



12th European Sai Yoga Retreat

Sai Prema, 16th to 25th July 2025

"Love is the Foundation"



This year's summer retreat is dedicated to immersing ourselves in the miracle of Life and Love of the Divine. Love is always present, and through asanas, mudras and pranayama, Veda chanting, satsang, bhajans and the gorgeous nature of Greece, we will be able to absorb and share it to the fullest. There will also be moments of relaxation by the sea, delicious Greek cuisine and lots of loving friendship!

Love is the form of the Divine. Love alone can merge in Love. When one is filled with divine love he can experience oneness with the Divine. Happiness arises from pure Love, which is the source of Truth, Righteousness, Peace and Nonviolence.

Sri Sathya Sai Baba, Brindavan, May 30, 1992



Daily programme

06:30 Meditation, Morning prayers, Devotional singing
08:15 Yoga practice
09:00 Breakfast
10:00 Swimming and sunbathing
13:30 Lunch and rest
17:00 Qi Gong, 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 easy movement and sitting on the ground. The sessions will be conducted in English. There is a voluntary contribution for accommodation and meals of 350 euros, to be offered on arrival. Participants have to cover the cost of a taxi from the airport to Sai Prema, the cost of which is about 30 €. Please bring your own sheets and towels. We kindly ask you to register by 1st July 2025 by completing the registration form here: <https://forms.gle/9Wk3DpAZkCGUkVX6A>. For more information, please contact:

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Loving Regards in Sai,
On behalf of the organizing committee
Laura Sabbadin

