



Sathya Sai Organisation, Zones 6, 7 & 8

SaiArt Retreat 2024

„Bringing thought, word and deed into harmony“

**Sai Prema (near Athens), Greece
16 – 24 April 2024**



"The thought in the head, the word on the tongue and the deed in the hand - try to make all three into one!"

Sathya Sai Baba, 19.11.1980

To all people who like to paint, draw, make music, sing, dance or ... !

In April, when it is green and blooming in Greece, we meet at the blessed place of Sai Prema to engage creatively with the teachings of Sathya Sai Baba.

The focus is on Swami's central statement of the unity of thought, word and deed, which needs to be lived in ourselves. This is a prerequisite for peace in our hearts, with our fellow human beings and in the larger context on earth.

We will have plenty of time for individual creative projects: Music, visual art techniques, sculpture, dance, writing, theater, video, photography, textile art... and whatever you want to do. Don't be shy, you don't need to be a professional. Love and dedication are the most important things.

We also have lectures, study circles, workshops, excursions, daily devotion sessions. We want to visit the Sathya Sai Center in Athens and chant with the Greek devotees. The SaiArt retreat will end with a cultural evening where we will share our experiences and our works with guests.

Organisation

Time: April 16 - April 24 2024

Place: Sai Prema, near Athens

Arrival: April 16 or April 15 . We start the program on the April 16 in the evening.

Departure: April 24 or April 25

Costs: 300 € accommodation and vegetarian/vegan food. Reduction is possible after consultation. Plus taxi costs to and from the airport and various tickets for excursions.

What to bring: Please bring your own equipment! And please bring bedsheets and towels.

Special feature: The Greek Easter Yoga Retreat will take place in Sai Prema on April 27 - May 6. If you would also like to take part, please register in time in Greece.

Direction: Marijke Blom and Birgit Dietze-Mellak

Registration until March 20, 2024 at:

Marijke Blom, mail marijke.blom@web.de , phone 00491741767189

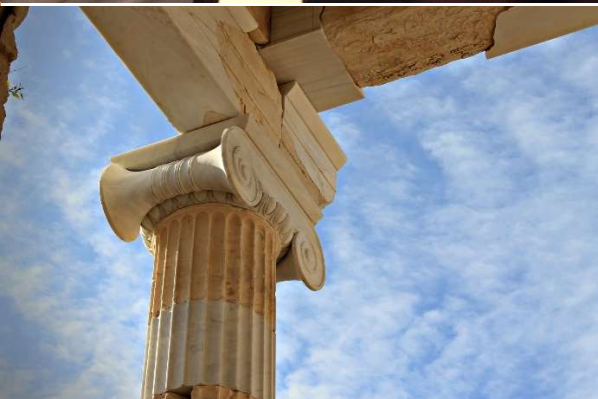
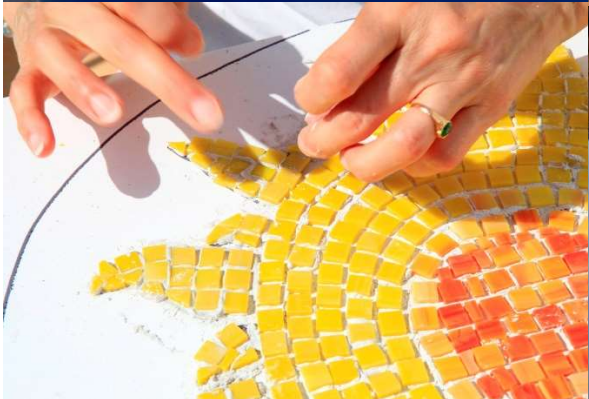
Birgit Dietze-Mellak, mail dietze-mellak@gmx.at, phone 00436507956579

More information on request.

We are looking forward to a blessed time together in Greece! Om Sai Ram

Marijke Blom (Germany)
Birgit Dietze-Mellak (Austria)
George Bebedelis (Greece)
Manos Karakostas (Greece)
Eleni Kairi (Greece)





OM SAI RAM



9th European Sai Yoga Retreat
Sai Prema, 27nd April to 6st of May 2024



"The protecting Grace of the Supreme Lord"



This year's Easter retreat is dedicated to immersing ourselves in the life-giving Grace of the Divine for our protection and evolution in this complex time. Grace is always present, and through asanas, mudras and pranayama, Veda chanting, Bhagavad Gita study, bhajans and bus rides to monasteries and churches to experience the glorious atmosphere of Orthodox Easter, 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!

The reinforcement of the Grace of the Lord constitutes the most reliable support; if you obtain it, dishonor, defeat and discouragement vanish like fog in the Sun and not even illnesses can touch you. For this reason, I advise you to face life by strengthening your spiritual zeal and invoking the Grace of the Lord.

Sathya Sai Baba, 15 October 1966



Daily programme

06:30 Meditation, Morning prayers, Devotional singing
08:15 Yoga practice
09:00 Breakfast
10:00 Walks by the sea
13:30 Lunch and rest
17:00 Yoga and Pranayama
18:00 Vedic study, group chanting
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 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 April 2024 through the link <https://forms.gle/S9nTJ3EV8eVbKnph7>. For more information please contact:

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

