



6th European Sai Values and Yoga Retreat

Sai Prema, 22nd to 31st of July 2022



The End of Wisdom is Freedom

This year's retreat is dedicated to investigating the true meaning of Freedom and Wisdom. Through Hatha Yoga postures and breathing exercises, combined with meditation and Veda chanting, we will free ourselves from egoic traits and experience the wisdom that comes from within, the knowledge of our inner nature of Truth and Love. Moreover, we will enjoy being together in loving friendship, sharing moments of laughter, swimming in the cool waters of the Aegean Sea and living the splendid Greek hospitality at Sai Prema!

“What is true freedom? Knowledge of the Self is true freedom. The end of wisdom is freedom. Educated people today think that "freedom" means being able to speak, act, move and behave arbitrarily, but this is not true freedom. Self-control, Atmic bliss and knowledge of the Self is true freedom.”

Sri Sathya Sai Baba, 23/8/1996

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. There will be a voluntary donation for accommodation and meals of 300 euros, to be paid on arrival. Please bring your own sheets and towels. We kindly ask you to register by 10th July 2020. 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

11th European Sadhana Camp
Theme: “The End of Wisdom is Freedom”
Sai Prema, 5th to 14th of August 2022

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
08:15 – 09:00	Yoga Practice
09:15 – 10:00	Breakfast
10:15 – 13:00	Swimming, personal study, field work

13:30 – 14:30	Lunch

15:00 – 16:30	Rest
17:00 – 17:30	Fruit
17:30 – 19:30	Study circles and workshops on the theme of the Camp
20.00 – 21.00	Dinner
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