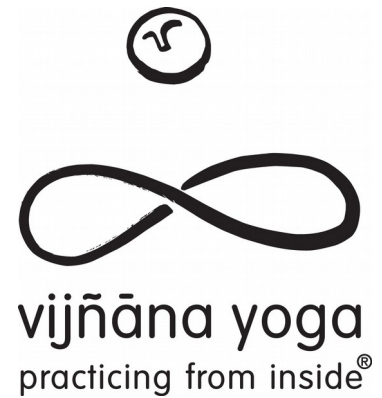


Orit Sen-Gupta

Vijñāna Yoga Retreat

in Steyl / The Netherlands

3 - 8 January 2020



The Retreat will take place in the Missihuis St. Michael in Steyl, The Netherlands.

The Missihuis St. Michael welcomes pilgrim tours and groups with spiritual programs as well as individuals in quest of silence and retreat. The Yoga room is spacious with a beautiful wooden floor and big windows overlooking the Maas river. The bedrooms are single or double with private or shared bathroom. Sheets and towels are provided. The meals are vegetarian.

Missiehuis St. Michael

St. Michaelstraat 7

NL 5935 BL Steyl-Tegelen

More information about Missihuis St. Michael on www.steyl.eu

Price

The prices as following are including the total cost for full board and lodging + tuition.

The prices are per person.

920,00 € Single room with private bathroom

855,00 € Double room with private bathroom

825,00 € Single room , shared bathroom

805,00 € Double room, shared bathroom

Retreat schedule

The retreat will start Friday 3 January at 15.00 in the Yoga room (Arnold Janssen hall). You can arrive and check in from 12.00 on.

The retreat will end on Wednesday 8 January after lunch.

During the retreat we will be following a daily schedule of practice, study and rest:

7.30 – 9.30 Sitting, Kriya, Pranayama

9.30 – 10.30 Breakfast

10.30 – 12.30 Asana practice

12.30 Lunch and break

16.00 – 18.00 Asana practice

18.00 Dinner

19.00 – 21.00 Study and Sitting



The retreat is intended for intermediate and advanced students.

Please bring your own yoga mat, cushion for sitting, blanket. Also belt and/or blocks, if needed.

About Vijñāna Yoga

The Vijñāna Yoga practice is based on four components: sitting, pranayama (breathing exercises), asana (postures) and studying the written tradition of yoga. These elements of practice are carried out with a focus on the seven principles of Vijñana Yoga: relaxation, quieting the mind, intention, rooting, connection, breathing, and expanding.

Vijñāna Yoga was founded in 2003 by Orit Sen-Gupta.

More information about Vijñāna Yoga: <https://vijnanayoga.com/en/practicing-from-inside/>

About Orit Sen-Gupta

Orit Sen-Gupta has practiced yoga since 1976. In the 1980s she studied with BKS Iyengar in Pune and Pattabhi Jois in Mysore. She went on to study and teach with Dona Holleman for 12 years, and together they wrote the comprehensive text on yoga, *Dancing the Body of Light*. Since 1996 she has trained yoga teachers and taught retreats in Israel and internationally.

Many students feel attracted and touched by the way Orit is teaching yoga. Her genuine and sincere character allows for an atmosphere of relaxed concentration and acceptance, which holds space for deep insight and development. Her ongoing personal study of yoga in a passionate and comprehensive way deeply informs the transmission of knowledge to her students.

Books written by Orit include: Translations of *Yoga Sutra of Patanjali* into Hebrew and English, *A Little Book of Yoga*, *Vayu's Gate – Yoga and the Ten Vital Winds* and *The Heart of Practice – Understanding yoga from inside*.

More information about Orit: <https://vijnanayoga.com/en/orit-sen-gupta/>

Registration and payment

Please fill in the registration form, choose the type of room you would like to book and send the registration form to sabklenk@gmx.de.

You will receive an e-mail to confirm your application for registration and your room reservation.

Only after you have received this confirmation please transfer 50% of the total charge. You will be officially registered after we have received this initial payment.

In case of cancellation this amount is refundable (less 20,00 € administrative charges) until 31 October 2019.

Please pay the remaining amount before 1 December 2019.

Please make sure you are responsible for all the costs of the transaction.

Please transfer your payments to the following bank account:

Sabine Klenk

DKB

IBAN: DE50 1203 0000 1012 5730 18

BIC: BYLADEM1001

Deutsche Kreditbank AG

10919 Berlin