

Light and Sound

Yoga Weekend Retreat

with James Boag & Lucie Königová

May 1 - 3, 2009

Buddhist Meditation Centre Samadhi, Tupadly u Mělníka

YOGA is the practical path to enlightenment. Sound is the subtlest and most pervading of the gross elements, a key tool on a yogic path. During this retreat, uplifting morning asana classes will focus on the quality of light in our practice. On Saturday, the emphasis will be on the idea of opening up to light and worshipping light; and on Sunday, filling and expanding with light.

During this retreat we will also learn and learn about the Gayatri Mantra, the great mantra on spiritual illumination. James will tell the inspiring story of Vishwamitra, Vasishta and the Gayatri Mantra (during kirtan on Friday evening) and we will practice recitation of the mantra 108 times on Saturday and Sunday mornings. Afternoon asana classes will focus on sound: the sound of the breath in practice and the subtle internal vibrations during asana. We will also enjoy the opportunity to sing kirtan each afternoon letting the positive vibrations of our devotional chanting permeate all layers of our consciousness.

SAMADHI MEDITATION CENTRE is located in the Tupadly Castle. The 140-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 (for more see www.samadhi.cz)

RETREAT SCHEDULE: The retreat will start on **Friday May 1 at 3 pm** with tea and introduction and finish on **Sunday May 3 in the afternoon**. There will be two asana sessions a day, along with chanting, kirtan and satsang. The lunch break will be long enough for walks and short trips. Please bring your own yoga mat. The retreat will be held in English.

RETREAT FEE: CZK 2,300. The price includes accommodation, excellent vegetarian food and yoga classes.

BOOKING & PAYMENT: Registration upon the payment of the retreat fee of CZK 2,300 in the following account: Lucie Königová, Raiffeisen Bank, Account No: 3224628001/5500; Bank Code: 0105. Please register via e-mail (yogaeventsprague@gmail.com). Registration is on a first come, first serve basis. The **retreat fee is payable by April 20 at the latest**.

CANCELLATIONS & REFUNDS: Cancellations made 14 and more days prior to the retreat 100% of the retreat fee back; cancellations made 13 - 8 days prior to the retreat 50% of the fee back; cancellations made 7 - 4 days prior to the retreat 25% of the fee back. No refunds thereafter.

Wisdom becomes knowledge when it becomes your personal experience.

Come and bring joy!