

## **Calendar of Events at Poio do Acor 2014**

**June**

**Tuesday 19<sup>th</sup> – Sunday 24<sup>th</sup> June, 2014**

### **Summer Solstice Meditation Retreat**

This 5 day Meditation Retreat is to celebrate the summer solstice and for a few days live a yogic lifestyle, close to nature. Suitable for students with a minimum of one years' experience of yoga.

**July**

**Thursday 24<sup>th</sup> – Monday 28<sup>th</sup> July, 2014**

### **Tattwa Shuddhi Retreat**

The practice of Tattwa Shuddhi uses the tools of Tantra - yantra, mantra and mandala - to allow us to delve into the deeper aspects of our being, beyond the realm of body and mind, and experience our true nature. Tattwa means the elements (earth, water, fire, air and ether) and Shuddhi means purification. Therefore Tattwa Shuddhi is a practice whereby we purify the subtle essence of the tattwas, of which the body is composed, as well as the underlying consciousness relating to those elements. It is a system to purify the whole being, a shankhprakashana on the entire network of energy systems.

**September**

**Monday 1<sup>st</sup> – Saturday 6<sup>th</sup> September, 2014**

### **In Service Training Retreat – For Yoga Teachers**

This 5 day intensive In-service Training Retreat is an opportunity for yoga teachers to nourish and nurture themselves before the start of the UK academic year. The theme of this retreat will be “effective ways to communicate Yoga to students”

### **Typical Daily Programme for retreats here**

7.00 Early morning chanting and asana class  
8.30 Breakfast  
9.30 Karma Yoga  
10.30 Tea break  
11.00 Session  
12.30 Lunch  
1.30 Free Time  
3.30 Yoga Nidra  
4.0 Tea break  
4.30 Karma Yoga  
6.00 Supper  
7.30 Evening Programme  
9.0 Mouna (silence), Bed

### **Further Courses Available please enquire for details Personally Tailored Retreats (PTR's)**

Over recent years many people have been asking for and even coming for personal retreats. Some come alone and retreat into the surroundings of Poio do Acor and themselves, others are bringing groups of yoga students and friends

### **Now Personally Tailored Retreats will be a part of the programme here.**

You can choose to come alone or with a group for a weekend, a few days or a few weeks. You can choose to be left alone to do your own sadhana or decide on a theme for any sessions you may have with Swami Vedantananda, and you can choose the programme type that best suits your needs.

There is always morning chanting and two hours of Karma Yoga per day. Prices include accomodation, food and tuition where taken

### **Outline of Personally Tailored Retreats programme types**

#### **Personally Tailored Retreat 1 25 Euros per person per night**

Early morning chanting

Karma Yoga

Access to sadhana room for personal practice

Rest, Walk, Read, Relax and Recharge

### **Personally Tailored Retreat 2**

**50 Euros per person per night**

Early morning chanting

Karma Yoga

Early morning asana and pranayama class

Free Time

Yoga Nidra Class

Evening Programme

### **Personally Tailored Retreat 3**

**70 Euros per person per night**

Early morning chanting

Karma Yoga

Early morning asana

Mid morning session

Free Time

Yoga Nidra Class

Mid afternoon session

Evening Programme

### **Pranayama Sadhana**

A six day course held as 3 weekends over a 3 month period. This course brings the practice of Pranayama into the limelight and gives a daily sadhana for the duration of the course

### **Yoga Nidra Module**

A six day course held as 3 weekends over a six month period to learn to teach the practice of Yoga Nidra

### **What is Karma Yoga?**

Karma Yoga is an integral part of any Satyananda Yoga programme or course. It is the yoga of action, the performance of selfless service, with awareness. One learns to perform actions without attachment to the fruits or the results of that work. Through the practice of Karma Yoga the mind becomes clear. It gives an opportunity to be totally in the present moment. It is a yoga of dynamic meditation.

Watch your mind!