

## Sun Yoga Workshop TM level 4 (Advanced) in Austria

27. July – 03. August 2019 in Nötsch im Gailtal, Carinthia ([at the border with Slovenia and Italy](#))

Organizer: Sun Yogi Uma Sankar

### REQUIREMENTS FOR THE PARTICIPATION:

- You took part at the Sun Yoga Workshop TM (level 3) Beginner Course with Sun Yogi Uma Sankar.
- You have practiced Sunyoga regularly for at least 6 months.
- Those who did the beginner course in 2019 can take part, too, as long as the other conditions are met.
- You are ready to practice Sunyoga at noon time without fear and you prepared yourself to meditate with a high position of the sun.
- You have mentally prepared for a Samadhi experience.
- (Willingness to get up every morning at 04:00)

(If you do not meet these requirements, but still you want to join, please write to us: [sunyoga.austria@yahoo.com](mailto:sunyoga.austria@yahoo.com))

### DATES AND ACTIVITIES OF THE WORKSHOPS:

The course will last from Sunday, July 28 until Saturday, August 03, 2019 in the evening.

Arrival day and Meeting Time: Saturday 27th July 2019, at 6pm, at Bakery Wiegele, (entrance in the court).

At this intensive workshop, we will begin every day between 4 and 5 am in the morning. The end of the exercises / end of the day will be at around 10pm. The day is divided into preparatory exercises for meditation, Sunyoga exercises, theoretical part, eating times and breaks. The detailed timetable is intuitive, as it can change from day to day, adapted to the group of participants. Moreover, Umasankar Sun Yogi does not want to stimulate expectations in the students as it would block their practice.

### PLACE:

Garden of:

Bäckerei (Bakery) Wiegele, Nötsch 39

9611 Nötsch im Gailtal (Carinthia, Austria) (for outdoor activities) and

Seminar Room in Hotel Marko (next to the bakery Wiegele, for indoor activities)

### GETTING THERE:

Possible by flight, car, bus, train or a combination of them. For a complete overview of the different possibilities and costs with all means of transport, we recommend the use of the following page: [www.rome2rio.com](http://www.rome2rio.com)

### ACCOMODATION:

The accommodation is freely selectable and need to be booked by yourself directly (**actually even very fast, because at this time is high season in Nötsch**).

The Hotel Marko is directly at the venue otherwise please see the list of other places offering accommodation as PDF file «Preise Zimmer Nötsch» (Room rental in Nötsch)

Nearby, just 1 minute away, lies the house Haller. Many people could rent this house to share the costs. In the house Haller there is still a free apartment in which 5 people can find accommodation. The price is very good. 100 € per day, that makes 20 € per person. Please take quick action if interested!!! Michaela has reserved it for you at short notice. Angelika Haller's phone number is +43 664 110 52 00

The house Tapestri (about 1 km away 10 minutes walk) Phone: +43 660 604 1865 is also another possible choice.

You really need to make an immediate reservation, as unfortunately this is high season and partly already fully booked!

Only two more rooms are available at Hotel Marko, which can only be booked as shared rooms. So please act now, so you have a good place to stay.

Here is the exact number of beds in Christian Marko

10 beds in 3 rooms; 1x4 beds; 1x3 beds

Helga Blümel, private rooms rental, is also just a 1-minute walk away: Telephone +43 4256 26 26

As the course starts very early in the morning the closer you are to the bakery Wiegele, the better it is.

If you are unable to find an accommodation, you are welcome to camp in the garden of the Wiegele bakery with your own tent. However, there are only limited shower facilities in the house (1). The shower in the bakery can be used at the times when the bakery is resting, so afternoon to evening.

A fountain outside is also available for refreshing (cold water) in the early morning.

#### **EATING and DRINKING:**

We buy the breakfast at grocery and we split up the expenses for the week among all participants.

The price per person for dinner and lunch is 18 € and if we will be over 10 people ordering meals, between 15 and 20, it will be 1 to 2 € less.

The catering is offered only from 10 people ordering food.

It will be vegetarian and vegan, with a high raw food content and sometimes cheese for dessert, otherwise Michaela has ordered a lot of fruit for dessert.

Sink tub water in Austria is drinkable and in general of high quality.

#### **PRICE AND PAYMENT OF THE WORKSHOP:**

Due to the height of transmitted knowledge and techniques of this seminar, (which is actually priceless by physical means), the Sun Yoga Workshop LEVEL 4 (ADVANCED) is conducted on a heartily donation basis. The donations will be given then to Sunyogi for further development of its Universal Peace Center Ashram project in Lacchipur, India (for more details about it, look at the corresponding brochure). We kindly ask you to hand in your donations in an envelope on any day of the workshop or, if you so desire, be referred in advance to the bank account indicated below (with "Donation ADV UPC" as the reason for payment).

#### **BRING FOLLOWING ITEMS WITH YOU:**

Bring a *yoga mat* and / or *blanket* to sit on the lawn or lecture room (if you do not want to use the chairs in the room).

You may bring a *seat cushion*, if you are used to it for meditating.

An insulating *mat* or *plastic* if it should have rained before the meditation, or the meadow is too damp in the morning.

A *photo of your own face* in A4 size for photo meditation.

Please take along as usual everything you need for hot, cool and rainy weather. *Headlamp* or *flashlight*, *drinking bottle*,...

*Agnihotra ritual material*, whoever has it, the more we have, the better, so it would be nice to bring it with you.

#### **REGISTRATION:**

Please send the information below to us by email. The application becomes binding with a deposit of 100 € (50 € for students, unemployed, pensioners,...) and the shipment of your personal details (see below). The deposit will be fully returned to you after the participation to every practical and theoretical part of the workshop on the last day Saturday evening.

Please transfer the registration fee to the following bank account:

IBAN: AT03 1921 0800 6279 8725

BIC: INGBATWW

Institute: ING DiBa AG

Owner: Simone Cantamessa

#### **CONTACT:**

At best please send us all questions, information ... per email, we will try to answer them as soon as possible.

If you would prefer to discuss something by phone, just send an SMS to Michaela WIEGELE, with your last name, first name and the word SUNYOGA on it and you will be contacted back, as soon as it will be possible to her.

Email: [sunyoga.austria@yahoo.com](mailto:sunyoga.austria@yahoo.com)

Cell. Phone Michaela: +43 699 190 27 681

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#### **ADVANCED SUN YOGA WORKSHOP TM Registration Information Participants**

Last name:

First Name:

Telephone Number:

E-Mail-Address:

City:

First completed Sunyoga Basic Course (Place, Month and Year):

Carpool: Yes / No

If yes: Driver / Passenger

Lunch/Dinner: Yes / No