



“Sound Mind in a Sound Body”

Values and Yoga Retreat

Sai Prema, 8-13 July 2018



The aim of the retreat is to strengthen bodily health and inner peace. This will be done with a balanced programme of philosophical study combining Sai teachings and spiritual principles from the celebrated book “Yoga Sutras” of sage Patañjali, together with Hatha Yoga practice by experienced trainers. The practice will be gentle and suitable for everyone, with respect for special needs. We welcome you all for an experience where everyone is a protagonist and the Director is our true divine nature.

“Every effort must be made to introduce the students to the sweet experiences of meditation and Yoga and to the joy of inquiry into one's own reality.”

Sathya Sai, May 13, 1970

Daily programme

- 06:30 Meditation, Morning Prayers, Bhajans
- 07:15 Yoga practice
- 09:15 Breakfast
- 10:00 Swimming
- 13:00 Lunch and rest
- 17:00 Workshops, breathing exercises, meditation
- 19:15 Dinner
- 20:30 Bhajans, Night Prayers

For practice you need a light and comfortable clothing that allows the movements and sitting on the ground, socks or shoes are not needed. The lessons will be held in Italian and English. The cost for accommodation and all meals is 200€ (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 June 15.

For more information and registration, please contact:

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