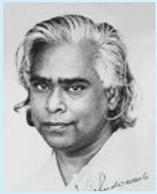




Swami
Sivananda
(1887–1963)



Swami
Vishnudevananda
(1927–1993)

*"Health is wealth.
Peace of mind is happiness.
Yoga shows the way."*

Swami Vishnudevananda



SIVANANDA YOGA

EASTER YOGA RETREAT

In Almeria, Spain | 26 March – 1 April, 2018



Founder
Swami Vishnudevananda,
Since 1957

Relaxation for the whole family | Free election of dates

How to register

You can download the pdf at www.sivananda.es/easter-yoga-retreat, or send an email to madrid@sivananda.net. Inscription is valid with the payment of the yoga fee. Banking information: IBAN: ES29 0182 4028 7102 0855 4011; BIC: BBVAESMM

Rates

Yoga activities

- 180€ Adult (35€/day)
- 135€ Members, unemployed, students (24€/day)
- 90€ Child till 12, 50% discount (17€/day)
Second child, for free

El Cortijo Los Baños Al-Hamam

- (Including room and board)
- 300€ Double with bathroom (50€/night)
- 270€ Double without bathroom (45€/night)
- 240€ Shared room, in hostel (40€/night)
- 210€ Tent (35€/night)
- Children from 3 to 12 years old 50% from the adult price.
- Free for child less than 3 years old.

How to get there

If you are flying to Madrid we can help you arrange transport to Almeria. The Cortijo offers a pick-up service from Almeria to the ashram at a reasonable fee. Ask conditions.

By plane, flight to Almería, Granada or Malaga. The Cortijo offers pick-up service at a reasonable fee (ask conditions)

By train, if you come from Almería (not high speed train or AVE) or Murcia (high speed train or AVE), you must travel by bus to Sorbas and then take a taxi.

You can check the itinerary with the guide www.lucainenadelastorres.es/ or on the website www.viamichelin.es/web/ltinerarios



Sivananda Yoga Vedanta Center Madrid



For more information:
www.sivananda.es/easter-yoga-retreat

Calle Eraso, 4 • 28028 Madrid, Spain • Tel: +34 91 361 51 50
e-mail: madrid@sivananda.net • www.sivananda.es

Sivananda Yoga Vedanta Center Madrid

A yoga retreat is the best opportunity to find deep relaxation and fill you with energy for your daily life. The regular practice of meditation, yoga and breathing exercises give you strength, relaxation and inspiration. The yogic vegetarian diet will help the body to feel full of wellness and have a balanced mind.

Beginners welcome!

Daily schedule

Yoga for children

Int. Teachers Training Course (TTC)

Cortijo Los Baños Al-Hamam

Practical information

Teachers



6:00h Wake up
 6:30h Meditation, chanting, lecture
 8:00h Yoga class
 10:00h Lunch
 12:00h Silent walk or workshop
 14:30h Lecture
 16:00h Yoga class
 18:00h Dinner
 20:00h Meditation, chanting, lecture

Attendance to all activities is recommended.
 This schedule might be subject to change.
 Children activities are separate from adults.

This retreat is a good opportunity for parents and children to share the yoga experience. The children class alternates games, breathing and relaxation. Classes are adapted and joyful. Meditations will take place apart from the adults, with chanting and story telling.

Children should be under the care of parents at certain times of the day (children under five must be under the care of parents at all times). More information madrid@sivananda.net

2 August – 4 September, 2018
 In Aluenda, Spain (Spanish, English)

During the retreat there will be a **workshop** for those who are interested in taking the course. For other dates and locations: www.sivananda.eu

is located near Lucainena de las Torres, a small traditional village in Almeria, South Spain. The nearby Aguamarga beach is one of the best known sea sides of Cabo de Gata. An ideal nature environment for the practice of yoga and meditation.
www.cortijo-al-hamam.com/en

Arrival and departure: arrival Monday 26th after 14:00h, departure April 1st at 12:00h. You can also come fewer days (minimum stay 2 nights).
What to bring: yoga mat, cushion, shawl, comfortable clothing and walking shoes.
Rules: the consumption of meat, fish, eggs, coffee, black tea, tobacco and drugs is strictly forbidden.
 The Cortijo has open WIFI and mobile phone coverage available.

Swami Vasudevananda
 co-director of the Sivananda Yoga Center Munich, is an inspired teacher with many years of experience of teaching in the Sivananda Yoga Centers and Teachers Training Courses.

Swami Santoshananda
 is director of the Sivananda Yoga Center in Madrid, Spain, and teaches in the Teachers Training Course in Aluenda, Spain.



• How to have a healthy life style
 ♥ Increase your energy level
 > Calm the mind and relax the nervous system
 → Adjust your diet for vitality and wellbeing