

Spring at Quinta da Calma

Program April 2010



"Everything and everybody is looking for happiness. But it is not something that has to be brought in from outside. Happiness is already within us and is to be experienced."

Sri Swami Satchidananda

Please book in advance for our activities.

Reception open:

**Monday to Friday, from 10h to 12h30
and from 14h to 19h**

Contact: 289 393 741

info@quintadacalma.com

www.quintadacalma.com

REGULAR ACTIVITIES

Finding Clarity in 2010...

Based on Clarity Talks (CD'S) and
The Quantum Light Breath Meditation
Originated by Jeru Kabbal
"REMINDER"

Thursday 8th April

with John Hogan - Lotus Room **19h -21h**
(In English) Price: 5€

Mindfulness Practice in the Tradition of Buddhist Zen Master Thich Nhat Hanh

Saturdays 10th and 24th of April

with Jane & Look Hulshoff Pol.
In English and Portuguese, **15h-18h**
Pavillion, by donation (min. 4€)

Chanting Evenings

Every Tuesday with Elke & Felix Woschek

From **20h30 to 21h30h**
Pavilion by donation

New Moon Circle

Wednesday 14th April

An inner journey guided by the sound of drums
to discover and celebrate our hidden strengths.
Meeting House **19h - 20h30** by donation

BIO-ORGANIC MARKET

With fresh vegetables and fruits, spelt bread
and delicious snacks.
(please order your bread)

Wednesdays from 12h15 to 15h00

GAIA SOL VEGETARIAN EATERY

Would you like to celebrate a special occasion
in a different way? To celebrate friendship in a
nice ambiance? Remember Gaia Sol Eatery
and our delicious vegetarian meals. We
organize lunches and dinners for groups.

Our regular opening days are: **Wednesdays,
Thursdays and Fridays from 12.30 to 14.30.**



Saturday 10th & Sunday 11th

TRADITIONAL INDIAN HEAD MASSAGE (Shiroabhyanga) and FACIAL AYURVEDIC MASSAGE (Mukhabhyanga) Workshop with Puja Kinzer

This workshop will provide us with the basics, both theoretical and practical, of these two types of indian massage which are part of the Ayurveda body treatment. You will be able to use them as tools in your professional practice or just to share with family and friends.

From 9h30 to 13h & 14h30 to 18h
Lotus Room

Price: 160€

For more information:
www.pujakinzer.com

Sunday 11th

REIKI I with Luisa Peres

Reiki (meaning universal life force) is a simple way of transmitting energy to increase vitality, accelerate the healing process and to centre and calm the mind.

From 10h to 18h
Pavilion
Price: 50€

Saturday 17th or Sunday 18th

VEGETARIAN COOKING WORKSHOP with Susana Ferreira

After the success of the first workshop Susana will continue to guide us through the world of delicious vegetarian food.

From 14h30 to 16h30
Gaia Sol Eatery
Price: 20€
(min. 6 / max. 10 pax)

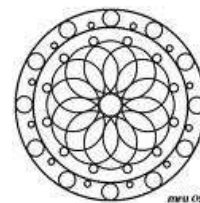
Friday 23th

THE POWERFUL YOU with Ria van Doorn

Are you in for more? Do you want to live like anything is possible? Are you ready to go beyond your fears and finally live the life of your dreams? Take this opportunity to empower yourself.

Be your own hero and choose a life full of possibilities and fun.

From 9h30 to 16h
Lotus Room
Price: 50€



more

IN MAY

THE BEAUTIFUL AND INTRICATE CHAKRA SYSTEM

with Peter Tadd

The chakra system and the resulting auric fields are a complex web of interactive forces which change with time. In this course, we will practise several central meditation and alignment techniques with various benefits such as the creation of an inner spiritual sanctum, the establishment of vertical equipolarity, and the strengthening of the auric field and its etheric (energy matrix) envelope.

Sunday 9th May 9h30 to 17h30
Price: 60€ Pavilion

IN JUNE

AYURVEDIC MEDICINE TREATMENTS

with Dr. Shastri

1st & 2nd June

RESIDENTIAL PANCHAKARMA DETOX RETREAT

with Dr. Shastri, Puja Kinzer & assistants
3rd to 9th June

For more information please visit:
www.pujakinzer.com

