



A test, a lélek és a tudat harmóniája

Yoga in Daily Life® weekend seminar with Swami Chidanand in Szeged, 22-24.October 2010

Yoga in Daily Life Association

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We are happy to announce a weekend program led by Swami Chidanand, to which we cordially invite you.

Time: 17⁰⁰ 22 October – 12⁰⁰ 24 October

Location: Topolya sori Testnevelési és Sportcsarnok, Szeged, Topolya sor 2.

Accommodation: 1. at the venue of the program with own sleeping bag

2. in dormitory rooms for **extra charge (2800HUF/person/night)**

Arrival and registration: 16⁰⁰ 22 October in Ortutay Gyula students hostel, Szeged, Boldogasszony sgt. 22-26.

The program:

22nd: 17⁰⁰-18⁴⁵ **dinner**, from 19⁰⁰ **evening lecture**.

23rd: **all-day yoga program** (asanas, pranayam, yoga-nidra, meditation, lecture, satsang) with **3 vegetarian meals**.

24th: **yoga-program** until 12⁰⁰, **with breakfast and lunch**.

COSTS:

HUF 15.000, which includes the cost of the Friday evening public lecture, the whole program and all meals but **DOES NOT** include the cost of the accommodation in the dormitory.

PRICE REDUCTION:

The cost for members of Yoga in Daily Life Associations is **HUF 13.000**, which **DOES NOT** include the cost of the accommodation in the dormitory

APPLICATION AND PAYMENT:

until 8 October 2010 by email (paying on the spot)

Cost of partial programs:

Friday evening public lecture: HUF **1.500** (children aged 6-14: HUF 800)

Friday and Saturday morning/afternoon/evening: HUF **3.800 each**.

Cancellation policy:

If you cancel after 15 October we pay back 50% of your payments. Late arrival and/or earlier departure, skipping of meals – we cannot give refunds.

WE ASK YOU TO UNDERSTAND THE FOLLOWING

It is not allowed to make any **picture** – (film, video or photo) or **audio** recording of the lectures and programs or **copying and distributing** notes! (Except for those who have a written permission from the International Sri Deep Madhavananda Ashram Fellowship, that they must show to the organisers on the premises!)

Szeged, 17 Sept. 2010.

the leadership of Yoga in Daily Life Association in Szeged