

## 11 Days Kriya Yoga Meditation Retreat with Basu on the greek island Lefkada @ Ellas Retreat From 2<sup>th</sup> to 12<sup>rd</sup> of May 2019

**Why learn Kriya Yoga?** By practising Kriya Yoga the mind returns to harmony, in the same way as Hatha Yoga (asanas) brings the body in harmony.

**In this retreat** If you are new to Kriya Yoga meditation the initial level will be given. If this practice is successful and the wish is there it will be possible on a later stage to take an initiation in the full practise.

The course contains of a structured practice of Kriya Yoga and Mindfulness meditation combined with Kriya Hatha Yoga, Nidra Yoga, Bhajan and Healthy food.

**Silent retreat?** The purpose of Kriya Yoga is to develop inner silence so speaking little for 11 days will support this development a lot. We will keep silence inside the meditation centre after day 1. But if you wish you are free to have small conversations when you go for a walk outside the centre.

**Kriya Yoga** On the path of yoga. Kriya Yoga belongs to the inner level of yoga 'meditation' and was first described by Patanjali in his "Yoga Sutras" 400 BC. The practice is based on the breath, the attention and the 7 chakras. Through the practice of Kriya Yoga the human evolution is enhanced and Samadhi can be attained. The secret in Kriya Yoga is the subtle connection between the breath and consciousness.

Kriya Yoga was made famous in the west by Paramahansa Yogananda. He wrote the book "Autobiography of a Yogi" which became a 'most read' for all who are interested in yoga



**Mindfulness meditation** To bring the meditation into every action a daily life it is important to develop mindfulness (self observation). Mindfulness meditation belongs to Jnana Yoga

**Kriya Hatha Yoga** is a form of Hatha Yoga that is using the fundamentals from Kriya Yoga. The main emphasis is on the breath, the 7 chakras and self observation (mindfulness).

# KRIYA YOGA



**Nidra Yoga** we enter deep relaxation by rotating our awareness through the body.

**Bhajans** If you wish to develop devotion. Singing mantras and devotional songs elevates the energies and opens the heart. Bhajans belongs to Bhakti Yoga.

**Serva** If you wish you can help with small task so the course can run smoothly. Cleaning the rooms, cutting vegetables etc. Serva belongs to Karma Yoga.

### **Healthy Food**

Ellas Retreat has is offering a healthy menu. A vegetarian/vegan breakfast and dinner will be served.

**Basu** began his yoga sadhana (spiritual practice) in 1997 and soon after he joined a Kundalini Yoga and Tantra school. In 2000 he was introduced to Vipassana and Qi Gong and in 2002 he was initiated in Kriya Yoga by Swami Shankarananda Giri.

He is an experienced teacher and has been giving courses and retreats in yoga, tantra and meditation in India, Thailand, Greece, Denmark and Austria since 2000.

In 2008 Swami Shankarananda Giri gave him the allowance to introduce and guide others into Kriya Yoga and in 2016 he became a Kriya Acharya and can give initiation into Kriya Yoga.

Since 2014 he has permission from Guruji Rajkumar Baswar to share tantric sadhanas.

### **His teachers:**

Kriya Yoga - [Swami Shankarananda Giri](#), Tantra - [Guruji Rajkumar Baswar](#), Vipassana - [Thanat Chindaporn](#), Self inquiry - [Prem Baba](#) and was inspired especially by [Eckhart Tolle](#).



## Practical information

**Lefkada island**, where the retreat will take place, is located at the Ionian Sea. The island is famed for its beauty and is surrounded by sandy beaches. Our retreat house is in perfect surroundings in the central mountains. Possibility for daily walks with spectacular views and lots of peace and silence.

**Arrival** 02/5 – 2019  
Program starts after breakfast 03/5 – 2019  
Program ends early morning 12/5 – 2019  
**Departure** 12/5 – 2019

### Daily program

You are free to participate in as much of the program as you feel for.

### Morning - Before breakfast:

**1h** Kriya Yoga (For initiated 1.5h)  
**20 min** Sun salutation

### After Breakfast :

**45 min** Bhajan  
**30 min** Mindfulness meditation  
**30 min** Kriya Talk  
**30 min** Kriya Yoga

### Lunch

### Afternoon practise

**1h** Serva  
**2h** Kriya Hatha Yoga and Nidra Yoga.

### Dinner:

### Evening practise:

**1h** Kriya Yoga (For initiated 1.5h)

### Food

Thanks to the FoodPath our partner we can offer a healthy menu. A vegetarian breakfast, lunch and dinner will be served. Including welcome dinner on Arrival day and breakfast on departure day.

### Accommodation:

Our retreat house is in the mountains on Lefkada with great views and opportunities for hikes. The retreat house is next to a small church and is surrounded by some few houses with accommodations.

We offer both private and shared rooms.



### Retreat Centre

The outdoor eating area with the kitchen and the old church behind



# KRIYA YOGA



## How to get there

Via Athens airport or the local airport in Preveza.

### ***Fly to Athens***

Bus or taxi to Lefkada City

Bus approximate 35 Euro.

(There are special shared taxi offers between Athens and Lefkada City)

Shared Taxi 50-70 Euro

Shared taxis leaves Athens Airport at 15:00



### ***Fly to Preveza***

Bus or taxi to Lefkada City

### ***Lefkada City to retreat house***

If we can pick you up we do that, otherwise it will be by taxi.

For more information on how to get there check out Ellas Retreat website [www.ellasretreat.com/Find Us](http://www.ellasretreat.com/Find Us)

Contact us about your transport

### **Costs:**

***We offer 10% Discount for all who have booked with us before.***

### **11 days Kriya Yoga Retreat with food and accommodation:**

Our location is very silent this time of the year and we are using different accommodations in the village allowing for privacy

#### ***Accommodation in Neoxori the village around the retreat centre.***

Deluxe Private room with bathroom	1240€
Deluxe Double/twin room with bathroom	939€/person
Private room with private bathroom	879€
Double/twin room with private bathroom	698€/person
Private room with shared bathroom	698€
Triple shared room / shared bathroom	579€

#### ***Accommodation in Katuna the next village (only 5min with our retreat car)***

Private room with private bathroom	698€
Double/twin room with private bathroom	579€/person
Twin shared room / shared bathroom	519€

**Payment and Registration** Please call or send us an email if you wish to register. A deposit of 20% should be paid in advance.

**Cancellation** The deposit will be returned up till 30 days before the start of the course.

# KRIYA YOGA



**Contact** for registration and further information:

**Ellas Retreat**

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