



Hiking Retreat in the Saxonian Swiss (Elbsandsteingebirge)

13.7. – 21.07. 2022

with Swami Mangalananda Giri

Schedule:

13.07.22

Arrival:

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

14.7.-20.07.22:

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

21.07.22

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:

665,- € single room
595,- € double/multi-bed room
470,- € 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
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please register until **21.6.22**
deposit: **200,00 Euro**
bank account: Andreas Schulte
IBAN: DE58 2702 0000 1505 2635 15

