

The complete way of Yoga

Yoga is a collection of techniques designed to achieve one main purpose - to lead us to complete release from suffering and fulfillment of our human potential.

The seminar will present the complete processes of personal evolution as presented in the ancient text 'The yoga sutra of Patanjali'. According to yoga we start our journey in life holding and using wrong knowledge that causes us suffering. Through the use of the different yoga techniques we transform our body, mind and knowledge, thus eliminating the cause of suffering. Having overcome suffering we can act freely in the world manifesting our full human potential.

The seminar offers complete understanding of the way of yoga, and is suitable for all who wish to learn more about yoga and use yoga as means to happiness and fulfillment.

The seminar combines practices of Asana, Pranayama and Meditation together with deep theoretical lectures. All practices and lectures will be given in English. For those who need, translation will be provided in Greek.

Teachers:

Thelgia Sistovari - lives in Greece where she teaches the Viniyoga of Yoga and its principles according to the tradition of T.Krishnamacharya and TKV Desikachar. She also specializes in yoga therapy in 1 on 1 sessions.

In this seminar Thelgia will teach the asana and pranayama practices.

Galit Levin – Residing in Israel she teaches in Israel and abroad. Specializes in yoga philosophy, spiritual evolution and yoga therapy. Galit will teach the theoretical lectures and meditation practices.

Dates:

The seminar starts on the 10th of April 2017 at 9:00 and ends on the 12th of April at 20:30. It is advised to arrive one day prior to the starting of the seminar and leave one day after the seminar ends.

Location:

The seminar will be held in the beautiful island of Paros at Tao's center:

<http://taos-greece.com/>

[Facebook page albums](#)

During breaks take the opportunity to visit the beauties of Paros, an island located in the middle of the Aegean Sea forming the center of the Cycladic islands.

Nice walks, beautiful villages, wonderful beaches, at a very close distance.

You will also find taverns with nice local vegetarian food made of local products.

Some useful links:

www.paros.gr

www.parosweb.com

Costs:

The costs are divided into 2 parts:

1. **Hosting** - Includes: Tao's center fees, 2 vegetarian meals a day and 4 nights' accommodation. Different packages prices are offered according to the different types of accommodation. Please choose the option most suitable for you:

- **Christiana Hotel** [Christiana Hotel](#):

Shared room: **270€** per person. For Greeks **250€**

Single room: **300€** per person. For Greeks **280€**

- **Margarita Studios** [Margarita Studios](#):

Shared room: **348€** per person. **312€** for Greeks

Single room: **368€** per person. **332€** for Greeks

2. **Tuition:**

We believe that the knowledge of yoga is the natural birth right of all people and as such it should not be sold like a merchandise. It is why we choose to teach according to the ancient tradition of 'Dana' as is the costume in Yoga and Buddhism in India and Asia. At the end of the seminar you will be asked to give donation to the teachers according to your satisfaction and ability.

Transportation:

It is advised to arrange transportation for the whole duration of the seminar. Different options (car, bike, etc.) are available through Tao's center. Upon request we will provide full details.

Schedule:

9:00-10:00 Asana practice.

10:00-11:00 Vegetarian breakfast.

11:00-12:00 Lecture.

12:00-12:15 Short break.

12:15-13:30 Lecture.

13:30-16:30 Long break & Leisure time.

16:30-17:15 Pranayama practice.

17:30-18:30 Lecture.

18:30-18:45 Short break.

18:45-19:45 Meditation – practice and theory.

19:45 – Vegetarian dinner and end of day.

Registration:

To complete your registration you will be asked to give a nonrefundable deposit of **50€** per person. Upon arrival to the seminar you will be asked to complete the remaining payment directly to Tao's center.

For registration and additional information please contact:

Thelgia (For Greeks and other nationalities) thelgia@yahoo.co.uk

Galit (For Israelis and other nationalities) galitlevin@gmail.com

Thank you

Thelgia

Galit

&

Tao's center