

# Quinta da Calma

Escola da Vida



A School of Life

## Spring Yoga Renewal



*A get-away weekend for  
relaxation and rejuvenation.*



**Led by Satya & Sadasivam Greenstone**

**Thursday 20 - Sunday 23 March 08**

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Algarve · Portugal

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**Sadasivam & Satya Greenstone** are students of Sri Swami Satchidananda. They have been practising his teachings for over 30 years. During these years of service in the Integral Yoga Institute, they have run various Integral Yoga Centres in the United States & in Coimbatore, India.

Together, they started the Yogaville Vidyalayam (school for children) at the Satchidananda Ashram, Connecticut and at Yogaville, Virginia and have taught the children for 17 years.

### **Programme begins Thursday 20 March**

Registration: 15.30-18.30  
Optional: Hatha Yoga Class: 17.00-18:30  
Dinner: 18:45-20:00  
Welcoming: 20:15-21:30

### **Friday 21 & Saturday 22**

07.00 - 09.00: Hatha Yoga Class  
09.15 - 10.15: Breakfast  
11.00 - 13.00: Talk by Satya & Sadasivam  
13.15: Lunch  
14.30: *Free time: relax by the pool; enjoy a relaxing massage; enjoy reading in our library; visit the beach; watch a movie in the Meeting House.*

16.30-17.30: Karma Yoga with Vivekan (optional)  
18.00: Dinner  
19.30: Chanting and Stories

### **Sunday 23**

07.00 - 09.00: Hatha Yoga Class  
09.15 - 10.15: Breakfast  
10.30 - 11.45: Talk by Satya & Sadasivam  
12.00-13.00: Ecumenical Ceremony  
13.15: Easter Sunday Lunch & Farewells

***Om Shanti shanti shanti - Peace peace peace***



## **Breakdown of Costs:**

Retreat: 108€

Meals: 90€

### **Accommodation** (Prices are shown per person)

<b>Room Type</b>	<b>3nights</b>
Twin Room w/shared W/C	54€
Single Room w/shared W/C	78€
Twin Room w/private W/C	63€
Bungalow w/private W/C	72€

### **Day Guests**

are welcome to join in the program. Please contact reception for costs of meals and programme.

*"We at Quinta da Calma would like to advise you that the price of this programme has been kept to a minimum. Any donations will therefore be welcome, as they will go towards promoting the teachings of our Beloved Swami Satchidananda.*

*Om Shanti"*



### **What to Bring:**

Meditation Blanket or Shawl - Torch  
Mosquito Repellant - Comfortable Shoes