



**Sathya Sai International Organisation**  
**Schweiz Suisse Svizzera Svizra Switzerland**

**Invitation National Retreat**  
**Sathya Sai International Organisation**  
**Schweiz - Switzerland**



**Sa May 25<sup>th</sup> and So May 26<sup>th</sup> 2019**

**Viva Gruyère, Charmey**

**Route des Arses 4, 1637 Charmey**

**Nature is our best teacher**

# Programm

## Saturday May 25<sup>th</sup> 2019

11:30	Arrival, accomadation, Administration
<b>12:45</b>	Welcome address Bettina NCP and lunch
14:00	Devotional Singing
14:30	Theatre childrengroup Zürich
15:00	Learn from nature: <b>Trees</b>
16:00	Tea-/Coffee-break
16:30	Walk and encounter with nature: <b>Trees</b> exchange in groups
18:30	Dinner with conscious gratitude for nature's gifts
20:00	Devotional Singing, Bhumi Mangalam (Blessing of the elements), short videos

## Sunday May 26<sup>th</sup> 2019

7:00	OM-recitation, Breathing exercises, Qi Gong
7:30	Devotional Singing
8:00	Breakfast
9:15	Learn from nature: <b>Water</b>
10:15	Break
10:30	Walk into nature; listen to <b>water</b> Healing ritual and singing exchange in groups; application in daily life
12:30	Lunch with conscious gratitude for nature's gifts Singing and honour the <b>cows</b>
13:45	Feedback and reflections
14:15	Three songs and goodbyes
<b>14.30</b>	Cleaning the kitchen together and journey back

A tree gives shade to others and takes nothing for itself. It gives fruits to others but does not itself partake of them. A plant sprouts beautiful flowers and gives joy to others but does not enjoy the beauty by itself. The sun is constantly at work, giving life, light and energy to the world. Does it ask for anything in return? No, it performs Nişkāma Karma, that is, action without the desire for reward. These are some of the examples of the selflessness of man. If only man watches and studies nature carefully, he can imbibe a lot of philosophy from it which will help to make him a better person.

*Sathya Sai Baba, Amṛta Varṣini p. 24*

Application thru CL/GL till May 12<sup>th</sup> and/or  
after May 12<sup>th</sup> till May 17<sup>th</sup> to:

Elfinn van de Poll: [secr@sathyasai.ch](mailto:secr@sathyasai.ch), 061 411 11 54  
and to Daniel Gumy: [anda.gumy@bluewin.ch](mailto:anda.gumy@bluewin.ch)

There will be children's care. Please indicate the age of the children.  
Older children can take part in most of the activities.

**Costs:**

1 stay overnight, 2 days pension: Fr. 60.-

Day guests: Fr. 15.- per day

Please have exact change. Children under 12 are free.

Please bring sleeping bag, sheet and towel,  
or you can rent bedlinen for Fr. 15.-.

Please tell us beforehand on your application.

Cakes and goodies are welcome.

When you come early you are very welcome to help with the  
decoration and the installations.

## Journey:

from Zürich:

train Zürich dep 9.32 Fribourg 10.55 dep 11.04 Bulle arrival 11.41  
Bus dep 11.48 direction Jaun – Charmey busstop le Chêne 12.12  
or all times one hour earlier

from Geneva:

train dep 10.00 Romont 11.15 dep 11.23 Bulle arrival 11.41  
Bus dep 11.48 direction Jaun – Charmey busstop le Chêne 12.12  
or all times one hour earlier

from Basel:

train Basel dep 9.31 Bern 10.24 dep 10.34 Fribourg 10.55 dep 11.04 Bulle  
arrival 11.41. Bus dep 11.48 direction Jaun – Charmey busstop le Chêne  
12.12 or all times one hour earlier

from St. Gallen

train dep 8.25 Fribourg 10.55 dep 11.04 Bulle arrival 11.41  
Bus dep 11.48 direction Jaun – Charmey busstop le Chêne 12.12  
or all times one hour earlier

