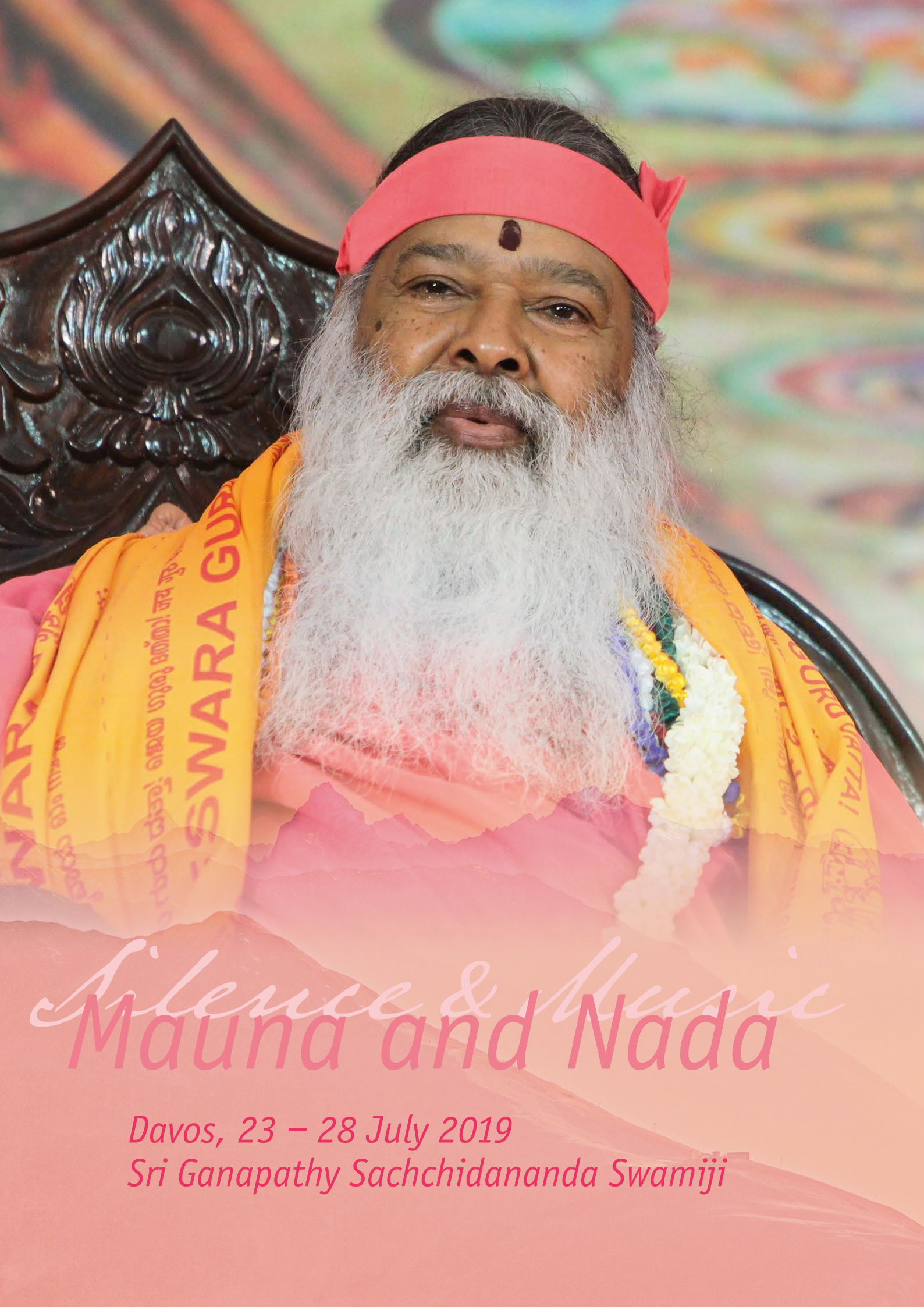




Silence & Music **Mauna and Nada**

Davos, 23 – 28 July 2019

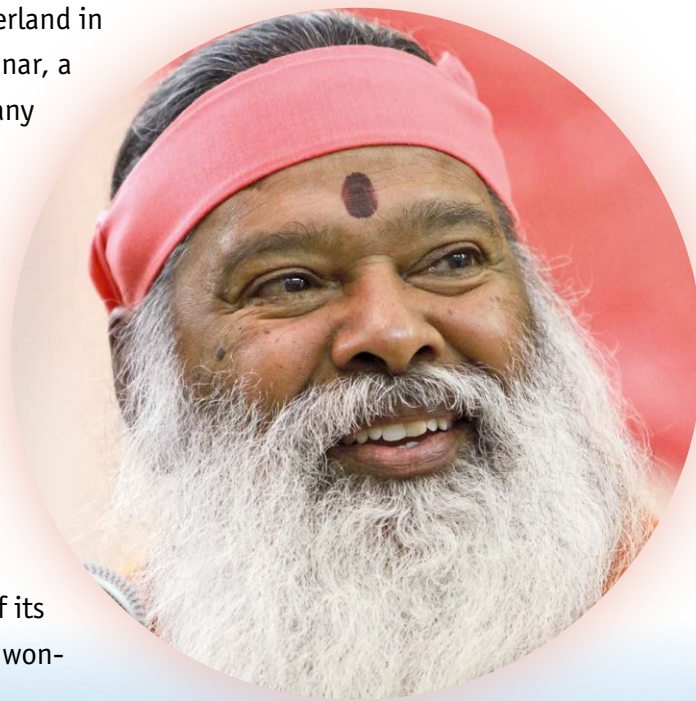
Sri Ganapathy Sachchidananda Swamiji

Mauna and Nada in Davos, 23 – 28 July 2019

Sri Swamiji gives us great joy by visiting Switzerland in 2019, to once again hold a 3 day Mauna Seminar, a seminar in stillness. During His visit to Germany in September 2017, He announced that the three Datta Yoga Centers, Benelux, Germany and Switzerland should organize a Mauna Seminar with 300 to 400 participants.

Davos has been chosen as a special place for this event, with an appropriate seminar room and accommodation, as well as an interesting concert venue. Davos is situated in the Swiss mountains, 1,600 meters (5,250 ft) above sea level and is well known as a health resort due to the healing effects of its climate, especially the excellent air quality. It will be wonderful to practice stillness at 1,600 m above sea level.

„Music and silence are constant partners.“ Sri Swamiji



Provisional Event Program

The finalized program will be announced shortly before the event.

Tuesday, 23 July, 2019

15:00 onwards Arrival and check-in
18:30 Evening meal for the Morosani Hotel guests
20:00 Welcome celebration

Wednesday, 24 – Friday, 26 July, 2019

09:30 – 12:00 Mauna Seminar
15:30 – 18:00 Mauna Seminar
