



## 11<sup>th</sup> European Sai Yoga Retreat

Sai Prema, 14<sup>nd</sup> to 22<sup>nd</sup> April 2025



**"Love is the Foundation"**



This year's Easter retreat is dedicated to immersing ourselves in the miracle of life and Love of the Divine. Love is always present, and through asanas, mudras and pranayama, Veda chanting, Bhagavad Gita study, bhajans, selfless service and visits 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!

***Love is the foundation of all the 5 values. Love in thought is Truth. Love in action is Right Conduct. Love in feeling is Peace. Love in understanding is Non-violence.***

*Sathya Sai Baba*



## Daily programme

06:30 Meditation, Morning prayers, Devotional singing  
08:15 Yoga and Qi Gong practice  
09:00 Breakfast  
10:00 Walks by the sea  
13:30 Lunch and rest  
17:00 Yoga Pranayama and Qi Gong  
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 1<sup>st</sup> April 2024. For more information and registration, please contact:

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

