



A test, a lélek és a tudat harmóniája

**Yoga in daily life® summer seminar  
with Sadhvi Daya (Vilach, Austria)  
Physical and mental health and balance for spiritual  
development  
Ásotthalom, July 25-30. 2009**

**Organized by the YIDL Association of Szeged and the Hungarian  
National Yoga Union**

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[moju108@gmail.com](mailto:moju108@gmail.com)**

**We are glad to announce and invite you to a yoga-program suggested by our master, Swamiji.**

**Date: July 25-30. 2009**

**Venue:** Bedő Albert Erdészeti Szakközépiskola és Kollégium  
6783 Ásotthalom, Kiss Ferenc körút 76.  
HUNGARY

**Accommodation:** in 4-bed rooms and in dormitory rooms. In the dormitory rooms there are 60 places, so those who don't get a place there, will be accommodated in the 4-bed rooms (for which the under mentioned prices apply).

**Arrival and registration:** on July 25. 2009, Saturday from 15<sup>00</sup>, dinner from 17<sup>30</sup> then evening lecture from 19<sup>00</sup>.

**The program:** asanas (physical exercises), pranayam (breathing techniques), meditation, relaxation and lectures (satsangs) according to the Yoga in daily life system®.

The location, that is surrounded by a huge park with old trees, is ideal for families too. During the seminar we organize programs for children (yoga exercises, ball games, swimming, walking-trips, boardgames). Bring balls, badminton, boardgames or a bike with you for the children, if you can!

**FEES:**

dormitory room: 75 Euro, 4-bed room: 95 Euro, without accommodation: 45 Euro

**PRICE REDUCTION:**

**For members of Yoga in daily life Associations** the fees are

in the dormitory room: 65 Euro, in 4-bed room: 85 Euro

**REGISTRATION AND PAYMENT:**

till July 20, 2009 by transfer:

Partiscum XI Takarékszövetkezet: 57600101-10001624

or in satsangs, Szeged, Vasas-Szent Péter u. 14/B with previous agreement on phone (20/264-1698)

Please send your registrations to both email addresses:

**[yoga.szeged@gmail.com](mailto:yoga.szeged@gmail.com), [moju108@gmail.com](mailto:moju108@gmail.com)**

Fees for children: children aged 0-6 : free ,if they don't need a separate bed

7-14 : 50% of the fee

14-18: 75% of the fee

For those who have a big family there will be a special reduction, please inquire about the details on telephone.

**Cancellation policy:**

After 20<sup>th</sup> July we give 50% refund; in case of no-show, late arrival and/or earlier departure; skip of meals : we cannot give you any refund of the fees.

**WE ASK FOR YOUR UNDERSTANDING OF THE FOLLOWINGS**

**It's not allowed** to make any **picture or sound recordings** (films, videos, photos etc.) of the programs as well as **photocopying and distributing notes** either! (Except those who have a **written** permission of the International Sri Deep Madhavananda Ashram Fellowship, that must be shown to the organizers!)

Szeged, May 22.,2009

*the organizers*