



5th European Sai Values and Yoga Retreat

Sai Prema, 16th to 25th of July 2021

Happiness is Union with God



This year the retreat is dedicated to live our inner light, so that we can see clearly the path and the goal. With Hatha Yoga postures and breathing exercises, linked to meditation and Veda chanting we will reach purity of the heart and a state of inner Peace and Happiness. Moreover, we will experience the joy of being together in loving friendship, sharing moments of laughter, swimming in the cool waters of the Aegean Sea and living the gorgeous Greek hospitality in Sai Prema!

***“All your actions should be directed to purify your mind and heart,
so that you may unite with the Divine and experience lasting Happiness .”***

Sri Sathya Sai Baba

Daily programme

06:30 Meditation, Morning prayers, Devotional singing
08:15 Yoga practice
09:00 Breakfast
10:00 To the beach
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 to sit on the ground. The lessons will take place in Italian and English. Please bring your own sheets and towels. We kindly ask you to register by 10th July 2021.

For more information and registration, please contact:

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Loving Regards in Sai,
On behalf of the organizing committee
Manos Karakostas
Sathya Sai Organisation of Greece

10th European Sadhana Camp

Theme: “Happiness is Union with God”

Sai Prema, 30th of July to 8th of August 2021

Objective: *Coming together of members of the European Sathya Sai Organization, study of Sathya Sai’s spiritual teachings, collective practice, inspiration for practical implementation in daily life.*

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, personal study, field work

13:30 – 14:30	Lunch

14:30 – 15:00	Cleaning of dining room and kitchen
15:00 – 16:30	Rest
17:00 – 17:30	Fruit
17:30 – 19:30	Study circles and workshops on the theme of the Camp
19:30 – 20:00	Free time: walking in nature, personal study
20.00 – 21.00	Dinner
21.00 – 21.15	Cleaning of dining room and kitchen
21.15 – 22.00	Devotional singing, Meditation
22.30	Sleep

Note: The Camp will include one day of silence and fasting, if the participants agree to it.



Aum Sri Sai Ram