Sri Swamiji will probably be present in the seminar from 10:00 – 12:00 and from 16:00 – 18:00.
The seminar room will be open in the mornings at 09:00, and in the afternoons at 14:00.
20:00 – 21:00 Evening program: Bhajans or chanting mantras, perhaps chanting the Bhagavad Gita
In the morning before the seminar, Kriya Yoga or a 'silent walk' is planned. Details will be given later on.

Saturday, 27 July, 2019

09:00 – 12:00 Bhagavad Gita chanting for everyone taking part in the Parayana on Sunday
19:30 Charity concert "Music for Meditation – Mauna Dhyana Raga Sagara", Kongresszentrum (Congress Center) Davos

Sunday, 28 July, 2019

10:00 Puja and Homa Celebration, Bhagavad Gita Parayana
13:30 Prasadam (lunch)
14:30 onwards Departure



Silence

Mauna Seminar, 24 – 26 July, 2019

We are very happy to be able to be in silence with Sri Swamiji for this 3 day seminar. That means we will be silent for these 3 days, so we can really look within ourselves, and with Sri Swamiji's blessing and in His presence, experience deep stillness. A young seminar participant spontaneously described her experience following the last 3 day seminar with Sri Swamiji, as follows: "I could observe how my thoughts were circling around and not calming down. However, as soon as Sri Swamiji entered the room, I became still and experienced deep meditation."

