



Kriya yoga Meditation retreat

with swami
Shankarananda Giri

21-27 August 2010

Gudasiai

(countryside, 55 km from Vilnius, Lithuania)

Swami Shankarananda Giri will lead a kriya yoga retreat
in
Lithuania, in a countryside/forest place (Gudasiai),
50 km from Vilnius.

This retreat first and foremost is meditation retreat and
the atmosphere of silence shall be aimed at. During the
retreat swamiji will also give lectures

Initiations to kriya yoga will take place on
22 of August, 10 a.m.

Possible number of participants is limited (unless you
intend to bring your own accommodation – i.e. tent - with
you), so please inform us of your decision **a.s.a.p.**

The retreat program will start in the evening of 21 Aug.,
Thus we expect that you arrive to Vilnius before 6 pm. on
21 Aug. – in this case we will organise your
transportation to the retreat venue.

Daily PROGRAMME of the retreat (starting at 5:30 each morning!) entails 2 or 3 meditations and respectively 2 or 1 lecture; possibly hatha yoga exercise. Meals shall be provided three times daily and, of course, some seva is expected, especially in the kitchen. Also you will be left some free time to go to the lake nearby or to the forest (not so much more is to be found around).

COSTS:

For those initiated the costs of the participation in the retreat are 200 Eur (for students, elderly people or unemployed - 180 Eur).

If you are not staying for the whole period calculate 35 Eur/day.

REGISTRATION:

To book your place or to make any inquiries please write an e-mail to krija.joga@gmail.com (or todesaite@gmail.com) stating your name, phone No, country, arrival/departure or call +370 687 20273

ARRIVAL:

The place of the event (Gudasiai) is not accessible by public transport. Therefore we will arrange transport from Vilnius. If you come after 6 pm 21 Aug, we shall pick you up from Trakai (which is cheaply accessible from Vilnius train/bus station by bus or train).

In any event you will need to reach **Vilnius** first. Try AirBaltic, or a new cheap carrier Star1 Airline (www.star1.aero). Also you may try Ryanair to Kaunas and then come by bus to Vilnius.

IMPORTANT:

You should have your mat and pillow for meditation/sessions.

We highly recommend to have warm clothes and cover for morning/evening meditations, because if the weather permits they will be arranged outside the building.