



## **FELSENTOR 2013**

### SILENT YOGA RETREAT WITH MANSOOR

Saturday 10<sup>th</sup> – Saturday 17<sup>th</sup> AUG 2013

The Retreat begins at 16.00 on Sat 10<sup>th</sup> Aug and ends at approx. 13.00 on 17<sup>th</sup> Aug. Please make your reservation directly with Felsentor contact Miro at [info@felsentor.ch](mailto:info@felsentor.ch) and see details on <http://www.felsentor.ch>  
Please note that all fees are included in the prices quoted by Felsentor.

#### 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:

The weather is very changeable up at Felsentor with temperatures apparently ranging from 3 to 27 degrees - so be prepared with several layers. It can also rain a lot.

#### WHAT TO BRING:

- YOGA MAT
- BOOKS - BHAGAVAD GITA  
*If you have not already attended a retreat/workshop with please let me know and I will bring a copy 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)
- Alarm clock
- Umbrella (if you like)
- Torch (if you like)

#### TRAVEL:

People coming from Zurich can take the train to Luzern, and then get the boat to Viznau and take the cable car Rigi Bahn up to Romiti Felsentor (see [www.sbb.ch](http://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 Viznau at 14.15.

For anyone coming by car please see [www.felsentor.ch](http://www.felsentor.ch) for directions. You can then park your care at the base cable car station of Viznau 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 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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[www.chup-sadhana.com](http://www.chup-sadhana.com)

[www.mandalayoga.ch](http://www.mandalayoga.ch)