



KRIYA YOGA RETREAT: SPECIAL FUNDRAISING PROGRAM SWEDEN
July 19-26, 2019

By the grace of God and Guru's we are very happy to announce our week-long summer Kriya Yoga program.

This Kriya Yoga Retreat program is special in several ways. It is a special fundraising program to support the non-profit organization Hand in Hand (<http://kriya.org/page/hand-in-hand/en>). What makes this program particularly special is the presence of spiritual leader and Kriya Yoga teacher Rajarshi Peter van Breukelen.

Also, it will be the first Kriya Yoga program held at Lakeside Retreat, which is situated in the middle of the beautiful Glaskogen Nature Reserve, known for its stunning nature and silence. Glaskogen is known for its 300 km of walking trails and shimmering lakes that are excellent for hiking and canoe trips.

In addition to the daily meditations there will be plenty of opportunity for walking, swimming, canoeing and practicing yoga. All of the activities are offered in an atmosphere of openness in order to enable you to enjoy the beautiful environment as much as you like, and can benefit the experience of greater stillness within yourself.

The program consists of:

- 2 daily meditations
- nature walks in the Glaskogen Nature Reserve
- silent walking in nature
- canoe trip on the beautiful lakes with a picnic
- evening campfire (when there is no risk of forest fire)
- swimming
- yoga sessions
- time for personal contemplation and relaxation



The participation fee for the week-long fundraising program is 700 euros. This includes the fundraising fee for Hand in Hand, full accommodation, three healthy, vegetarian meals a day, all meditations and activities as well as a small fee for the use of the Glaskogen Nature Reserve. Not included in the price are the airport pick-up service or pick-up from train or bus station (these are optional and can be arranged), and/or individual travel costs to Sweden and Lakeside Retreat. If you would like to spend more time in Sweden before or after the week's program there is the option of booking an additional week. The *stuga* (our Swedish cottage) is for rent for 275 euros a week. The *stuga* is self-catering and fully equipped.

This Kriya Yoga fundraising program is open to those already initiated in the practice of Kriya Yoga by authorised teachers. If you wish to participate but are not yet initiated, please contact us. You can be initiated during the program.

For questions, information and registration you can contact us at info@lakesideretreat.org (www.lakesideretreat.org) or call 00-31-6-55375355 or contact Peter van Breukelen. We will be happy for the opportunity to help you in any way we can.

We hope to welcome you at our beautiful place in Sweden.

with love,
Giri and Nicole