



SILENT WEEKEND RETREAT

WITH CLARISSA AT VILLA UNSPUNNEN

Thurs 28. Feb – Sun 3. March 2013



VILLA UNSPUNNEN

The Retreat begins at 18.00 on Thurs 28. Feb – and ends around 13.00 on Sun 3. March 2013

This retreat offers the opportunity to enter deepen your practice and to recognize the underlying Awareness. We will be working with Asana, Pranayama and Meditation and will be observing Silence, whenever possible, for the full period at all the retreat. This will help the whole group to go deeper into the practice, and will enable one to understand the subtler aspects of the scriptures we will be studying.

Villa Unspunnen is a beautiful Retreat Centre in the mountains of Berner Oberland. It is a place of special energy, contemplation and tranquillity.

The Accommodation is to be booked directly with Villa Unspunnen

For reservations please contact Jacqueline Forester or Bettina Busenhardt

info@villaunspunnen.ch tel 0041 33 821 04 44

For more info on Villa Unspunnen see: <http://www.villaunspunnen.ch>

Accommodation per night

Single room (limited number)	CHF 124.50
Twin room	CHF 109.50
Triple room	CHF 99.50
Six-person room	CHF 84.50

All rooms have shared bathrooms/wc in the hallways of each floor

Retreat fees

180 CHF (includes teaching, yoga hall & books)

Please bring this in cash

Travel

Villa Unspunnen is by the village of Wilderswil, which is a short bus or taxi ride from Interlaken and then just 5 mins walk to the Retreat Centre. (see www.sbb.ch for details or for alternative routes)

SILENCE:

We will be maintaining Silence for the whole retreat. This is a wonderful opportunity for the energy to build up very powerfully.

If you have questions regarding the practice you will have the opportunity discuss these in class in English or German

Please confirm your reservation with me & do contact me if you have any queries

Love & light

Clarissa

Tel :0041 762465106



clarissa@mandalayoga.com

www.mandalayoga.ch