



YOGA IN DAILY LIFE SUMMER PROGRAM

Friday 12 August – Sunday 28 August
2011
in Strilky, Cz

Fundraising for the humanitarian projects in India running under Int. Sri Deep Madhavananda Ashram Fellowship

Venue: Mahaprabhudeep Ashram, Zamecka 202, 768 04 Strilky, Czech Republic
Contact: Tel. +420 573 375 113, Fax +420 573 375 285, E-mail: seminar@yoga.cz

seminar	date
1 week	Sa, 13 August – Sa, 20 August
2 week	Sa, 20 August – Sa, 27 August

**The Seminar will be from Saturday to Saturday.
However it is possible to arrive already on Friday and stay until Sunday.**

COURSE A: YOGA IN DAILY LIFE – PHYSICAL, MENTAL AND SPIRITUAL HEALTH

For participants of all levels. Yoga-exercises (asanas and pranayamas, relaxation, yoga-nidra), concentration, meditation, lectures about yoga-philosophy, healthy life-style, nourishment etc.

COURSE B: FIND YOUR DIVINE SELF WITHIN YOURSELF

Meditation-seminar with Kriya-Anusthana-technique only for advanced disciples, who are living vegetarian, practice a mantra from Swamiji more than three years, regularly attend yoga-classes and satsangs and have the approval of their yoga-centre.

Start of each seminar:
Evening Satsang at 7.00 pm.
End of each seminar:

Dinner at 5.00 pm.,
After Breakfast

**PLEASE, REGISTER IN YOUR YOGA-CENTRE
BY FRIDAY, 29 JULY 2011**

All participants agree on donating the remaining amount of their payment after covering all costs for the seminar for the humanitarian projects in India.

REGISTRATIONS ARE VALID ONLY WITH FULL PAYMENT OF THE SEMINAR-FEE
Please, pay attention to the regulations given for this seminar.