

# 5 Days Yoga Retreat in Steyl-Venlo 3rd till 8th January 2019 with ORIT SEN-GUPTA



vijñāna yoga  
practicing from inside®



Arrival on 3rd January from 12.00 o'clock on.  
We meet in the yoga-room at 15.00.

Departure on 8th January after 13.00 o'clock.

Schedule: 07.00 - 09.00 Sitting, vayus, kriyas and pranayamas  
09.00 Light breakfast  
09.00 - 12.00 Asanas  
12.00 Lunch break  
15.30 - 18.00 Asanas  
18.00 Light dinner  
19.30 - 21.30 Study and sitting



Price: € 920,- (single room with private bathroom)  
€ 855,- (double room with private bathroom)  
€ 825,- (single room - shared bathroom)  
€ 805,- (double room -shared bathroom)

This retreat is intended for intermediate and advanced students.

## About Orit

Orit started yoga at the age of seventeen. She has studied at the ashram of Sri Aurobindo, with Dr. Pratap of the Lonavia Institute, Mr. Iyengar of Poona, Mr. Pattabhi Jois, and Dona Holleman. She graduated from the Hebrew University of Jerusalem in Sanskrit and Indian philosophy.

In 1992 Orit published a translation of the Yoga Sutras of Patanjali from Sanskrit into Hebrew. She is the co-author of the book 'Dancing the body of Light'. Since then she has published several books considered to be "a must" to all the yoga practitioners. See: [www.vijnanayoga.com](http://www.vijnanayoga.com)

## Registration

You can register directly on line via [www.studioasana.com](http://www.studioasana.com).

We kindly request you to transfer the total amount to ING Bank account number here bellow of Yoga Studio Asana, Linnaeusstraat 215-3, 1003 EP Amsterdam, the Netherlands. Please make sure you are responsible for the costs of this transaction.

IBAN NL47 INGB 0009 1928 34

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Until we have received this amount you are not officially registered. This amount is refundable until the end of October.

You will receive confirmation of your reservation as soon as we have received your registration form and payment.

Please bring your own Yoga-mat, blanket and belt.

Missiehuis Centrum St. Michael welcomes pilgrim tours and groups with spiritual programs or individuals in quest of silence and retreat. The yoga room is spacious, with a beautiful wooden floor, and big windows overlooking the river Maas. The bedrooms are single or double, with private or shared bathroom (please choose). Sheets and towels are provided. The meals are vegetarian.

Address: Missiehuis Centrum St. Michael St. Michaelstraat 7 5935 BL Steyl - Venlo T 077-3261326 W - [steyl.eu](mailto:steyl.eu)