



15th Sai European Sadhana Camp
Sai Prema, 24th July to 12th August 2026



"KNOW THYSELF"



Dear Brothers and Sisters,

Building on past experience, the SSSIO of Greece is organizing the **15th Sai European Sadhana Camp** at Sai Prema from **Friday, July 24, through Wednesday, August 12, 2026**.

The aim of the Camp is to bring together members of the SSSIO from all European countries to deepen spiritual practice, foster mutual exchange, and gain inspiration for the ongoing implementation of Sai teachings in daily life. Moreover, the Camp offers the opportunity to spend beautiful summer days in the ideal atmosphere of Sai Prema. This year's theme is:

"KNOW THYSELF"

This year, we are excited to have Dr. Sunder Iyer with us, who will lead the yoga sessions during the day, as well as the study circles and workshops. During his youth, Dr. Sunder Iyer had the incredible opportunity to spend over 15 transformative years at the ashram of Sri Sathya Sai Baba. Under his guidance, he studied the profound philosophy of Yoga and practiced traditional yogic methods and techniques with masters from esteemed schools in India, Nepal, and Tibet. Alongside his passion for Yoga, Dr. Sunder Iyer pursued his studies and earned a PhD in Banking and Finance at Sri Sathya Sai Institute of Higher Learning. In 2018, Dr. Sunder Iyer, together with his wife Maya, formed **Kaivalya Yoga Gurukulam (KYG)**, a nonprofit organization, to share the teachings of Yoga with the wider public.

Attached please find the daily programme. There will be a voluntary contribution for accommodation and meals of 35 € per day, including arrival and departure days. For those who cannot stay for the entire duration of the camp, which is longer than in previous years, it is possible to stay for fewer days according to their availability. Participants have to cover the cost of the taxi from the airport to Sai Prema, which is 30 €. Please bring your own bed linen and towels.

We kindly ask you to register by the end of June 2026 through this form: <https://forms.gle/YbpQkF3EDHqpGPJ5A>. For further information, you may contact:

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Loving regards in Sai,
The Organizing Committee

