



# TRIKA MAHASIDDHA YOGA



## Meditation Retreat

### DHARMA BODHI

Yogacharya & Tibetan Bön Master

Antar mauna & ajapa japa

August 14th - evening  
till 19th included.

Dive deep into meditation!  
Beginners & intermeditate

Vagney - France



The town's name is **Vagney**, situated in Vosges mountain, France. The retreat place is in the mountain, with 180° view and trekking tracks to dive into nature on the breaks.

**Closest train station: Remiremont.**

**Airport: Basel, Zurich, Paris.**

Days	Schedule
August 14th	Introduction 5PM – Satsang 6PM
<b>15 th to 19th included RETREAT</b>	<ul style="list-style-type: none"> <li>• <b>Session 1 - teachings:</b> 8-10 AM</li> <li>• <i>Breakfast:</i> 10/10:30</li> <li>• <b>Session 2 - teachings:</b> 10:30 – 12:30</li> <li>• <i>Lunch:</i> 12:30/2</li> <li>• <b>Session 3 - teachings:</b> 2 to 4PM</li> <li>• <i>Dinner/soup:</i> 5</li> </ul>
<p>Note that participants will be in silence, there will be Q&amp;A / <i>digital break encouraged</i> <i>Participants are asked to be mindful, disciplined and interiorized</i></p>	

PRICES	
<b>ALL INCLUSIVE – Accomodation+ 3 meals</b> <i>Limited spots!!!</i>	<b>Course only*</b> ( <i>bring a lunchbox for lunch, breakfast included – dinner at your place</i> ) Be at the retreat place no later than 7: 40
<b>820€</b> early bird till June 1st	<b>470€</b> early bird till June 1st
870€ Full price after June 1st	520€ Full price after June 1st

\*Accomodation: [Home](#) \* [Camping du Mettey dans les Vosges](#) - [Airbnb | Vagney](#) · [Locations de vacances et logements - Grand Est](#)

\***AIRBNB:** Vagney – People that stay outside the retreat place are adviced to make all shopping on the 14th, and to stay in **mauna** (silence) for the teachings to deeply benefit them.

**A pick-up service or arrangement between participants can be organized for lifts to the retreat place.**

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Please contact me if you need any further details. *Guhyahridayamani Yogini*

WHATSAPP: +33607266147 / FB Atma Yoga / IG: trikaya\_dharma

To send the **350€ booking fee** (*as soon as you can, early bird till June 1st*)

- No refunds after July 1st -

Association Atma Yoga / 3 route de Crosery / 88120 VAGNEY

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BIC (Bank Identification Code) **CCBPFPPMTZ**