



FELSENTOR 2012

SILENT YOGA RETREAT WITH MANSOOR

SILENCE:

We will be maintaining Silence for the whole retreat. Felsentor is specifically a Silent retreat centre and will be a very supportive environment.

If you have questions regarding the practice you will have the opportunity discuss these with Mansoor in class and if you have any other questions or problems you can always speak to me.

WEATHER:

September can be beautiful and there can also be snowflakes up on Felsentor with temperatures apparently ranging from 3 to 27 degrees. It can also rain.

WHAT TO BRING:

- YOGA MAT
- BOOKS - Copies of BHAGAVAD GITA and ASHTAVAKRA GITA.
If you have not already attended a retreat/workshop with us or do not have a copy of these then please let me know and I will bring them for you.
- Comfortable yoga clothes – assorted layers for varying weather conditions
- Shawl /blanket for meditation & final relaxation
- Slippers – for indoors (no outdoor shoes allowed indoors please)
- Sandals/shoes – for walking between buildings
- Walking shoes – for longer walks if you like
- Neti pot/sutra neti (if you want to do *Kriyas* on your own)
- Umbrella
- Alarm clock
- Torch

TRAVEL:

People coming from Zurich can take the train to Luzern, and then get the boat to Vitznau and take the cable car Rigi Bahn up to Romiti Felsentor (see www.sbb.ch for details or for alternative routes)

Felsentor Retreat Centre is about a 10 minute walk from the cable car stop Romiti so we have arranged for a vehicle to pick up all the luggage at 14.30 so you can enjoy the walk through the woods.

Anyone coming from any other route should ideally aim to also take the same cable car from Vitznau at 14.15.

For anyone coming by car please see www.felsentor.ch for directions. You can then park your car at the base cable car station of Vitznau and plan to arrive in time to get the cable car at 14.15 if you want your bags to go with the luggage carrier.

Please note there is a 50% discount on the cable car for people coming to Felsentor retreat centre.

If you are coming by a later connection then please note we will be starting with a Yoga class at 16.00 hrs so please make sure you arrive in good time to settle into your rooms first.

GENERAL:

Please see the attached retreat schedule.

Please note we will not be having a *Kriya* session together in the early mornings this retreat – so bring your own neti pots/ sutra netis if you would like to do the *Kriyas* on your own in your bathrooms.

Please avoid wearing any strong fragrances during the retreat as this can be disturbing to others in meditation/pranayama.

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

Love & light

Clarissa

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