



KOMAJA WINTER SCHOOL 2011/12

KOMAJA'S

WINTER SCHOOL

26th DECEMBER 2011 to 2nd JANUARY 2012

YOGIC SELF-CULTIVATION

"Cultivation of mind should be the ultimate aim of human existence."

B. R. Ambedkar

Indian Politician and founder of the Indian Constitution

Cultivation, a term from horticulture, means – to prepare land for seeds, as well as to help the sprouting plant to grow and to carry good fruits. The same is with yogic self-cultivation: preparing human's body and soul for the seeds of virtue and spirit as well as to help the soul to grow and to carry the abundant fruits of virtue of love, intelligence and will-power... The beneficiary of our practice of self-cultivation is not just the individual but others around - ultimately, the whole of humanity.

Under the guidance of the international spiritual master Aba Aziz Makaja we will investigate different approaches to self-cultivation through lectures, meditations and workshops.

The winter school takes place at the beautiful Cherry Blossom Pension on Croatia's Istrian peninsula. The Istrian coast has a typical Mediterranean climate with mild winters. The woods extend right down to the the seacoast, which is beautifully clean, and the beaches have remained predominantly untouched with unique flora. Pula is the unofficial capital and cultural centre of Istria (www.pula.net). One of Pula's main attractions is its huge and well preserved amphitheatre which dates back to Ancient Rome. Walking through the centre of Pula feels like a trip back in time. Dante Alighieri mentions Pula in his "Divine Comedy".



yogic
SELF-CULTIVATION

"Apply yourself both now and in the next life. Without effort, you cannot be prosperous. Though the land be good, you cannot have an abundant crop without cultivation."

Plato, philosopher, 428 BC - 348 BC

MAIN LECTURES *)

Mon 26th Dec - 20.00: **Yogic Self-Cultivation**

Aba Aziz Makaja, International Spiritual Master, Master of Tantra, Author, Member of the World Association for Sexual Health (WAS)

Tue 27th Dec - 10.00: **The Yoga Sutra and I.K. Taimni's Self-Cultivation**

Damjan P. Bänninger, Geologist MA and Rubini Pupavac, High Priestess of Komaja's Church of Love

Wed 28th Dec - 10.00: **Jesus' Approach to Self-Cultivation**

Don Ivan Grubisic, PhD in sociology and philosophy (inquired)

Thur 29th Dec - 10.00: **The Importance of Self-Cultivation in Time of the Dusk of Christianity and Expansive Materialism**

Rimini B. Szadanoska, Journalist MA

Fri 30th Dec - 10.00: **Laozi's Tao Te Ching and Self-Cultivation**

Toa B. Stilinovic, Komaja Meditation Teacher

Sat 31st Dec - 10.00: **Self-Cultivation in My Life and in the Work with My Disciples**

Aba Aziz Makaja (see above)

Sun 1st Jan - 10.00: **Workshop – Haiku as Means for Self-Cultivation**

Aba Aziz Makaja (see above)

*) program is subject to change

COMMON DAILY PROGRAMME (OPTIONAL)

10.15 - 12.00 Meditations, lectures and mantra singing

12.30 - 14.00 Lunch and rest

14.30 - 18.30 Komaja's spiritual sport

18.30 - 20.00 Dinner and rest

20.30 - 23.00 Meditations and satsangs

with Guru Makaja, tantric dances, mantra singing, etc.



VENICE ADVENTURE

After the Winter School, the participants will have the opportunity for a visit to Venice (Italian: Venezia). Lonely Planet (world's largest travel guide book) calls Venice a "powerhouse": With the world's most artistic masterpieces per square kilometre and a still extraordinary vivid cultural and artistic life, it attracts visitors from all over the world. We will walk along the about one hundred islets, float with the gondolas on the numerous canals ("rio"), enjoy Venice beauty, art and gastronomy.

HEARTY WELCOME!

We expect 100 to 150 national and international guests and therefore we recommend booking as soon as possible. We are happy to consider your preferences regarding accommodation but once the Cherry Blossom Pension is fully booked we can only insure external accommodation. We look forward to seeing you soon!

*Peace, Love and Light
Makaja & Team*

WINTER SCHOOL WILL TAKE PLACE

at the Cherry Blossom Pension, 52204 Ližnjan, Croatia,
Tel./Fax: +385(0)52-542-899, www.cherry-blossom.hr
Please check in after 16.00 on the day of your arrival.

PRICES FOR ACCOMMODATION

Accommodation in the Cherry Blossom Pension

EU, CH **If paid before 15.11.: € 31.5** after: € 36

HR, MK, RS, ME, BA **If paid before 15.11.: € 27.5** after: € 32

This price includes accommodation in twin-bed rooms, full board with vegetarian meals (excluding breakfast) and taxes. Accommodation in four-bed rooms is 10% cheaper. Single accommodation is not possible at our centre, but we can book a single room for you nearby.

Affordable accommodation for children! (For further information: reservations@komaja.org)

EXTERNAL ACCOMMODATION

If the Cherry Blossom Pension is booked out, accommodation (apartments with cooking facilities for self-catering) in the surrounding area will be made available. The prices for external accommodation vary between € 14 and € 18 per person per day, depending on the quality of accommodation.

COURSE RATES *)

Country	regular price	discount
CH	€ 400	€ 280
EU (except SI)	€ 350	€ 250
HR, SI	€ 200	€ 140
MK, BA, RS, ME	€ 100	€ 70

*) Participants of the tantric courses 2011 attend the Winter School course for free. For costs regarding cancellation please contact the organizer.

BOOKINGS

For bookings and further information please contact Naomi by e-mail: reservations@komaja.org, or the management of a Komaja centre in your town (see: www.komaja.org).

In order to confirm your booking you will need to transfer the costs for your accommodation and course until 15th December to the € account of the Komaja Meditation School:

Komaja Meditationsschule
CH-6442 Gersau, Postfinance, CH-3000 Bern;
Account-Nr. 91-858236-2
SWIFT: POFICHBE
IBAN CH66 0900 0000 9185 8236 2

Organizer - Komaja Meditationsschule, Mittelurmi, CH-6442 Gersau, www.komaja.org

