

REVEAL YOUR SPIRITUAL HEART



18th–27th of every month: February–July, 2008
Agama Yoga, Bovy Resort, Koh Phangan, Thailand



- Discover yourself through Ramana Maharshi's method
- Discover your inner realm of peace, harmony, happiness, and bliss
- Discover the benefits of meditation
- Freedom comes from within!



Yoga Teacher Claudiu Trandafir

This 10-day silent meditation Retreat will be held at Green Hall, Bovy Resort. Retreat fee to join is 3000 Baht. Agama will arrange optional buffet meals to support the silence of participants: breakfast (60 Baht), lunch (80 Baht), and supper (60 Baht) may be taken for the Retreat's duration or as single meals.

For rules of the Revealing the Spiritual Heart Retreat and other information, please visit:

<http://www.agamayoga.com/retreats/revelation.htm>

For any questions, please call us at 0892330217 or contact info@agamayoga.com.

Important note: Retreat registration will take place at 15.00 on the 17th of each month, at Green Hall. At this time we will introduce the Retreat and its guidelines, hold a meditation session, and settle meal and payment details. You must be present at this session to join.

The Retreat daily program is:

08.00 - 10.00	Meditation for revelation of the Spiritual Heart
10.00 - 11.00	Lecture
11.00 - 12.30	Hatha Yoga (group practice), consisting mainly of techniques that facilitate the revelation of the Spiritual Heart
12.30 - 13.00	Guided meditation
13.00 - 16.00	Lunch and free time
16.00 - 19.00	Meditation for revelation of the Spiritual Heart
19.00 - 20.00	Hatha Yoga (individual practice)
20.00 - 21.00	Daily special meditations
21.00 - 21.30	Guided meditation



Everyone can meditate!

www.agamayoga.com