



In Berlin for the first time:

Sun Yoga with Sunyogi Umasankar



Dear persons interested in sun yoga,

I have volunteered for the task of organizing the first sun yoga course in Berlin. For this course, we are bringing in Sunyogi Umasankar from India. The opportunity to learn from a real-life Yogi in Europe is very special.

The following information provides you with all of the important organizational details for this course. If you have questions beyond these details, you can reach me as follows:

Address: Alexandra Wagner, Jägerstr. 56, 10117 Berlin, Germany
E-Mail: alexawagner@acemo.de
Telephone: + 49 30 20647714 (land line) or + 49 176 64094685 (mobile)
Fax: + 49 30 20647798

I'm looking forward to your registration and to a very interesting seminar!

Yours,

Alexandra Wagner

LOCATION OF THE EVENT:

UBB Umwelt-Bildungszentrum Berlin gGmbH (*Environmental Educational Center Berlin*)
Kladower Damm 57, 14089 Berlin, Germany
Tel. +49 30-20096400

COURSE DATES AND TIMES:

July 19-21, 2019, daily from about 6:30 a.m. until about 7:00 p.m.
The exacting starting and finishing times can change. These will, however, be announced in advance.

COURSE SCHEDULE:

This course will include both the theory of sun yoga and practical lessons, in which the techniques will be learned and practiced together during a group meditation. Without a basic theoretical understanding, sun yoga cannot be practiced. With only a theoretical understanding, progress is also not possible. Both components are necessary.

The exact sequence of the train sessions will be flexible, as some components are dependent upon the weather.

For your own safety and for your success in learning this technique, it is essential that you take part in all training units provided. This is a requirement of the Sunyogi. Only under these conditions can you participate in this course.

The course will be taught in English. A translation into German will be provided.

SEMINAR COSTS:

All participants will share the necessary basic costs for this course. This includes rent for the seminar rooms and travel costs for Swamiji Umasankar. It also includes meal costs for breakfast and lunch. Eating these meals together is a part of the course.

The course itself does not have a cost: the knowledge transfer from Sunyogi Umasankar ist actually priceless. Sunyogi Umasankar does not allow a participant fee to be charged for his lessons.

Sunyogi does, however, request that the participants give a donation to the Universal Peace Centre. The Sunyogi founded the Universal Peace Centre for the purpose of bringing sun yoga to a larger community of people worldwide. (Further information on the goals and specific projects of the Universal Peace Centre is available in the attached document.) Each participant should decide for herself/himself what amount is appropriate. It should be an amount that is in accordance with the financial means of the individual. All donations are guaranteed to be used for the announced purpose.

REGISTRATION:

To register, please fill out the attached registration form and send it to Alexandra Wagner (see contact details above).

Your registration will be complete once you transfer your basic seminar costs of 146 Euro. The basic seminar costs include room rental and travel costs for Sunyogi (50 Euro), as well as breakfast, lunch and drinks on all three days of the course (96 Euro). If possible, please also transfer your donation to the Universal Peace Centre along with your basic seminar costs. Alternatively, if you prefer, you can bring your donation in cash to the seminar.

The number of course participants is limited. Registrations will be accepted on a first-come, first-serve basis. Registrations will be confirmed as soon as the completed registration form and the basic seminar costs have been received. Should the number of registrations be larger than the number of available seminar places, a waiting list will be opened.

ACCOMMODATIONS:

We highly recommend selecting an accommodation near to the course location. The course begins daily with a meditation in the morning sun and, therefore, in the early hours of the day. The further away from the course location you stay, the earlier you will have to be on your way, in order to begin the program for the day.

There are several accommodations available near to the course location:

- In the Environmental-Educational Center itself: Umwelt-Bildungszentrum Berlin gGmbH, Kladower Damm 57, 14089 Berlin, Tel. +49 30-20096400, <http://www.umweltbildungszentrum.de>
We have reserved a limited number of rooms here. They must be booked directly with the Center and are available on a first-come, first-serve basis.
- Nearby you will find two hotels:
 - Hotel „Kapitänskajüte“ <https://www.kapitaenskajuede.de/hotel-am-wasser> and
 - Hotel „Grüner Baum“ <https://www.gruener-baum-berlin.de/startseite.html>.
- There are also two camping sites nearby:
 - Berlin Gatow: Kladower Damm 207 – 213, 14089 Berlin, Tel. +49 030 3654340, E-Mail: gatow@dccberlin.de, <https://www.dccberlin.de/gatow>
 - Berlin Kladow: Krampnitzer Weg 111 – 117, 14089 Berlin, Tel. +49 30 3652797, E-Mail: kladow@dccberlin.de, <https://www.dccberlin.de/index.php/kladow>

WHAT SHOULD YOU BRING WITH YOU?

We will practice sun yoga outdoors. Therefore, we ask you to bring a yoga mat or a blanket, something that you can lay on the ground beneath you. If you like, you can also bring a meditation pillow. Depending upon the weather, it may be recommendable to bring an isolating mat, as the ground could be cold and wet.

If you are not able to sit on the ground for at least 30 minutes, it would be recommendable to bring a type of seat, such as a foldable camping chair. Even in this case, you should still bring a ground mat.

Sunyogi will also teach a meditation that requires each participant to have their own photo. Please bring a portrait of yourself in A4 format.

Finally, you will need paper and pen or pencil in order to take notes during the seminar. There will be no seminar documents provided.

FOOD AND BEVERAGES:

Breakfast and lunch will be provided as described above. These meals are covered by your seminar costs. Drinks will also be provided throughout the seminar.

An evening meal can be purchased in the seminar location. This can be booked in advance with the Environmental-Educational Center or after you have arrived.

It is possible that, due to the sun yoga program, you will not be as hungry as usual. ☺