The seminar participants are silent the whole day, including lunchtime. Those who wish to deepen their experience may continue their silence in the evenings and in their room. During the seminar you may meditate in silence, chant mantras silently, write, read or go for a silent walk. Further instructions may be given by Sri Swamiji during the seminar.

Sri Swamiji would like the participants to spend as much time as possible in the seminar room, where He will also be present most of the time. According to His instructions, the meals will be 'sattvic', which means light, 'pure' nutrition, that is neither spicy, sour or too salty, during these 3 days. The Morosani Hotel will provide an appropriate vegetarian or vegan menu.

Seminar Costs

The seminar costs 330 CHF (Swiss Francs) or 290 € (Euro) per person. The cost of the seminar should not be an obstacle for anyone, so as in previous years, it is possible to get a reduction. For information about this, please contact Egon Nahusha Hürlimann by email: davos@dyc.ch.

Children 12 years and older may participate in the Mauna Seminar. They pay half the seminar costs up to 16 years old, and older children pay the full price.

Bala Datta Children's Program

A "Bala Datta children's program" is also planned this year, to be held during the Mauna Seminar from 24 – 26 July, 2019. Parents are asked to participate for a half or a full day. The name and age of the children should be entered on the registration form. Parents will then be given more precise information. Participation in the Bala Datta children's program is free.

Charity Concert "Music for Meditation – Mauna Dhyana Raga Sagara", 27 July, 2019.

Sri Swamiji uses music as the main medium to convey His work. He has been giving concerts world-wide for over 30 years. Sri Swamiji uses the vastness and subtlety of sound to reach the audience, going beyond the limits of human concepts, religious views and opinions. He calls His music, "Music for Healing and Meditation".

In His concerts there is a blend of tradition and modern. For this reason, Sri Swamiji chooses the synthesizer as the instrument to recreate the diversity of sounds from many different instruments. At the same time, He orients His music to the Raga and Tala, melody and rhythm of the Indian classical music system, and is accompanied by a group of exceptional musicians playing the violin, flute, tabla and mrdangam. His music is timeless and unfolds its refreshing power when the audience is simply receptive without being analytical.

Sri Swamiji has been awarded a doctorate from the University of Bellary for His extensive work that comprises more than two thousand compositions, bhajans and kirtans in several different Indian languages. He has performed His music in many famous concert halls. At the Kongresszentrum in Davos, He will be mesmerizing His audience at an important international venue, 1,600 m above sea level.

Concert ticket sales

Concert tickets can be ordered with the seminar registration up till 30 April, 2019. They will be given out during the Mauna seminar or can be picked up on the night of the concert at the ticket office.

The proceeds from the concert will be donated to the various humanitarian and social organizations that are part of Datta Peetham in India, such as the hospitals, the schools, the school for speech and hearing impaired children Vag-devi), as well as annadanam (free meals).

There are 3 price categories for the charity concert on Saturday evening, 27 July, 2019:

Category Sponsor: Tickets for CHF 108 / € 100

Category A: Price for adults CHF 50 / € 45;

Price for children CHF 25 / € 20

Category B: Price for adults CHF 25 / € 20;

Price for children CHF 15 / € 10

Children between 7 and 16 years old are given a discount on the ticket price.

Sponsor tickets can only be purchased through the Datta Yoga Center.

Families with small children will be given aisle seats. They are asked to leave the room if the children become restless. Sri Swamiji recommends that children 7 years and older attend the concert.

