

Hiking Retreat in the Saxonian Swiss (Elbsandsteingebirge)

10.7. – 18.07. 2023

**with Swami Mangalananda Giri &
Sami Karunananda**

Schedule:

10.07.23

Arrival:

16:00 Uhr Rooms available
18:00 Uhr Meditation
19:00 Uhr Dinner

11.7.-17.07.23:

Retreat:

7.00 Uhr Meditation
8.30 Uhr Breakfast
9.30 Uhr Start of guided hike
(Lunchparcel available & recommended)
ca. 17.00 Uhr arrival back at „Gutshaus Heeselicht“
ca. 17.30 Uhr Meditation
ca. 19.00 Uhr Dinner

18.07.23

7.00 Uhr Meditation
8.30 Uhr Breakfast
9.30 Uhr End of retreat

Location: Gutshaus Heeselicht
Hofestr. 1a
01833 Stolpen (Ortsteil Heeselicht), Germany
www.gutshaus-heeselicht.de

Costs:

745,- € single room
645,- € double/multi-bed room
505,- € camping

(covers 8 overnight stays, full board, seminar fee, cleaning, linen)

Please Note:

- initiations possible
- length of hikes ca. 15-20 km (shorter hikes possible)
- advice for hiking gear:
 - solid hiking- boots, daypack backpack, drinking bottle
 - tupperware
 - rainproofed clothes (possibly umbrella)
- bring towels with you

Information and Registration:

Kriya Yoga Braunschweig,
Yvonne Krüger-Schulte & Andreas Schulte
+49 5307 4909373
krueger-schulte@arcor.de,

please register until **21.6.23**

deposit: **200,00 Euro**

bank account: Andreas Schulte

IBAN: DE58 2702 0000 1505 2635 15

Subject to change

