETREAT

with Paddy McGrath & Bhante Wimala

August 13th – 17th 2007, Czech Republic

The **2008 Samadhi Yoga & Meditation Retreat** will be an intensive experience designed for those who love and practice yoga and who have interest in pranayama and meditation as well.

The **retreat, held in English, will start on Wednesday 1st August at 3 pm** with tea and introduction followed by an asana session and end on Sunday after brunch. Please bring your own yoga-mats and belts!



Paddy teaches with passion her ever evolving quest to "unbutton the spine" so it can dance. Paddy uses backbends and other classic yoga postures coming from her long-term practice under the guidance of [yogacharya Venkatesh, Mysore](#), India and from her Iyengar background. At the same time, however, she has a less conventional but very deep approach, drawing from her more recent studies under [Diane Long](#) and [John Stirk](#) (both Vanda Scaravelli tradition), aiming to inspire students to develop their own practice. Paddy has been based in Sri Lanka since 1989. She teaches yoga workshops and intensive retreats throughout Asia. Once a year, she comes to Europe to teach a schedule of intensive retreats and workshops. For more see www.paddy.yogaholidays.net (yogapad@gmail.com)



Bhante Wimala is a Theravada Buddhist monk from Sri Lanka who spends his time travelling and teaching in the spirit of monks at the time of the Buddha. Travelling for two decades around the globe and studying under many teachers and masters made him a compassionate and receptive monk. His practical spiritual teachings and down to earth approach make him available, encouraging and understandable. Bhante's philosophy emphasizes the authenticity of experiencing and focus on "be-living" rather than "believing." He was the one to set up the Lotus Centre and the Samadhi Meditation Centre in the Czech Republic. For more see www.bhantewimala.com or <http://www.samadhi.cz>.



Venue

Samadhi Meditation Centre is located in the Tupadly Castle. The 136-year-old small castle building and the tall tower are made out of sand stone. The property includes a lovely park, farmland, three other buildings and a greenhouse. Accommodation will be provided in tidy, simple rooms of one of the Samadhi Meditation Centre's buildings.

(See <http://www.bhantewimala.com/html/samadhi.html>)

By car: <http://www.samadhi.cz/kontakt.html>

By air: Prague-Ruzyně

By train/bus: www.idos.cz (one-hour journey from Prague)

Suggested Schedule

6.30 Meditation
7.15 Pranayama
8.00 Tea
8.30 Asana
11.15 Brunch
15.00 Tea/videos/talk
16.00 Asana
17.30 Meditation
18.15 Dinner

Costs and Contact Details

Vegetarian food and accommodation € 130 (CZK 3.200) + donation for teachers (suggested donation is € 30-60 per full day made at the end of the retreat). To register for the retreat e-mail Lenka Nezvalová at lenka_108@hotmail.com or call her on +420 737 821 977.

To ensure your place (max. 20 students) you need to send a **payment for the food and accommodation of € 130 / CZK 3.200** by **June 30th 2008** to Lucie Königová, Bank: eBanka, Account No.: 3224628001/2400; Bank Code (variabilní symbol): 0808; for international participants: IBAN: CZ972400000003224628001, Bank Code: 0808, BIC / SWIFT: EBNKCZPP. Once you remit the money please e-mail Lenka Nezvalová (lenka_108@hotmail.com) who is also available for further information.