Advanced ticket sale

Concert tickets can also be bought at the advanced ticket sale office in Davos from 1 May, 2019. All the tickets, except the sponsor tickets, will only be available at this advanced ticket sale office after 1 May, 2019, and not through the Datta Yoga Center.

Online or telephone booking:

www.davos.ch (select "en" for English → Booking → Event-Ticket, search keyword: "Music for Meditation".
Tel: +41 81 415 21 24

There will be the usual booking fees at this advanced ticket sale office.

Puja and Homa Celebration on Sunday, 28 July, 2019

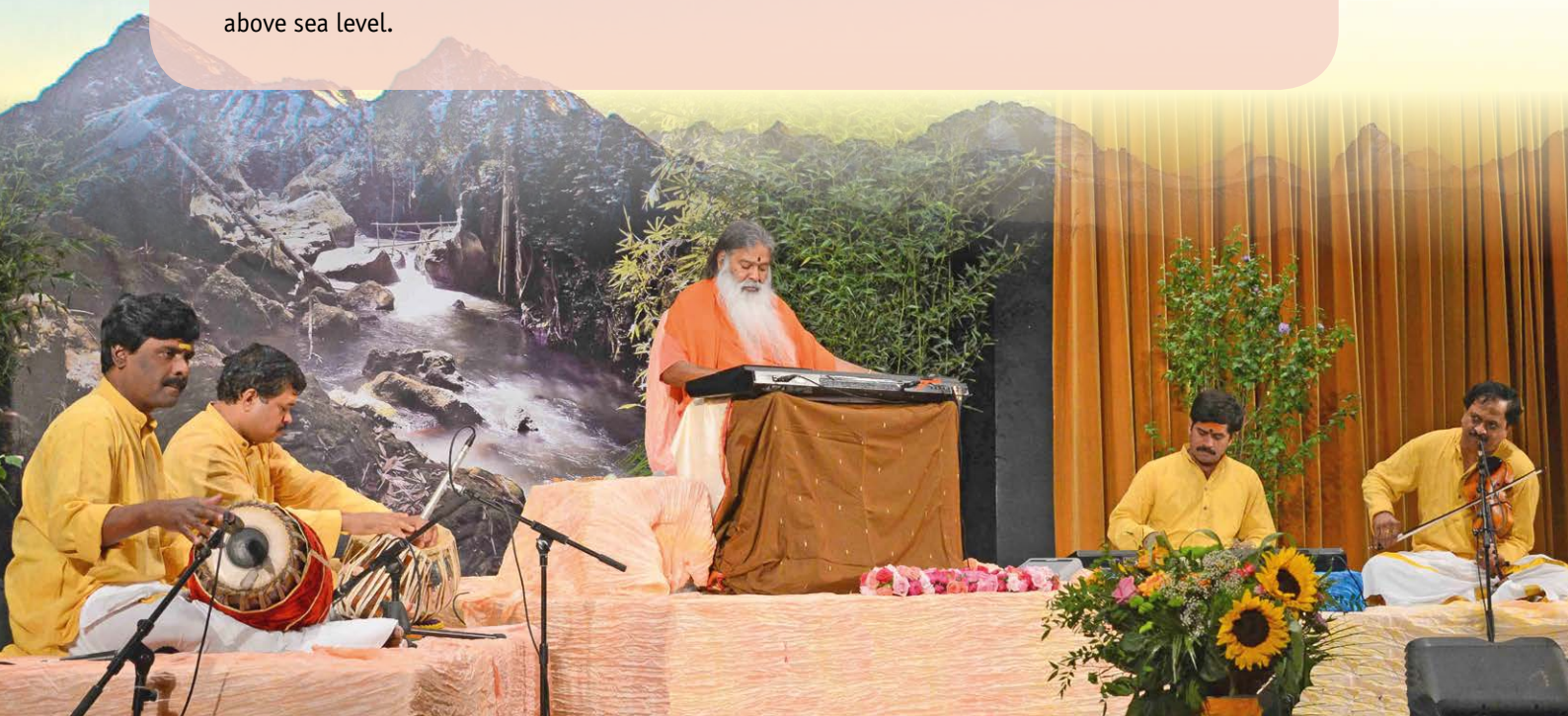
A **puja** is a ceremony consisting of a series of symbolical actions that mentally invite a God, just as a guest is received and looked after. Various gifts such as flowers, rice, light, fruit and water are offered, representing the five elements of earth, water, fire, air and ether. Each action is accompanied by the chanting of a mantra and has a symbolical meaning, for example, light represents knowledge, flowers represent spiritual inspiration, fruit for the opening of the heart etc.

