

# Yoga in Daily Life® weekend seminar with Swami Chidanand in Szeged, 27-29 March 2009

Yoga in Daily Life Association

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**We are happy to announce a weekend program led by Swami Chidanand, to which we cordially invite you.**

**Time: 16<sup>00</sup> 27 March - 12<sup>00</sup> 29 March**

**Location:** Dugonics András Piarista Gimnázium, Szeged, Bálint Sándor street 14.

**Accommodation:** in dormitory rooms for **extra charge**.

With bed linen:

**HUF 3800Ft/person/2 nights,**

or in bed with own sleeping bag:

**HUF 2600Ft/person/2 nights**

**Arrival and registration:** 16<sup>00</sup> 27 March on the spot

**The program:**

- 27th: 17<sup>00</sup>-18<sup>45</sup> **dinner**, from 19<sup>00</sup> **evening lecture**.
- 28th: **all-day yoga program** (asanas, pranayam, yoga-nidra, meditation, lecture, satsang) with **3 vegetarian meals**.
- 29th: **yoga-program** until 12<sup>00</sup>, **with breakfast and lunch**.

## **COSTS:**

**HUF 14.500**, which includes the cost of the Friday evening public lecture, the whole program and all meals but **DOES NOT** include the cost of the accommodation in the dormitory.

## **PRICE REDUCTION:**

The cost for members of Yoga in Daily Life Associations is **HUF 12.500**, which **DOES NOT** include the cost of the accommodation in the dormitory

## **APPLICATION AND PAYMENT:**

**until 13 March 2009** by email (paying on the spot)

**Please keep the deadline so that we know the exact number of the participants and are able to choose the right practice hall!**

Cost of partial programs:

**Friday evening public lecture: HUF 1.500** (children aged 6-14: HUF 800)

**Friday and Saturday morning/afternoon/evening: HUF 3.500 each.**

## **Cancellation policy:**

If you cancel after 20 March we pay back 50% of your payments. Late arrival and/or earlier departure, skipping of meals - we cannot give refunds.

## **WE ASK YOU TO UNDERSTAND THE FOLLOWING**

**It is not allowed** to make any **picture** - (film, video or photo) or **audio** recording of the lectures and programs or **copying and distributing** notes! (Except for those who have a written permission from the International Sri Deep Madhavananda Ashram Fellowship, that they must show to the organisers on the premises!)

Szeged, 25 January 2009.

*the leadership of Yoga in Daily Life Association in Szeged*