

Practical information Sampoorna Yoga Weekend Retreat



Schedule (may vary slightly)

First Day

18:00	Arrival and check-in
19:00	Dinner
20:00	Introduction and satsang (mantra chanting and meditation)

Middle day(s)

05:30	Wake up
06:00	Meditation, chanting, lecture
08:00	Hatha yoga: pranayama, asana, relaxation
10:00	Brunch
11:00	Karma yoga and free time
13.30	Afternoon snack
14:00	Lecture, nada yoga
16:00	Hatha yoga: pranayama, asana, relaxation
18:00	Dinner
19:30	Meditation, chanting, lecture

Last Day

05:30	Wake up
06:00	Meditation, chanting, lecture
08:00	Hatha yoga: pranayama, asana, relaxation
10:00	Brunch
11:00	Karma yoga
12:00	Chanting, closure
14:30	Lunch
16:00	Departure

Meals

- Healthy organic vegetarian meals, served buffet-style.
- The yogic vegetarian food includes simple and deliciously prepared fresh fruits, vegetables, whole grains, legumes, tofu and some dairy.

Accommodation

['Château Frandeux'](#): The domain Frandeux is situated on the outskirts of the Belgian Ardennes, in the region "Les Famenness" and belongs to the province of Namur in Wallonia. The area is also called "the Valley Country", a land with castles and a rich and varied heritage. The village of Frandeux is formed by some 40 houses and is situated in the valley of the Vachau, about 6 km from Rochefort. There are single, double and triple rooms with and without shower, so prices are according type of accommodation.

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 2000. After meeting Shri Yogi Hari in 2003, Vyasa left his home town 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 assisted teaching many teacher trainings. Currently, Vyasa lives with his wife Gauri and their 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. Today she combines raising 3 kids with working as a school- and yoga teacher. She joyfully and consciously accepts the challenge to apply yogic principles in her daily live.

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 Training 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 training 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 consultant and trainer, sometimes introducing yoga tools in business challenges.

Price and registration

- Registration: <http://www.sampoorna-yoga.be/application-form-en.php>
- Price: see website. All-inclusive (accommodation, vegetarian meals/snacks/tea/water, tuition). Reservation confirmed by deposit of 100€. Full price to be paid at least 2 weeks before start of the retreat.
- Early bird discount valid only with full payment.
- Cancellation terms: Up to 30 days before retreat starts: 30€ admin fee; 30 - 15 days before retreat starts: 100€ cancellation fee; less than 15 days before retreat starts: No refund possible.

Further information

- Language: The retreat is given in easy accessible English, but we also understand and speak Dutch, French, German, Finnish and Italian.
- Full participation in all activities is highly recommended.
- Please do not use perfume, strong smelling aftershave etc. during the retreat.
- No smoking during the retreat.
- What to bring?
 - Yoga mat (also for sale)
 - Sitting cushion
 - Blanket to keep warm during relaxation
 - Notebook and pen
 - Any personal items you may need

Please feel free to contact us in case of any doubts or questions.

Web: www.sampoorna-yoga.be, www.sampoornayogastudio.be

Email: info@sampoorna-yoga.be

Phone: +32 (0)477/412 924 (Eknath), +32 (0)496/127 266 (Hanna),
+32 (0)50/68 73 29 (Gauri & Vyasa)

We are looking forward to meet you soon!

Om Shanti, Om Peace,

Vyasa, Gauri, Eknath & Hanna.