

## **8<sup>th</sup> European Sadhana Camp**

**Theme: “All is One; be alike to everyone”**

**Sai Prema, 2<sup>nd</sup> to 11<sup>th</sup> of August 2019**

Dear Brothers and Sisters,

Continuing the good practice of the past 7 years, the Greek SSIO is planning the 8th European Sadhana Camp in Sai Prema, from Friday, 2nd August to Sunday 11th August 2019.

The objective of the Camp is to bring together members of the SSIO from all European countries in a retreat-like experience, so as to deepen spiritual practice, enhance mutual exchange and get inspiration for practical implementation in daily life. Moreover, the Camp is a fine opportunity to spend some beautiful summer days in the ideal atmosphere of Sai Prema. Feedback from previous years has been very positive and there is a good interest in this event. Attached please find a draft daily programme, which has proved very functional so far. For those who want to offer some seva following Swami’s maxim “Work is Worship”, there are many opportunities during the Camp.

The theme chosen for this year’s Camp is: “All are One; be alike to everyone”. The voluntary contribution of participation is 270 euros including transportation from and to the airport, as well as all rides to the sea. The participants who arrive or depart between 1 and 6 a.m. have to cover the extra cost of a taxi.

Applications for participation should be sent by end of June 2019.

On behalf of SSIO GR,  
Lovingly in Sai,

Eleftherios Sofikitis

**8<sup>th</sup> European Sadhana Camp**  
**Theme: “All is One; be alike to everyone”**  
**Sai Prema, 2<sup>nd</sup> to 11<sup>th</sup> of August 2019**

**Objective:** *Coming together of members of the European Sathya Sai Organization, study of Sathya Sai’s spiritual teachings, collective practice, inspiration for practical implementation in daily life.*

**Daily Programme**

06:30 – 08:00	Meditation, Morning Prayers
08:00 – 08:45	Physical exercise
08:45 – 09:30	Breakfast
09:30 – 10:00	Cleaning of dining room, kitchen and rooms
10:00 – 12:30	Swimming, personal study, field work
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13:30 – 14:30	Lunch
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14:30 – 15:00	Cleaning of dining room and kitchen
15:00 – 17:00	Rest
17:00 – 17:30	Fruit
17:30 – 19:00	Study circles and workshops on the theme of the Camp
19:00 – 20:00	Free time: athletics, walking in nature, bhajan learning, personal study
20.30 – 21.30	Dinner
21.30 – 21.45	Cleaning of dining room and kitchen
21.45 – 22.30	Devotional singing, Meditation
22.45	Sleep

*Note: The Camp will include one day of silence and fasting, if the participants agree to it.*



**Aum Sri Sai Ram**