

KUNDALINI INTENSIVE – LIFE INTENSIVE

**Kundalini-Yoga-Intensive course on the Croatian coast
Monday 4th - Sunday 10th October 2010**

The goal of the *Kundalini Intensive* is to reveal the path to the source of life – of power, love and consciousness – that lies in every human. This course will help you to systematically progress along this path.

The main subject of this course is the awakening of the Kundalini Shakti, the spiritual life force within a human being, and the conscious guiding of it through the seven main chakras, the centers of this power.

The course comprises two parts. First is the theoretical component with lectures.

Second is the practical component during which course participants learn Komaja's yoga, as well as various other exercises, and are lead through intensive meditations. The course offers a look into the strict spiritual practice that yogis and holy people undertake in their quest for God, the source of life. Equipped with this knowledge, each seeker can walk the path of Kundalini that leads directly to the source of all forms of life.

TEACHERS

Aba Aziz Makaja, international spiritual master, and member of the *World Association for Sexual Health, WAS*, and Konstanza Martina Kovic, Komaja Meditation Teacher

TYPICAL DAY

09.30 Yoga and breathing exercises (with individual counseling)

10.30 Guided chakra meditation

11.30 Vegetarian lunch

13.00 Lecture about the chakra being worked with that day

15.00 Break

Possibilities: various sports, swimming, karma yoga, individual encounters, relaxation, etc.

16.30 Optional: repetition of the morning exercises

17.30 Guided chakra meditation

18:30 Vegetarian dinner

20.00 Second lecture about the chakra of the day

21.30 According to the wishes of the group: *God-singing* (mantra singing), spiritual dances, tantric meditations, conversations with the guru, etc. The end of the day's program is approximately 23.00.





LOCATION

The *Kundalini intensive* takes place on Croatia's Istrian peninsula. The Istrian coast has a typical Mediterranean climate with hot summers and mild winters. The woods extend to the sea's edge which is beautifully clean and the beaches remain predominantly untouched with unique flora. Pula is Istria's unofficial capital and cultural centre (www.pula.net). One Pula's trademarks is a huge, well preserved amphitheatre from the Roman empire.

ADDRESS

Pension *CHERRY BLOSSOM*, Meditation-Yoga-Tantra Centre, Ližnjan 856a, HR - 52203 Medulin, Tel./Fax: +385(0)52-542-899. Please check in the day before the beginning of the course Sunday, 3th October from 18.00 onwards.

PRICES FOR ACCOMODATION

Accommodation in the *CHERRY BLOSSOM* guest house

EU, CH	reservation before 01.09.: € 32	after: € 37
HR, MK, RS, ME, BA	reservation before 01.09.: € 29	after: € 34

This price includes accommodation in rooms with twin beds, full board with vegetarian meals (fruits, joghurt, juice and tea for the breakfast) and taxes. Accommodation in rooms with four beds is 10% cheaper. We are unable to provide single accommodation at our centre, but we can find you a single room near us.

COURSE PRICES (in EUR)

	Regular price	Students, unemployed, & pensioners
CH	450	310
EU	380	280
SI, HR	225	150
MK, BA, RS, ME	150	100

Rates for guests of other European countries, as well as from other continents, are available from the organiser. For costs regarding cancellation, please contact the organiser.

INFORMATION AND RESERVATION

For further **information** and reservation please contact Konstanza, tel.: +385 52 542 899, email: konstanza@komaja.org.

In order to confirm your booking you will need to transfer the costs for your accommodation and course before 01.09.2010 into the € account of *Komaja Meditationsschule*, CH-6442 Gersau, Postfinance, CH-3000 Bern; SWIFT: POFICHBE
IBAN CH66 0900 0000 9185 8236 2, Konto-Nr. 91-858236-2