

Tattwa Shuddhi Retreat

to further explore this Tantric meditation practice

Thursday 20th July – Monday 24th July 2017

Venue - Poio do Acor, Monchique, Algarve, Portugal

With - Swami Vedantananda Saraswati

The practice of Tattwa Shuddhi uses the tools of Tantra - yantra, mantra and mandala - to allow us to delve into the deeper aspects of our being, beyond the realm of body and mind, and experience our true nature. Tattwa means the elements (earth, water, fire, air and ether) and Shuddhi means purification. Therefore Tattwa Shuddhi is a practice whereby we purify the subtle essence of the tattwas, of which the body is composed, as well as the underlying consciousness relating to those elements. It is a system to purify the whole being, a shankhprakashana on the entire network of energy systems.

Dates: Thursday 20th July – Monday 24th July 2017

Venue: Poio do Acor, Monchique, Algarve, Portugal

Cost: 300.00 Euros (excluding flights and travel to the venue). Payable in euros, euro cheques or sterling cheques, at the exchange rate at the time of booking. Cheques payable to V. Saraswati.

Course Tutor: Swami Vedantananda Saraswati

Course Requirements: To be familiar with the practice and wish to

explore it further

Booking Form

To enrol for the course please complete the form below and email it to Swami Vedantananda at swamivedantananda@gmail.com

I wish to enrol for the Tattwa Shuddhi Course 20th – 24th July 2017

Name.....
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Address.....
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email.....
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Telephone
Mobile.....

Any Dietary requirements:
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Signature.....
Date.....

The Programme: will be suitable for students who have practised Tattwa Shuddhi before and will include an early morning yoga class, Yoga Nidra, Meditation, Satsang, Karma Yoga, Chanting and Havan.

The venue: Poio do Acor is a remote and rustic retreat space with wonderful views of the soft rolling mountains of the Monchique Serra. It is the perfect environment for reflection and deepening of one's self practice and to re-connect with nature. Through simple and regular living with only the basic comforts these retreats offer the chance to live yoga.

NB: It will be **HOT** in July

As the area is mountainous it is steep in places. Be prepared to consider the experience an adventure with nature. Poio do Acor operates solely on solar power so there will be no chance to charge electronic games or computers, use hairdryers or kettles so please do not bring.

Accommodation: The accommodation is basic and shared. Sleeping areas range from caravans, wooden cabins, to more permanent structures. Showers will mainly be shower bags and the toilets are compost toilets. This is not 3 star accommodation nor for the faint-hearted. Bedding will be supplied, please bring your own towel. Camping in tents is also an option. Food will be vegetarian.

What to bring: Ecological washing products only, torch, sensible shoes, mosquito repellent, sun protection cream, sunhat and glasses, neti pot and mala (if you have), a range of clothing to suit all weathers, including light

waterproofs, a warm fleece or jumper and swimming gear.

Yoga mats, blankets and cushions are supplied

Travel Insurance: Each individual must arrange their own travel insurance and ensure they have a European Health Insurance Card which can be obtained via the **BOOKING** website www.nhs.uk health information link or tel. 0845 46 47 (for UK only).

How to get there: Transfers from and to Faro Airport can be arranged when booking a place on the Retreat, however, is not included in the cost. Please send flight details with booking form for your transfers to be arranged. When booking your return journey earliest arrival time **at the airport** can be 11.00 am

If you wish to make your own travel arrangements from and back to Faro please indicate on the booking form. Faro airport is about one and a half hours and Lisbon is about three hours from the venue by car, please allow much more time if travelling by public transport. If making your own arrangements the meeting point will be Monchique Town.

For further details please contact Swami Vedantananda at swamivedantananda@gmail.com or write to her at Poio Do Acor, Alturas Das Corchas, CCI No. 969, 8550-207, Monchique, Algarve, Portugal or telephone 00351 964 047 369