

Referencia: 10

Code: SDA502

Year: 2011

Name: ASHRAM YOGA CENTRE I

Location: PRAGUE 2

Address:

Url: www.inexsda.cz

Project: RENO-YOGA - Renovation-Yoga

Initial Date: 17/07/2011

Final Date: 29/07/2011

Min Age: 18

Max Age: 30

Places: 2

Description of Workcamp: SDA 502 Ashram Yoga Centre I
17/07 ¿ 29/07
RENO/YOGA
Vols: 10 + 2
Age 18+

Project: The workcamp will take place in the Sri Devpuriji Ashram. The ashram serves as a place for yoga, meditation and other techniques. It is situated in Zdarec u Skutce, a small village at the foot of the Ceskomoravska vrchovina hills in the centre of the Czech Republic.

Work: The volunteers will prepare firewood (experience with work with a motor saw is welcome), further more they will help to build an ecological house from straw and clay (making clay plaster, building walls from straw parcels) Additional tasks will be gardening, cutting grass, building a playground. The work will be very hard ¿ we are looking for volunteers with a good physical condition.

Study part: If you are interested in yoga, you can take part in daily lectures on yoga-practices (e.g. morning lectures, afternoon relaxation, seminar on system ¿Yoga in Daily Life¿, evening meditation).

Leisure time: You can swim in the river, which flows right through the area of the centre or in the stone quarries close-by. Take trips to the surrounding countryside, have a campfire, make music or visit sites of interest in the surroundings.

Accommodation/Food: You will sleep in the common room of the Ashram on foam mattresses. Please take your sleeping bag! There will be ONLY vegetarian food.

Location: Yoga centre Zdarec u Skutce (1km from the town Skutec with 3000 inhabitants)

Note: The yoga centre is a place where no alcohol, drugs or meat are consumed. You can smoke only in a certain area of the centre. Bring good working clothes, working boots and raingear! After the end of the project, you have the possibility to stay at the centre for some more days for a fee of 150 Czech crowns per day.