



Sai Vision: See Always Inside

24th to 28th of May 2018

Sai Prema, Markopoulon (near Athens)
Greece

The aim of the Retreat is to give all participants the opportunity to strengthen both physical and spiritual sight by a balanced daily programme with a variety of workshops and a close contact with nature.

Today, more than ever, inappropriate response to stress is being cited as a primary cause of many ailments that plague modern humanity. Physical exercises in a gentle manner and with every respect for the bodily limitations and health condition, together with joint study of Sathya Sai teachings will give the opportunity to the participants to find inner peace and be physically, mentally and spiritually recharged.

The daily programme comprises of morning prayers, devotional singing, yoga exercises, visit to the farm of Sai Prema and presentation on rejuvenating agriculture, swimming in the nearby sea, study circles, breathing exercises, meditation and well-rounded healthy meals. Among other activities there will be practice for the improvement of physical sight with a series of well tested eye exercises.

All are invited in the ideal environment of Sai Prema House in Markopoulon (near Athens), Greece. Arrival is on **Thursday May 24** and departure on **Monday May 28**.

The cost for accommodation and all meals is 180€ (a reduction is possible, if needed). Transfer from and to the airport is included. The participants who arrive or depart between 1 and 6 a.m. have to cover the extra cost of a taxi. The money for the retreat will be paid upon arrival. Kindly register **before April 30**. For more information and registration, please contact:

Manos Karakostas
Phone: +30 6942 846040
E-mail: spmanos@otenet.gr

Kirsten Koschig
Phone: +49 176 234 607 53
E-mail: kkoschighp@gmx.de

Loving Regards in Sai,
On behalf of the organizing committee
Manos Karakostas
Sathya Sai Organisation of Greece