



6th European Sai Values and Yoga Retreat

Sai Prema, 22nd to 31st of July 2022



The End of Wisdom is Freedom

This year's retreat is dedicated to investigating the true meaning of Freedom and Wisdom. Through Hatha Yoga postures and breathing exercises, combined with meditation and Veda chanting, we will free ourselves from egoic traits and experience the wisdom that comes from within, the knowledge of our inner nature of Truth and Love. Moreover, we will enjoy being together in loving friendship, sharing moments of laughter, swimming in the cool waters of the Aegean Sea and living the splendid Greek hospitality at Sai Prema!

“What is true freedom? Knowledge of the Self is true freedom. The end of wisdom is freedom. Educated people today think that "freedom" means being able to speak, act, move and behave arbitrarily, but this is not true freedom. Self-control, Atmic bliss and knowledge of the Self is true freedom.”

Sri Sathya Sai Baba, 23/8/1996

Daily programme

- 06:30 Meditation, Morning prayers, Devotional singing
- 08:15 Yoga practice
- 09:00 Breakfast
- 10:00 To the beach
- 13:30 Lunch and rest
- 17:00 Yoga and Pranayama
- 18:00 Vedic study, group chanting
- 19:30 Dinner
- 21:00 Devotional singing, Night prayers

For yoga practice you need light and comfortable clothing that allows you to move and to sit on the ground. The lessons will take place in Italian and English. There will be a voluntary donation for accommodation and meals of 300 euros, to be paid on arrival. Please bring your own sheets and towels. We kindly ask you to register by 10th July 2022. For more information and registration, please contact:

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Loving Regards in Sai,
On behalf of the organizing committee
Manos Karakostas
Sathya Sai Organisation of Greece