Homa is a ceremony in which an offering is given to the sacred fire "Agni". The honoring of nature, with Agni as the driving force, has been widespread in India since ancient times. Agni is considered to be the messenger, bringing the offerings to the God honored by the ceremony. The smoke of such a sacred fire is healing, cleansing and empowering through the addition of special herbs and ghee (Indian butter).

Bhagavad Gita Parayana

In Dallas, USA, August 2015, Sri Swamiji again encouraged interest in the Bhagavad Gita, a popular sacred text in the Indian tradition. Since then, it has been increasingly taught worldwide, and both sung by heart as well as read fluently. In the USA, India and recently in Malaysia, there have been "Parayana" events, whereby several hundred people chant the 700 verses together. There are also people in Europe who are currently being taught how to read each Bhagavad Gita verse fluently. The Sanskrit language contains secret wisdom about both the spiritual world as well as the physical world. The Bhagavad Gita is like a confluence of spiritual and daily life practice, blending knowledge from sacred Indian texts composed throughout many epochs: the Upanishads, the Epen and various philosophical texts.

On Sunday, 28 July, 2019 a group of people who have been practicing the recitation of selected verses all year, will recite selected chapters.



Accommodation and meals

The Morosani-Schweizerhof hotel (www.morosani.ch) offers a good package for the seminar with accommodation and meals for almost 300 people. The Datta Yoga Center has reserved a block of 150 rooms till 31 May, 2019.

The cost of 5 nights from 23 – 28 July, 2019 including full pension – during the 3 seminar days and half pension on Saturday and Sunday, is 723 CHF per person (for all single, double and 3-bed rooms; including the tax resort of 23 CHF).

Children under 12 years old can stay overnight for free in their parent's room and pay 125 CHF for all the meals for all the 5 days. Children 12 years and older pay the full price. The dinner on Tuesday, 23 July is included in the full pension price. Everyone is invited for lunch on Sunday.

We recommend taking advantage of this offer, as the seminar room is in the same hotel.

The bookings are to be made directly through the hotel with a valid credit card or a bank account at: reservations@morosani.ch, Tel. +41 81 415 55 00, password: "Schweigeretreat 2019". Please mention whether the meals are to be vegetarian or vegan.

The participants make an individual reservation agreement with the hotel when they make the booking. The payment for the rooms must be made to the hotel before 31 May, 2019, so unless otherwise paid for, the full amount will be charged to the credit card then, and will not be refunded afterwards. From 1 June, 2019 onwards, the remaining rooms that had been reserved by the Datta Yoga Center will become available for anyone to book, so there will no longer be a guarantee of getting a room at the hotel.

The Post Hotel and the Fifty-one Hotel also belong to the Morosani-Schweizerhof Hotel and are located close by (1-2 minutes walk). The Morosani-Schweizerhof Hotel allocates the rooms according to availability, in any of the three hotels. Parking is available for hotel guests, outdoors for free, for the underground carpark a fee will apply.

We recommend booking the accommodation early.

