

## **Yoga and Satsang Retreat**

### **A 7 Chakra Journey for Beginners and Experienced Yogis**

In his lectures, Swamiji talks about the importance of the chakras for meditation.

In March, we invite you to a week-long chakra yoga experience under the guidance of an experienced yoga teacher.

Each session activates the chakras, circulation, nerves, muscles, and life energy. From the crown chakra to the root chakra, each session focuses on one chakra, accompanied by mantras and inspiring texts from the Yoga Sutras.

Outside of practice times, we remain in silence.

After the evening meditation together, the satsang with Soham invites you to further deepen and engage in introspection/self-reflection.

We wish you an enriching and cleansing retreat experience.

#### **Daily overview of the chakras and their meanings:**

- Day 1: Root (1) Element: Earth – Emotion: Anger, fear – Soul: Service (God)
- Day 2: Navel or Sakrachaka (2) Element: Water – Emotion: Well-being, harmony – Soul: Peace
- Day 3: Solar plexus (3) Element: Fire – Emotion: Power, Will – Soul: Human and divine love
- Day 4: Heart (4) Element: Air – Emotion: Love, Compassion, Joy – Soul: Love and brotherhood
- Day 5: Throat (5) Element: Ether – Emotion: Expression – Soul: Expression of divinity
- Day 6: Brow Chakra (6), Element: Spirit/Cosmos – Emotion: Reaction & Response – Soul: Detachment, Intuition
- Day 7: Crown Chakra (7), Element: Universe – Emotion: Bliss – Soul: Unity with the Universe

We are offering this 8-day retreat as a one-time special for €800, including accommodation, full board, course fees, and satsang.