

## **Karma Yoga | The art of skill in action**

A deep investigation into the heart of right action as presented in the ‘Bhagavad Gītā’. Our life is the result of our actions. By actions we shape our body, influence our state of mind, we determine the quality of our relationships and much more. Learning the art of action is crucial for all who wish to create a blissful reality and fulfil their potential. In this seminar we will explore the definition of skilful action and its different components as we go through the ‘Bhagavad Gītā’, one of the most important texts of Yoga philosophy. The seminar will consist of theoretical lectures as well as Āsana, physical practice, Prāṇāyāma, breathing exercises and Dhyāna, guided meditation practices.

No former knowledge of yoga is required.  
All practices and lectures will be given in English.

### **Teachers**

#### **Galit Levin**

Lives in Israel. She teaches in Israel and abroad.  
Specializes in yoga philosophy, spiritual evolution and yoga therapy.  
In this seminar Galit will teach the theoretical lectures and meditation practices.

#### **Thelgia Sistovari**

Lives in Greece. She teaches students the principles of Viniyoga, the Yoga Sūtra of Patañjali and applies yoga therapy in 1 to 1 sessions, in the tradition of T. Krishnamacharya and TKV Desikachar.  
In this seminar Thelgia will teach Asana, Pranayama practices and an introduction to Vedic chanting.

### **Dates**

September 24 - 27, 2021

It is advised to arrive the latest one day prior to the starting of the seminar – September 23, and leave the earliest one day after the end of the seminar – September 28.

### **Location**

The seminar will be held at Tao’s Center, in the beautiful island of Paros.  
During your free time 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, amazing sceneries at a very close distance.  
You will also find taverns with nice local vegetarian food made of local products.  
Some useful links:

[taos-greece.com](http://taos-greece.com)

<https://www.facebook.com/Taos.Center/>

[www.paros.gr](http://www.paros.gr)

[www.parosweb.com](http://www.parosweb.com)

<https://www.discovergreece.com/el/greek-islands/cyclades/paros>

## **Daily Schedule**

09:00-10:00 Asana practice  
10:00 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  
18:45-19:30 Meditation – practice and theory  
19:30 Vegetarian dinner

## **Costs**

### **1. Tao's Hosting, Meals & Accommodation**

The workshop is offered in package that includes Tao's hosting, meals & various accommodation options.

There is also an option to have the workshop with meals without accommodation.

Please find full prices and details in [the workshop page on Tao's website](#).

### **2. Teachers 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 custom 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, scooter, quads or bike, etc.) are available through Tao's Center.

Transportation is not included in the package price.

## **More details, registration & reservations**

Please contact Tao's Center: [taos@taos-greece.com](mailto:taos@taos-greece.com)

### **For additional content information:**

Thelgia [thelgia@yahoo.co.uk](mailto:thelgia@yahoo.co.uk)

Galit [galitlevin@gmail.com](mailto:galitlevin@gmail.com)

Thank you

Thelgia, Galit & Tao's Center Team