



10th European Sai Yoga Retreat Sai Prema, 2nd to 11th of August 2024

"Fill your heart with Love and you will experience Unity"

This year's Summer Yoga Retreat is dedicated to immersing ourselves in the Love that leads to Unity. Through asanas, mudras and pranayama, Veda chanting, Satsang and bhajans we will experience our true nature. We are One.

There will also be moments of relaxation by the sea, delicious Greek cuisine and lots of loving friendship!

"If you fill your heart with love, whatever religion you are, you will become One and will be able to perceive unity."

Sathya Sai Baba, 16th July 2001



Daily programme

06:30 Meditation, Morning prayers, Devotional singing
08:15 Yoga practice
09:00 Breakfast
10:00 Sea time
13:30 Lunch and rest
17:00 Yoga and Pranayama
18:00 Satsang
19:30 Dinner
21:00 Devotional singing, night prayers

For yoga practice you need light and comfortable clothing that allows you to move and sit on the ground. The lessons will take place in Italian and English. There will be a voluntary contribution for accommodation and meals of 350 euros, to be paid on arrival. Participants have to cover the cost of 30€ for a taxi from the airport to Sai Prema. The taxi will be booked by the organisers and the driver will be waiting with a sign indicating SAI PREMA. Please bring your own sheets and towels. We kindly ask you to register by 1st July 2024 through the link <https://forms.gle/YGfKnN9YgTdMU87b6> For more information please contact:

For accomodation:

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

For the yoga lessons:

Laura Sabbadin
Phone: +39 3282 756138
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Loving Regards in Sai,
On behalf of the organizing committee
Laura Sabbadin

