



8th European Sai Yoga Retreat

Sai Prema, 21nd to 30st of July 2023



Life is Love, share it!



This year's summer Yoga Retreat is dedicated to putting into practice the Love that we are. Through Hatha Yoga postures and breathing exercises, combined with meditation, study, chanting and devotional singing we will open our hearts and share the message of our Master:

Only love of God grants eternal bliss. Love is the form of God, so He is filled with Love. Likewise, man should have a love-to-love relationship with his fellow men. If his love is true and deep, he will experience oneness with all. This is the principle of Non-dualism (Advaita).

Sri Sathya Sai Baba, 25 April 1996

We will enjoy being together in a loving friendship, sharing moments of joy and laughter, swimming in the refreshing waters of the Aegean Sea and experiencing the wonderful Greek hospitality at Sai Prema!



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 sit on the ground. The lessons will take place in Italian and English. There will be a voluntary donation 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 10th of July 2023. 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



12th European Sadhana Camp

Theme: Life is Love, share it!

Sai Prema, 4-13 August 2023

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

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



Aum Sri Sai Ram