



13<sup>th</sup> European Sai Yoga Retreat  
& Veda Workshop  
Sai Prema, 3<sup>rd</sup> to 16<sup>th</sup> April 2026



**"Eight Steps to the Self"**



The 2026 Easter Yoga Retreat, which will last from 7 to 16 April 2026, is dedicated to immersing ourselves in the miracle of our divine nature. Through asanas, mudras, pranayama, Vedic chanting, satsang, bhajans and some surprising adventures, we will experience our divine nature to the fullest. There will also be moments of relaxation by the sea, delicious Greek cuisine, and plenty of friendship and love!

***"Know thyself! Then you will know everything". Always remind yourself: "I am the embodiment of the Divine Atma; the Atma is immanent in me".***

*1<sup>st</sup> January 2009 – Sri Sathya Sai Baba*

For yoga practice you need light and comfortable clothing that allows you to move and sit on the ground. There will be a voluntary contribution for accommodation and meals of 350 €. Participants will need to share the cost of a taxi from the airport to Sai Prema, which is 30 €.

This year the Yoga Retreat will be combined with a Veda Workshop, which will take place from 3 to 6 April. What can you expect in the Veda workshop:

- Immersive Vedam Chanting: Prashanti like Vedam Chanting sessions to sink into the energy and atmosphere created through collective chanting of powerful Vedic Chants.
- Guided Revision for Long-Term Learners: Structured revision sessions for those who have been learning Vedam for years, to refine pronunciation, rhythm and confidence.
- Gentle Introduction for Beginners: Step-by-step sessions designed for first-time learners — no prior knowledge required, only sincerity.
- Inner Meaning Behind Selected Chants: A simple, experiential walkthrough of the inner significance of selected Vedic mantras — connecting sound to awareness, not theory.
- Reflections on Swami's Vision for the Vedas: Sharing insights into how Sathya Sai Baba saw Vedam as a living spiritual discipline — meant for practice, purity, and inner transformation.
- Open Dialogue and Reflection: A space for questions, shared experiences, and quiet reflection — learning with each other, not just from the teacher.

For those who would like to participate in the Veda Workshop the voluntary contribution for accommodation and meals is 140 €.

We kindly ask you to register by the end of March 2026 through this form: <https://forms.gle/8bB5wxRHsdKjAya86>. When you fill out the registration form, please make it clear if you intend to attend the Veda Workshop or the Yoga Retreat or both. Please don't forget to bring your own sheets and towels. For further information you may contact:

Laura Sabbadin

Phone: +39 3282 756138

e-mail: [laura.sabbadin3@gmail.com](mailto:laura.sabbadin3@gmail.com)

Machi Mavromati

Phone: +30 694 7492218

e-mail: [machimavromati@gmail.com](mailto:machimavromati@gmail.com)

Loving regards in Sai,  
The Organizing Committee

