

# A Heart Of Living Yoga Retreat

with Rev Padma Priya



*(Photo: Evening Sky at El Saltador)*

## **“The Fullness of Peace” Silent Retreat**

30<sup>th</sup> Sept – 4th October 2011 at Cortijo El Saltador, Andalucia, Spain

Come and share the fullness of peace in the silence and beauty of the Andalucian desert. Now an annual event, this retreat brings us to an inner space where fullness can unfold and miracles can happen ... where we experience the Divine Self.

During the retreat Padma will be teaching Pranayama, Pranavidya and Meditation techniques which enhance and deepen our experience of life through direct knowledge of the energy, the light which is the source of our being.

There will be a daily programme of morning and evening silent meditation and daily hatha classes, as well as walks, music, chanting, poems, time for personal reflection and an opportunity for one-to-one time with Rev. Padma.



Cost of entire Retreat: 385 euros

To book please contact Brahmani by email at [belinda@belindaeaton.com](mailto:belinda@belindaeaton.com)