

**SADGURU ATMA MALIK MAULI
INVITES
TO IX INTERNATIONAL MEDITATION CAMP
FROM 31 JULY TO 4 AUGUST 2019**

„Meditation is the tongue and spirit of life. (...) To experience the realization of Soul, all the followers are invited and suggested to invite maximum people for summer 2019 meditation camp. Due to love and dedication of each Polish devotees H.H. Sadguru going to arrive in Poland so all devotees are requested to gather a lots of people to receive Holy benefits of Babaji's presence, energy and blessings.

Therefore everybody is requested to co-operate and help each other.”

(from the letter of Sant Paramanand Maharaj
Head of Dyan Yog Mission in Kokamthan
and President of Maharashtra Yoga Association)

**We are overjoyed to inform that Sadguru Atma Malik Mauli
together with Sant Paramanand Maharaj will attend IX International Meditation Camp.
This year meditation the Camp will take place in Ossa near Rawa Mazowiecka.**

Information on registration and accommodation:

- 1. place of the Meditation Camp:**
Hotel OSSA Congress & SPA
ul. Ossa 1, 96-200 Ossa koło Rawy Mazowieckiej
www.ossahotel.pl
- 2. dates of the Meditation Camp:**
from 31 July 2019 at 14.00 to 4 August 2019 at 12.00
- 3. registration of a participant is effected upon completion of both:**
 - payment of the fee to the banking account of Atma Association and
 - sending the completed electronic application form:
APPLICATION FORM: [click here](#)
- 4. fees for participation in the Meditation Camp:**
760 PLN/person with the exception of children up to 3 years' old – no fees
- 5. bank account for paying the fee:**
recipient: Stowarzyszenie ATMA
account number: 47 1020 1026 0000 1502 0170 2869
payment title: Meditation Camp 2019 + name and surname of the participant
+ phone number
- 6. time for the registration (i.e. for paying the fee and sending the completed registration form):** by 15 July 2019
- 7. possibility to cancel the participation in the Meditation Camp:**
It is possible to cancel the participation in the Meditation Camp.
In case the cancellation is delivered to oboz2019@atmapolska.pl:
 - by 15 July 2019 – the full amount paid will be reimbursed
 - after 15 July 2019 - the amount paid will not be reimbursed.

8. accommodation:

- participants will be accommodated in the Hotel building in rooms for 2-persons. There is an extra charge for accommodation in rooms for 1 person and for 3 persons.
- the organisers do not guarantee to fulfil requests, if any will be included in application form, regarding the persons to share the room with. As much as possible, they will endeavour to do so, while some other persons may also be accommodated in the same room.
- for children up to 3 years' old there is no separate bed – they sleep with a person who takes care of them
- the organisers do not provide mats or cushions for meditation – please bring them for yourself.

Meditation Camp Regulations:

1. The purpose of the participation in the Meditation Camp is to attend meditation sessions. Their program is set by Sadguru and may change.
2. Our conduct is to maintain the peace of meditation.
3. We do not bring any food, drinks or cellular phones into the meditation hall.
4. We enter the meditation hall without shoes.
5. White clothes are welcome – long skirts or trousers and long-sleeved blouses or shirts.
6. We respect the privacy of other participants and do not take any photos, films or recordings of them, especially during meditation. The collective photos will be taken by the organisers, after it is ensured that the participants who wish to maintain their privacy may do so.
7. We eat vegetarian food.
8. We do not drink any alcohol, we do not smoke any cigarettes, we do not use any drugs. Those who do not comply with it may not participate in the Meditation Camp
9. The personal data of the participant submitted in the application form are processed by Atma Association for the purpose of organising the Meditation Camp. Submission of those data is voluntary yet indispensable for participation in the Meditation Camp. In the application form the participant may express consent for being informed on the planned events as well as a request for erasure of his/her personal data when the Meditation Camp is over. The participant is entitled to correct his/her personal data and to have access to it to the extent provided by law.

Information on meals and fast:

Diversity and the amount of consumed food affect the state of mind and thought processes, which is why Sadguru recommends that its students eat only satvik foods. Information on the importance of posts: [here](#)

- Sadguru's recommendations for those who wish to prepare deeper to the Meditation Camp:
from 15 June to 30 July 2019: - one meal per day: vegetables and millet or only fruits
- tea or coffee twice per day
- water.
- As recommended by Sadguru, one meal per day (rise and dal) as well as tea and water will be served during the Meditation Camp.
- Persons willing and ready will be able to [fast on water](#) during the Meditation Camp, that is from 31 July to 3 August 2019.
- Persons who will not undertake any fast will be able to buy tickets for additional meals (breakfasts and dinners) at the registration in the Hotel.
- Please specify in the application form your choice on meals and fast.

Preliminary Program of Meditation Camp 31.07-4.08.2019

Wednesday July 31, 2019

14.00 - 18.00 check in
19.00 opening ceremony of the Meditation Camp

Thursday - Friday August 01-02, 2019

06.30 – 07.30 yoga/Aarti
08.30 - 09.30 meditation
10.00 - 11.00 meditation
12.00 - 13.00 lecture/meditation/Aarti
13.30 - 14.30 lunch
16.00 – 16.30 conversations in a circle
17.00 - 18.00 meditation
19.00 - 20.00 lecture/meditation/Aarti
20.30 - 21.30 Darshan
22.00 night silence

Saturday August 03, 2019

06.30 - 07.30 yoga/Arti
08.30 - 09.30 meditation
10.00 - 11.00 meditation
12.00 - 13.00 lecture/meditation/Arti
13.30 - 14.00 dinner
16.00 - 16.30 conversations in a circle
17.30 - 20.00 Anushtan
20.30 - 21.30 Darshan
22.00 - night silence

Sunday August 04, 2019

06.30 - 07.30 yoga/Arti
08.30 - 09.30 meditation
10.00 - 11.00 meditation
11.00 - 11.30 closing ceremony of the Meditation Camp
11.30 – 12.00 check out
13.00 - 14.00 lunch

Program after the completion Meditation Camp:

Satsang in Warsaw 4.08.2019: [details soon](#)

Satsang in Poznań 06.08.2019: [details soon](#)

Satsang in Łódź 07.08.2019: [details soon](#)

Contact:

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