



JIVAMUKTI YOGA GLOBAL SATSANG RETREAT

12-18 NOV 2017 BAVARIA

WITH

LADY RUTH
MANORAMA
GABRIELA BOZIC
EMMA HENRY
PETROS HAFFENRICHTER

Program:

12th November:

13-14h Lunch
16-19h Welcome Yoga
19h-20:30h Dinner
20:30h Kirtan

13th – 17th November:

7-8h Meditation
8-9h Breakfast
9:30 – 12:30h Yoga
13-14h Lunch
16-19h Yoga or Lecture
19h-20:30h Dinner
20:30h Satsang or similar

18th November:

7-8h Meditation
8-9h Breakfast
9:30 – 12:30h Closing Yoga
13-14h Lunch



The Jonathan Seminar Hotel:

The Jonathan Seminar Hotel is idyllically situated in the middle of meadows, forests and mountains and is the last building on a dead-end road at the edge of the village Hart.

The charming surroundings, the nearby "Chiemsee" and the majestic mountain ranges attract walkers, hikers and people with all kinds of different interests in sport activities. It is surrounded by two large gardens. There is a walk along through the fields into the forrest nearby. If you march that way half an hour you will reach the Chiemsee. By bicycle which you can lend in the hotel you will reach the Chiemsee already after ten minutes.

The Jonathan was built with environmentally friendly, ecological aspects in mind and therefore ensures an atmosphere helping you to relax your body, mind and soul. Whether you want to concentrate on your work at hand for several days or you just want to relax and unwind during a peaceful vacation, the Jonathan offers a home to you.

The hotel was built environmentally friendly and equipped accordingly with environmental technologies. These technologies neutralize electromagnetic pollution, stimulate the air's ion flow and take care of the quality of tap water.

Food:

Restaurant and kitchen serve deliciously light and fresh vegan food in high quality. The products originate mostly from organic farming. The food is lovingly presented in buffet style. The service team is right by your side.



Wellness:

The wellness area is meant to seduce you with a sauna, hotpool and different massage treatments. All of this amounts to one purpose: Enthusiastic guests who feel comfortable at day and night and experience a wonderful time there in body, mind and soul.

History:

Remodelled from an old farmhouse, the Jonathan nowadays presents itself as a seminar hotel to you, where you can be comfortable and achieve excellence of performance.

Rooms:

Every room is individually furnished, lots of wood and warm colors create a cozy atmosphere, that you can enhance with your own personal things. Mattresses made from natural rubber with slatted frames and merino wool quilts provide a good night's sleep. All rooms have a shower and toilet, the dormitories are equipped with comfortable common shower area.



Rates per Person:

Dormitory, 6-beds: 1.190 €
shared Room, 4-beds: 1.230 €
shared Room, 3-beds: 1.280 €
shared Room, 2-beds: 1.330 €
Singelroom: 1.490 €

including 6 nights, meals and drinks (vegan breakfast + lunch + dinner, tea, water, coffee and fruits during the day)
Workshops, Satsang, Kirtan, Meditations, Fire Ceremony and many more..

special rates for certified Jivamukti Teacher – just let us know!

*In case there are not enough participants for a double or triple room, we have to change your booking to the next category for the regular price.

The rates include the yoga sessions, accommodation, vegetarian full board.

To make a **booking** please send us the following details:

- Your name and your phone number
- Your billing address
- Your desired room type (according to availability)
- Any important criterias for your yogapractice and your stay (e.g. allergies or injuries)

After the booking, a deposit of 20% of the price is to be paid within the following 14 days via bank transfer.
The full balance must be paid four weeks prior to the departure.

There are special cancellation & rebooking conditions for our group trips:

until 30 days before departure 30%
until 29-15 days before departure 50%
until 14-7 days before departure 75%
until 6-2 before departure 90%
on the last day before departure or no show, 95% of the price.

A reclassification is possible for a fee of 50,- €. (For example, to another date or another Retreat)



Petros says: „This week is something special. A possibility to experience both depth and playfulness of yoga provided by some of the most experienced Jivamukti teachers worldwide ... in a stunning environment – Salzburg just around the corner, lake Chiemsee right in front of the door, Bavarian Alps all around. Hang out with people who walk the walk!“

Lady Ruth says: „Sometimes it's necessary to reflect on one's life in order to see where change or improvement is needed. Other times rather than looking backwards it's best to fill oneself to the brim with positive energy by spiritual practices and satsang. This special gathering will be an opportunity for both with the added benefit of feeling supported by coming together with each other and with the stunning natural surroundings.“

Gabriela says: „The bhavana (or the mood) of Satsang is what I love the most about my work. We gather together in the name of something higher than the societal norms and forms manipulated by the media, in the name of something bigger than our own petty selfish desires and personal dramas. We gather to uplift each other with inspiring discourses, meaningful music, healing asana, sacred chants and heartfelt poetry. And to hang out with likeminded people interested in living a life in harmony with Mother Nature, in truth, integrity and Love is the fastest Sadhana there is. That's what this retreat will be about.“