Additional Accommodation

We have reserved a block of rooms in 2 other, less expensive hotels, for 90 people, in single, double, as well as 3 and 4 bed rooms with breakfast. This reservation is valid until 31 May, 2019 and afterwards the rooms will be available for anyone to book. The hotels are:

- **Hotel Elli** (www.hotelelli.com), phone +41 81 420 19 19.
- **Davos Youthhostel** (www.youthhostel.ch/davos), phone +41 81 410 19 20.

The price varies between CHF 250 – 370 for 5 nights per person, depending on the number of people per room in the Elli Hotel (single, double, 4-bed room) and CHF 285 in the Youth Hostel (double, 3 and 4-bed room).

The seminar hotel is about a 15 minute walk from both of these hotels and there is also a bus. The bus is free for guests who are staying in a hotel in Davos. Please book accommodation in these hotels as soon as possible with the password "Schweigeretreat 2019".

Other hotels, holiday apartments or camping can be booked directly through the Davos tourist office: phone +41 81 415 21 21, info@davos.ch or online at www.davos.ch as well as www.christoffeldavos.ch (only apartments), or other global platforms such as www.hometogo.com

Meals during the Seminar at the Morosani Hotel

The seminar participants who are staying somewhere else, can book their meals during the 3 day seminar (24 – 26 July) at the Morosani Hotel: CHF 150 / € 130 for 6 meals. The meal package can be booked with the seminar through the Datta Yoga Center Switzerland until 30 April, 2019, and payment made with the seminar costs. When registering please note whether vegetarian or vegan is preferred. The participants will receive a wrist band that must be worn during meal times.

Davos Guest Pass

Everyone who has booked a room at a hotel or holiday apartment in Davos, will receive a 'guest pass'. This guest pass allows free transport on the local bus, and on all the local mountain cable cars and trains.

Concert and Weekend Visitors

Guests that are only coming for the concert and /or arrive on Sunday, must also register with the registration form,

but need to book their accommodation themselves. The Morosani Hotel will not be available for weekend visits. There are several useful phone numbers and websites listed above for accommodation options.

On Sunday all participants are invited to a free vegan lunch (Prasadam).

Registration for the Seminar and Concert Tickets

Please register for the seminar through Datta Yoga Center Switzerland. You may buy the concert tickets through NYC Switzerland until 30 April, 2019, and then at the advanced ticket sale office – see advanced ticket sale above. Your written registration is binding. Please register at the latest by 30 April, 2019 by using the online registration form on the website: www.sgsdavos2019.com.

Yoga Backrests

During the last Mauna Seminar Sri Swamiji requested that participants who sit on the floor should use a backrest. We will take bookings for backrests until **30 April, 2019** and will hand them out at the seminar. You can take them home with you after the seminar or leave them as a donation for the Datta Yoga Centers. The backrests cost CHF 65 or € 58. Please note this on the registration form. You can also bring your own backrest or yoga stool, or sit on the normal chairs that are in the room.

Registration Confirmation and Payment Information

Shortly after your registration you will receive a confirmation of registration by email. The concert seats will be allocated according to date of registration. Registration is confirmed as soon as payment has been made for the seminar and concert tickets to NYC Switzerland (in CHF), NYC Germany (in €), or in the Netherlands & Belgium to SGS Benelux (in €), by **30 April, 2019** (unless payment by installments has been agreed upon with Egon Nahusha Hürlimann). After 30 April, 2019 you will receive additional useful information for your visit. The concert tickets will be given out during the event as noted above.

Please write the name(s) of the person(s) registering for the seminar and the purpose of payment, "**Schweigeretreat 2019**", when making the payment.

