

KUNDALINI INTENSIVE – LIFE INTENSIVE

Tuesday, 02. May – Sunday, 07. May 2017

The aim 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 progress systematically along this path.

The main subject of the 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: 1) theoretical component with lectures;

2) practical component during which the course participants learn Komaja's yoga, as well as other various exercises, and are guided 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 Uhr Yoga and breathing exercises (with individual counseling)

10.30 Uhr Guided chakra meditation

11.30 Uhr Vegetarian lunch

13.00 Uhr Lecture about the chakra being worked with that day

15.00 Uhr Break

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

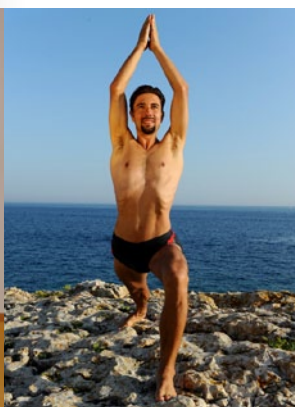
16.30 Uhr Optional: repetition of the morning exercises

17.30 Uhr Guided chakra meditation

18.30 Uhr Vegetarian dinner

20.00 Uhr Second lecture about the chakra of the day

21.30 Uhr According to the wishes of the group: *God-singing* (mantra singing), spiritual dances, tantric meditations, conversations with the guru etc. The end of the daily program is approximately at 23:00 h.





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 beautiful coast with predominantly untouched beaches and unique flora. Pula (15 minutes by car from the *Cherry Blossom* pension) is Istria's unofficial capital and cultural centre (www.pula.net). One of Pula's trademarks is the huge, well preserved amphitheatre from the Roman empire.



ADDRESS

Pension *CHERRY BLOSSOM*, Meditation-Yoga-Tantra Centre

Put za Marleru 23, 52204 Ližnjan, Croatia

Tel./Fax: +385 52 542 899; www.cherry-blossom.hr

Please check in on monday, 1st September from 16:00 h onwards.



PRICES FOR ACCOMODATION

Accommodation in the *CHERRY BLOSSOM* pension

EU, CH	reservation before 01.03.: € 38	after:: € 43
HR, MK, RS, ME, BA	reservation before 01.03.: € 35	after:: € 40

This price includes accommodation in twin-bed rooms, full board with vegetarian meals (fruits, yoghurt, juice and tea for breakfast) and taxes. Accommodation in fourbed rooms is 10% cheaper. We are unable to provide single-room accommodation at our centre, but we can reserve a single room for you in close vicinity.



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

Regarding rates for guests from other European countries and from other continents, as well as for cancellation fees, 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, please transfer the amount due for your accommodation and for the course before 01.03.2017 at the EURO account of *Komaja Meditationsschule*: CH-6442 Gersau, Postfinance, CH-3000 Bern; SWIFT: POFICHBE IBAN CH66 0900 0000 9185 8236 2, Account-Nr. 91-858236-2

