

36. Sylvester Meditation-Seminar
with Shreeguru Balaji També in Hamburg, Germany
27/12/2019 – 02/01/2020

Building a better future

We live in amazing times. Never before in history have we had access to more information, knowledge and material resources than today. At the same time, however, concerns are growing about climate change, increasing social inequality and the mental health of every individual. Pressure, stress and tension lead to increased aggression and greed, in both private and public life.

We may be overall wealthier than ever before, but at the same time, people are more concerned about their lives and the development of society than they have ever been. It's time to stop and think about a future that we want to shape not only materially, but also mentally and spiritually.

Shreeguru Balaji També interprets the inexhaustible Vedic scriptures and combines them with a modern approach. In Satsangs he will discuss with the participants how we can live a life in harmony with the laws of nature for a better future. The Satsang sessions are very dependent on questions of the participants. Everyone is cordially invited to give some thought to the topic and to bring along his/her questions and concerns.

The Seminar includes Yoga sessions, Satsang, music and meditation, leisure time, full board meals in Indian-Ayurvedic tradition, karma yoga e.g. - helping in the kitchen and, of course, a New Year's Eve party! The New Year's seminar with Shreeguru Balaji També is a wonderful and spiritual way to say goodbye to the old year and start the new!

Useful information:

- Date: Friday 27/12/2019 (5 p.m.) – Thursday 02/01/2020 (approx 3 p.m.)
- Location: Elsa Brändström House, Kösterbergstraße 62, 22587 Hamburg
- Fee: 765 EUR incl. accomodation in a double room (per person for six nights) and all meals (Aurvedic-vegetarian)
- Our own 6-person kitchen team provides the seminar participants with freshly cooked Indian-ayurvedic meals (lacto-vegetarian) for the entire duration of the seminar.
- The seminar house is booked without house personnel and depends on the community spirit and the help of the participants.
- Breaks or karma yoga: Helping in the kitchen and serving breakfast, lunch and dinner are services karma yoga by the participants. Guidance is available and participants can take part in cutting vegetables, serving at mealtimes, washing dishes or laying the tables. There is still plenty of free time, for walks along the Elbe or trips to Hamburg-Blankenese.
- **Info and registration:** www.santulan-veda.de (calendar)

Daily routine

The exact timings are determined by the participants at the beginning of the seminar.

- Yoga approx. one hour
- breakfast
- Break or karma yoga
- Morning Meditation and Satsang/Seminar
- Lunch
- Break or karma yoga
- Satsang/Seminar
- Tea break
- Satsang/Seminar and Evening Meditation
- Dinner
- Break or karma yoga

Über Shreeguru Balaji També



Shreeguru Balaji També is known worldwide as an Ayurveda pioneer, spiritual teacher, cosmologist and artist. He has published more than 61 books and has been on the road around the globe, giving concerts and conducting seminars for decades. It is his particular concern to make Vedic knowledge accessible to all people. He understands the Vedas as codes containing the program of creation and connects them with modern quantum physics and quantum medicine. In 2017, he was awarded the D'litt title (Doctor of Letters h.c.) at the renowned D.Y. Patil University in Mumbai for his life's work.