Payments by participants from Switzerland and non EURO countries in Swiss Francs (CHF)

Account at Postfinance AG, Mingerstrasse 12,
CH-3030 Bern, Switzerland

Recipient: Datta Yoga Center Switzerland,
Bächlerstrasse 55, CH-8046 Zürich, Switzerland

Account Number: 85-288830-2

IBAN: CH14 0900 0000 8528 8830 2

SWIFT or BIC: POFICHBEXXX

Clearing Number: 9000 or 09000

Payments by participants from EURO countries in Euro

Account: Deutsche Bank, Düsseldorf, Germany

Recipient: Datta Yoga Center Germany, e.V, Kreuzbergstr. 72a, 40489 Düsseldorf, Germany

Account Number: 6433031 05, BLZ 30070024

IBAN: DE15 3007 0024 0643 3031 05

BIC: DEUTDE33HAN

Payments by participants from Benelux countries in Euro

Account at ING bank, the Netherlands

Recipient: St. Sri Ganapathy Sachchidananda
Benelux, Eilandenweg 36, 2904 VJ,
Capelle aan den IJssel, Netherlands

IBAN: NL35INGB0000630569

BIC (SWIFT): INGBNL2A

Cancellation Policy

Cancellations made before 15 May, 2019 will be charged a cancellation fee of CHF 60 / € 50. Cancellations made after 15 May will be charged the following cancellation fees, if no replacement participant can be found:

16 May – 30 June

75% of the entire cost of the seminar and concert ticket

1 July to arrival date

100% of the entire cost of the seminar and concert ticket

Please note:

Although Sri Swamiji can cancel an event for various reasons at short notice, we still have to keep our contract with the hotel, so we would still hold the seminar with His blessing. Cancellation in such a situation would mean that the participants have a legal responsibility towards the hotel they booked in. Seminar costs and concert tickets would be refunded in full.

Travel Information

By Plane:

Choose Zürich international airport (airport code: ZRH) and then proceed by train (2 h 40 min) or car (2 hours).

By Train:

Hourly departures from Zürich Flughafen (airport) with only 2 changes at Zürich HB (main station) and Landquart, (see Swiss railway www.sbb.ch).

For example:

Zürich Flughafen depart 12:18 - direction Geneva

Zürich HB arrive 12:27, Zürich HB depart 12:37 – direction

Chur – Landquart arrive 13:41, Landquart depart 13:47 –

direction Davos Platz – Davos Platz arrive 14:57

The hotel is within easy walking distance of the Davos Platz train station (there are steps or an elevator opposite the station). There is also a bus #4, at the Postplatz bus stop.

To get to the concert at the Kongresszentrum (Eingang (entrance) A, Talstrasse 49a) take bus #3 from the Davos Platz and get off at the Hertistrasse bus stop.

It is a 15-20 minute walk.

Taxi services Davos and in the region

Express Taxi Stiffer +41 81 410 11 11

Angelo's Taxi +41 81 416 73 73

Adler Taxi +41 77 882 20 22

By Car

From Zürich take the A3 /A13 highway (direction Chur) till the Landquart exit. From Landquart take the main road to Davos. Directions are given on: www.davoscongress.ch/en/davos/location-accessibility/

Contact Person for further Information

Egon Nahusha Hürlimann

davos@dyc.ch, phone +41 52 533 27 57

Please use the email address for questions, and only call if absolutely necessary from 09:00 – 21:00 CET (central European time).

Up to date information can be found on

www.sgsdavos2019.com (in english)

www.dattayogacenter.org

Address of the Seminar Hotel

Morosani Schweizerhof, Promenade 50, 7270 Davos Platz, Switzerland, Phone +41 81 415 55 00

www.morosani.ch, schweizerhof@morosani.ch

Address of the Concert hall

Talstrasse 49a, Eingang A, 7270 Davos Platz, Switzerland

Organisation

Datta Yoga Centers Switzerland and Germany, SGS-Benelux



Important dates

30 April, 2019

Registration and payment for the seminar, Bala Datta, concert tickets via DYC, and yoga back rests are due by this date.

1 May, 2019

All concert tickets, except sponsor tickets, are only available through the advanced ticket office.

31 May, 2019

Booking and payment due date at the Morosani Hotel. No refunds after this date.

For the cancellation policy and refunds with regard to the seminar and concert tickets, please see above under cancellation policy.