



SARVAMANGALA MOUNTAIN RETREAT NEAR GRINDELWALD SWITZERLAND

OCTOBER 8-10, 2021



You are warmly invited to join us for an unforgettable weekend retreat in the beautiful Swiss alps.

The programme will include:



- Gentle morning yoga facing the alpine panorama: led by Madeleine
- Four daily meditation sessions spread across the day: led and guided by Acharya ji
- Mindful mountain walks through pine forests and stunning landscapes to watch marmots and eagles
- Sunset meditations
- If desired, consultation with a holistic health expert and, holistic massages, available at individual expenses
- Relaxing in a large hot pot while facing the vast mountain vista below, available at individual expenses
- Campfire stories about ancient yogis and yoginis narrated by Acharya ji
- Dream yoga instructions for the night, from Acharya ji's Precious Teacher
- Personal consultations on your spiritual practice and progress

A maximum of **20 people can participate**, therefore please register early by sending your name to info@vidyadhara.ch if you wish to attend. Please note that Switzerland has lifted most Covid restrictions, which means you would not need to quarantine.

For UK participants, please note flights from the UK cost approx. GBP 60-90 if you book early (Sarvamangala team can assist you if you need help in finding the least expensive flights). We will secure transport from the airport. The all-inclusive price for two nights at the premium hotel in the Alps (including double-room accommodation, three premium vegetarian meals, the use of the spa, sauna, the use of the seminar hall next to the river, free mineral water and fruit, as well as transport) is GBP 156 per day per person. Please let us know if you cannot afford the full price, as a Sarvamangala practitioner has offered to help out anyone who cannot afford the hotel costs. The teachings are given free of charge. At the end of the retreat, you are welcome to give a voluntary donation to the teachers from the heart if you wish. You may also give a donation to Acharyaji's Precious Teacher in the Land of Snow.

May all beings be happy!