

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 the nature**



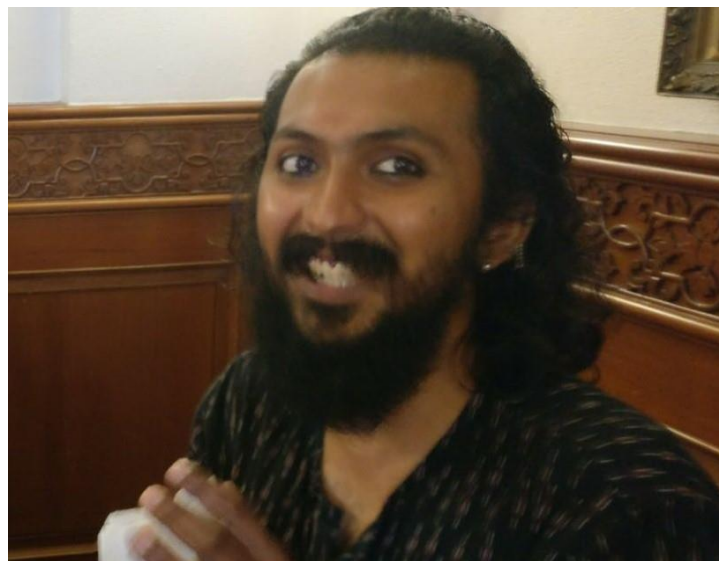
**2 hours of Yoga-practice in the cool forests in mountainous surroundings,
2 hours of classes involving Yoga as
a bridge to culture with chanting, singing, dancing; as communion with
nature, cooking in the open on a fire, recycling, eating; as link to the
environment, walking with the breath and the 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 [forwith](#) 10 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: CVarun will make the Yoga Camp into an experience to 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.- (~~Rs. 70,000~~)

**includes all lessons + boarding + lodging ±
tTransfer from / to / ~~from~~ Madurai airport
Max: 102 participants (1 scholarship available)**