



*Express your LOVE
to all living beings!*

Ananda Seva's

International Summer Retreat

June 28. - July 1. 2019

Enjoy meditating together, yoga, fascinating lectures, music, dancing, forest walks, sauna and swimming in the lake and just being together and relaxing. All this fun and joy at Kreivilä manor, course center, surrounded by the beautiful Finnish summer, trees and flowers.

International guests and program leaders!



Price 280 € / 250 € (students, unemployed, pensioners). You can pay in cash at the retreat.

What to bring

Bring bed sheets, towel, bathing suit (for sauna and swimming), yoga mat, meditation pillow, outdoor clothing, yoga clothes and evening wear. Sheets and towel can be rented for 10 €.

Meals

We will be serving lacto vegetarian food. Please inform special dietary needs to Piri Aarnikko (yogadiipali@gmail.com) before 20.6.2019.

Address

Kreiviläntie 219, 31110 Matku (near Forssa).

More information

*Piri Aarnikko, yogadiipali@gmail.com , +358 40 8288889
Maarit Nikmo, maarit.nikmo@vitaevia.fi, +358 50 5171069*

Program

Friday, June 28

- 15.00 Registration / Sandhya
- 16.00 Asana class & Qi gong outdoors / Kapila
- 17.00 Kiirtan & meditation
- 18.00 Dinner
- 19.00 Opening circle & meditation / Sandhya & Sarani
- 20.30 Sauna, swimming & sauna ceremony / Sarvani ja Gopala
- 23.00 Silence at the manor

Saturday, June 29

- 07.00 Asana class
- 08.15 Kiirtan & meditation, talk
- 09.15 Breakfast
- 10.15 A coming age of Neohumanism / Ravi
- 11.30 Meditation walk & stretching in the Forest
- 12.45 Lunch & free time
- 14.00 Grow your own food and pick wild herbs / Sarvani
- 15.15 Kaoshiki & tandava, spiritual dances
- 15.30 Asana class
- 17.00 Kiirtan & meditation, talk
- 18.00 Dinner
- 19.30 Evening program: singing, dancing / Sarani, Tattvam, Anu
- 21.00 Meditation (30 minutes)
- 23.00 Silence at the manor

Sunday, June 30

- 07.00 Asana class
- 08.30 Breakfast
- 10.00 Sadhana Shivar, talk
- 12.15 Lunch & free time
- 14.00 Community Transformation / Ravi
- 15.15 Asana class
- 16.30 Kiirtan & meditation, talk
- 17.30 Dinner
- 18.30 Entering into the Spirit of the Elements /
Sarasvati Ma
- 19.00 Free Dance & relaxation / Chintana &
Raphael
- 20.00 Sauna, swimming & water ceremony /
Sarani
- 22.00 Kiirtan & meditation (30 minutes)
- 23.00 Silence at the manor

Monday, July 1

- 07.00 Nature walk with asanas & meditation /
Jayadevi
- 08.30 Breakfast
- 09.30 Neohumanistic Workshop / Gaori & co
- 10.45 Kiirtan & meditation, talk
- 11.45 Lunch & live music by Hamsa
- 13.00 Forest Crown making / Hamsa
- 14.15 Metta Meditation / Diipali
- 15.00 Closing ceremony / Sandhya, Sarani
- 16.00 Tea & cake