

Detailed information

Schedule

- Thursday 22 March, 2012
 - 18:00 Arrival and check-in
 - 19:00 Light dinner
 - 20:00 Introduction and satsang (mantra chanting and meditation)
- Friday 23 and Saturday 24 March, 2012
 - 05:30 Wake up
 - 05:30 Morning Pranayama (optional)
 - 06:00 Meditation, chanting, lecture
 - 08:00 Hatha yoga: pranayama, asana, relaxation
 - 10:00 Brunch
 - 11:00 Karma yoga
 - 12:00 – 16:00 freetime with possibility of personal treatments, sauna or music lessons
 - 14:00 lunch
 - 16:00 Hatha yoga: pranayama, asana, relaxation
 - 18:00 Dinner
 - 19:30 Satsang: meditation, chanting, lecture
- Sunday 25 March, 2012
 - 05:30 Wake up
 - 05:30 Morning Pranayama (optional)
 - 06:00 Meditation, chanting, lecture
 - 08:00 Hatha yoga: pranayama, asana, relaxation
 - 10:00 Brunch
 - 11:00 Karma yoga
 - 12:00 free time or personal treatments
 - 13:30 Lunch
 - 14:30 Chanting, lecture, closing
 - 16:00 Departure

Detox – what is that?

Spring is the auspicious time for cleansing the body and the mind. In this retreat, we consciously choose for a change towards simple, light food paired with a balanced blend of joyful spiritual practices. We take advantage of the peaceful retreat environment to live on a simple diet of kitcheri and herbal tea.

Kitcheri is a wholesome, nourishing balanced food also used in Ayurvedic Pancha Karma. It consists of rice and split mung dal and is easy to digest and good for all types of people.

This is not about starving – you will surely not feel hungry! –, but about freeing all systems of the body from overload and congestion.

All the yogic practices (breathing exercises, yoga postures, yogic cleansing exercises (kriyas), relaxation, chanting, meditation) accelerate the purification of the body, the mind, the emotions. To further support the detox there is a sauna at the retreat centre (a small extra charge will be applied), and you will be able to book personal treatments (ayurvedic oil- or sound massage, shiatsu, - at extra charge).

Accommodation

We rent the Vuurhuis ("Fire House"), a splendid, spacious wooden house with a cosy wood stove and a private garden. There are 8 bedrooms, each with a bath or shower and 2-3 beds. Next to that we rent two studios, each providing accommodation for 4 people.

The yoga practice takes place in another beautiful house on the same property, the "Chakra Room", with view on the garden and the surrounding land.

Organisation and teachers

All organisers are certified Sampoorna Yoga teachers (US Yoga Alliance 500hrs) and direct students of Shri Yogi Hari.

Vyasa (Germany) has been practicing meditation and yoga since 1999. After meeting his Guru Shri Yogi Hari during a yoga weekend, Vyasa left his home and his engineering job in Germany to study yoga intensively in the traditional way, living in close contact with the guru. He spent two years at Yogi Hari's ashram in Florida, studying all paths of yoga, including nada yoga (voice, harmonium and tabla). He has taught yoga in several teacher trainings himself. Currently, Vyasa lives with his wife Gauri and their three children in Bruges and works as engineer, shiatsu therapist and yoga teacher.

Gauri (Belgium) practices yoga since 2001. What started as a weekly yoga class because of lower back pain emerged quickly as a thorough voyage to her inner self. In 2004 and 2005 she did the yoga training courses at Yogi Hari's Ashram in Florida where she met also her husband Vyasa. She left her job as biologist and started to teach yoga. She loves to chant and cook and as a mother of 3, she applies the yogic principles in her daily life.

Eknath (Belgium) decided to lower the volume and slow down the tempo after 25 years as a professional musician (Erwin Vann). He has been practicing Tai Chi, Aikido, Yoga and Chi Kung for many years. Already in his teens – while practicing the saxophone – he learned yogic breathing techniques. Eknath started practicing yoga in 1994 and followed workshops and retreats with several teachers, until finally taking the Sampoorna yoga teacher trainings with Yogi Hari in 2008–2009. In May 2010, Eknath co-founded the Sampoorna Yoga Studio in Brussels. Father of two, Eknath is also a Certified YogaKids Teacher.

Hanna (Finland) first discovered yoga in 2001 during a burn-out after many years of corporate career. She personally experienced the amazing healing and transformation that yoga can bring on all levels, and wanted to share what she had learned. Hanna followed the Sampoorna yoga teacher trainings with Yogi Hari in 2008. Together with Eknath, Hanna is a co-founder of the Sampoorna Yoga Studio in Brussels. She also continues to work part-time as a Human Resources consultant and trainer, sometimes introducing yoga tools in business challenges.

Price and registration

Price:

- 275€ all-inclusive (accommodation, meals, yoga tuition)
- Early-bird price 240€ is available until 8 January, 2012 (full payment by this date)
- Reservation can be confirmed by paying a deposit of 100€
- Full price to be paid before start of the retreat
- Personal treatments (30€), sauna (10€) have to be paid extra
- Cancellation policy:
 - Cancellation at least one month in advance: 10€ administrative costs
 - Cancellation between a month and a week in advance: you lose the deposit (100€)
 - Cancellation less than a week before: no refund

Please register by completing the registration form on <http://www.sampoorna-yoga.be>

What to bring?

- Your own bed linen and towels (these can also be rented at the venue for 7€)
- Take enough towels, dressing gown and slippers if you plan to use the sauna!
- Yoga mat (also for sale for 22€)
- Sitting cushion (also for sale, starting at 25€)
- Blanket or shawl to keep warm during relaxation
- Notebook and pen
- Slippers or thick socks to wear indoors
- Any personal items you may need

Further information

- We strongly recommend that in the week before the retreat you only consume light, easily digestible vegetarian food, drink no alcohol, and eat no sweets. This will prepare and accelerate the detoxification process.
- Language: The retreat is given in English, but we also understand and speak Dutch, French, German, Finnish and Italian. Let language not be a barrier!
- Maximum number of participants: 18
- Full participation in all activities is required.
- Please do not use perfume, strong smelling aftershave etc. during the retreat.
- No smoking at the retreat.

Contact

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We are looking forward to meeting you!

Om Shanti.