



2nd EUROPEAN SAI YOUNG ADULTS CAMP 2018

'Trust in Your Heart'

"True education is that which originates from the heart. The heart is very important for human existence. When a child is born, the first thing that people observe is the heartbeat. You should rely more on your spiritual heart than on the physical heart. Conscience is another name for spiritual heart. Keep your heart pure; this should be your main endeavour. Whatever is done with love and purity of heart will confer bliss on you." ~ Sathya Sai (extract from discourse pronounced on 17th August 2005)

Dearest Sai Young Adults of Europe,

We are very happy to invite you to the **2nd European Sai Young Adults Camp** that will take place in **Sai Prema, Athens** from **Friday 17th August to Sunday 26th August 2018** under the theme *'Trust in Your Heart'*.

The programme will include daily spiritual practices such as meditation, prayer and devotional singing, physical exercise, inspiring workshops, being in nature and the seaside, service activities, excursions, shared meals and other uplifting activities. We are also pleased to inform you that **Dana Gillespie** will be our special guest for the camp! For the last three days, Dana will delight us with her 'youthful' presence, sharing of inspiring experiences and her divine music that goes straight to the heart.

We invite you all to share this experience of joy with us and to be part of the 2nd European Sai Young Adults Camp 2018! To participate, please fill in the online registration form which can be found [here](#).

We are very happy and look forward to having you in sunny Greece!

With Love,
Raksha, Marta & Nataliya

(Zones 6, 7 & 8 Young Adult Coordinators on behalf of the Organising Team)



<i>Dates</i>	Friday August 17 th (<i>arrival</i>) to Sunday August 26 th (<i>departure</i>)
<i>Venue</i>	Sai Prema, Markopoulo/Athens, Greece
<i>Participants</i>	Sai Young Adults (18 - 40)
<i>Registration & Registration Deadline</i>	To register for the meeting, please fill in the registration form, which can be found here . * * * Registration deadline is July 20th * * *
<i>Accommodation</i>	Will be provided in Sai Prema premises (<i>max. 60 participants</i>)
<i>Costs</i>	Accommodation, meals, transportation from and to the airport, as well as all rides to the sea will amount to 260€ per participant for 9 days. The total amount for the camp will be paid upon arrival.
<i>Getting there ...</i>	Athens can be directly reached from many European cities by plane, bus, train or car. You will be picked up from and be taken to the airport or bus/train stations by volunteer drivers. The participants who arrive or depart between 1 a.m. and 6 a.m. have to cover the extra cost of a taxi.
<i>Programme</i>	A proposed daily programme can be found on the next page.
<i>Other</i>	Those who have a European driving license (especially female participants) are kindly asked to bring it with them. In case of lack of local volunteer drivers due to a big number of participants, we will need your assistance. Thank you ☺
<i>Contact</i>	For any questions or suggestions regarding the timeframe, accommodation or travel, please send an e-mail to yasummer.camp@gmail.com



2nd EUROPEAN SAI YOUNG ADULTS CAMP 2018

'Trust in Your Heart'

Proposed dates: Sunday, August 20th until Sunday, August 26th 2018

Objective: Coming together of young adults of the European Sathya Sai International Organisation, study of Sathya Sai's spiritual teachings, collective spiritual practices and inspiration for practical implementation in daily life.

Draft Daily Programme

06:30 – 08:00	Meditation & Morning Prayers
08:00 – 08:45	Physical exercise
08:45 – 09:30	Breakfast
09:30 – 10:00	Cleaning of dining room, kitchen and rooms
10:00 – 12:30	Swimming (<i>ladies & gents separately</i>), personal study, field work
.....	
13:30 – 14:30	Lunch
.....	
14:30 – 15:00	Cleaning of dining room and kitchen
15:00 – 16:30	Rest
16:30 – 17:00	Fruit
17:00 – 19:15	Workshop
19:45 – 20:30	Dinner
20:30 – 21:00	Cleaning of dining room and kitchen
21:00 – 21:45	Devotional Singing & Meditation
22:00	Sleep



Om Sai Ram

