

YOGA CAMP at BASE NATURE ART YOGA



2nd to 14th September 2019

Physical practices – Flow of body, breath and voice, with

Asanas, Pranayama, music and movement

Reflections on Yoga – linking with nature and philosophy



3 hours of Yoga-practice in the cool forests in mountainous surroundings,

3 hours of classes involving Yoga as

a bridge to culture with chanting, singing, dancing; as communion with nature, cooking in the open on a fire, recycling, eating; as link to the environment, walking with the breath and the mind



The Yoga Camp is meant to be an experience to slow down time, and just be, in the forested natural surroundings near the National Park in South India - close to animals, to indigenous people living off gathering, simple farmers growing beans and fruits - to come closer to oneself.

Internet connectivity is there for participants who need to carry on with the work they have, but the time out is a great chance to get a flavour of yogic living and keep the virtual world out.

An exclusive Camp for 7 participants only



with Varun Aiyer

Varun is an educationist, taught many years at the J. Kishnamurti School and has been studying Indian philosophy. He is also a theatre professional with a degree from the prestigious National School of Drama, Delhi teaches theatre techniques and performs, sings and dances. He has been closely involved with Yoga, initially at the KYM and now since several years with Sriram.



The motto of the BASE workshop is: Come closer to what living with Yoga means in an Indian context and get a feeling for its relationship to Prakrti, nature.

6 hectares of beautiful land with a stream, boulders, thick forests and open spaces.

Cottages with large rooms and beautiful bathing spaces.

Organic vegetarian or vegan food only.

Fees: € 900.-

**includes all lessons + boarding + lodging +
transfer from / to Madurai airport**

Max: 7 participants