



*In Switzerland*

**Sri  
Ganapati  
Saccidananda  
Swamiji**

***Mauna and Nada in Flüeli-Ranft, 15 - 18 August 2013***

*Mauna seminar Friday & Saturday, 16.-17.08.2013  
Concert after the seminar in Flüeli Ranft on 17.08.2013  
Homa and Puja ceremony on Sunday, 18.08.2013*

*Sri Swamiji gives us great joy by coming to Switzerland again in 2013. The Mauna Seminar (Mauna – stillness, silence) will be held in the newly renovated Pax Montana hotel in Flüeli-Ranft, where Sri Swamiji stayed in 2007.*

*Flüeli-Ranft is the birth place and subsequent work place of the Swiss national Saint Niklaus von der Flüe, and is situated in the foothills of the Swiss Alps with a beautiful view of the lake and mountains.*

***„Silence is meditation“***

*Sri Swamiji*

## Mauna seminar with Sri Swamiji

We are very much looking forward to being with Sri Swamiji during this 2 day seminar in silence. This means of course, that we need to be silent for these 2 days, look within ourselves and with Sri Swamiji's blessing experience deep stillness in His presence. A truly unique occasion!

All seminar participants are required to be in silence for these 2 days. There will be no talking (except after 18:00 talking will be allowed). Whoever wishes to deepen the experience may be also be silent during the evenings and in their room.

Sri Swamiji has requested that 'sattvic' food (light nutrition that is neither spicy, sour, nor too salty) be prepared during these 2 days and there will be no breakfast. Herbal teas and fruit will be served in the morning instead of a normal breakfast. If someone has special dietary requirements for health reasons such as bread for breakfast, this can be mentioned on the registration form.

### Programme - may be changed

#### Thursday, 15 August 2013

Arrival and check in to rooms from 14:00 onwards

Dinner at 17:30

Evening programme – Welcoming Sri Swamiji at 19:00

#### Friday, 16 August 2013

**Mauna Seminar** (Silence) from 06.00-18.00

All participants are silent the whole day, including lunch (also at dinner if desired). You may meditate, chant or write mantras silently, pray, read or go for a walk in silence.

Sri Swamiji would like us to spend as much time as possible in the seminar room.

**Sri Chakra Puja** in the evening at 20.00

The seminar participants may remain in silence. They are also most welcome to join in bhajan singing and prayers.

#### Saturday, 17 August 2013

**Mauna Seminar** from 06.00-18.00

All participants are silent the whole day, including lunch (also at dinner if desired). You may meditate, chant or write mantras silently, pray, read or go for a walk in silence.

Sri Swamiji would like us to spend as much time as possible in the seminar room.

**Nada Concert** at 19.30

In the community hall (Mehrzweckhalle) in Flüeli-Ranft

#### Sunday, 18 August 2013

**Puja und Homa** at 10.00

Prasadam given afterwards

Departure in the afternoon

## Nada Sagara Concert on 17 Aug 2013

Sri Swamiji spoke about the meaning of 'Nada' during the Kriya Yoga Conference in December 2012. He said "Yoga and Nada are the only two sadhanas or tools that effectively control our thoughts. The power of Yoga and Nada is immeasurable. Nada is effective even during sleep. Listening to Sri Swamiji's music definitely calms our mind." Sri Swamiji's research on Nada is unique, His music inspirational and healing.

### Children's Programme

There will be a "Bala Datta Programme" for children on Friday and Saturday with parental support, during Sri Swamiji's visit. The parents can bring their children (from 3 years old and older) to the Bala Datta Programme between 8:00 – 18:00. This will include eating breakfast and lunch with the children, as well as a morning and afternoon programme.

Vanaja is coordinating the "Bala Datta Programme" (Tel: 076 501 39 19). Following registration (written on the registration form) Vanaja will contact you. It is expected that one parent will help half a day in the children's care.

### Accommodation

We are extremely happy to be able to rent the whole Pax Montana Hotel exclusively for our group (if there are enough bookings). The hotel has been beautifully renovated and with loving attention comfortably furnished. Sri Swamiji will bless us by staying in this hotel as well. If there are enough registrations for the seminar and enough participants stay in the Pax Montana hotel, the seminar will be held in the hotel's attractive seminar room. We would then have the wonderful opportunity to experience an extraordinarily intensive and intimate time with Sri Swamiji.

There is also less expensive accommodation available in the Chalet and Guesthouse, which belong to the Pax Montana hotel. The various room categories and prices are clearly listed in the registration form.



Since we will be in silence throughout the seminar in the whole hotel and also during mealtimes, and since children cannot be expected to be silent, Pax Montana hotel accommodation is not suitable for young children. We recommend parents with small children book into the Chalet or Guesthouse. Meals will be organized separately in the Guesthouse (except evening meals and on Sunday).

All relevant information on accommodation and meals in the Pax Montana hotel is listed on the registration form. If you are vegan rather than vegetarian, please note this on the registration form. The cost for accommodation and meals will be added together with the cost of the seminar and concert ticket, so that one total amount will be paid by bank transfer to DYC Switzerland or DYC Germany. In case of financial difficulties, Anita Brigitta Seikritt may be contacted regarding reductions.

### **Important information**

**Please note that the Pax Montana hotel will not accept any private room reservations from 15 – 18.08.2013. All reservations for the Pax Montana hotel, Chalet and Guesthouse must be made with the registration form and sent to DYC Switzerland. We will forward the room reservations and requests to the hotel.**

The rooms will be reserved upon receipt of the full payment. Anita Brigitta Seikritt will allocate the room categories. The individual rooms will be allocated by the hotel.

Please note on the registration form with whom you wish to share a room. We cannot guarantee the requested room category.

### **Cost of Seminar**

The seminar will cost CHF 270 or € 220. An overhead fee of CHF 75 or € 60 will be charged for those people who are staying in the hotel, but not participating in the seminar.



### **Concert ticket sales**

The tickets for the concert on Saturday evening can be ordered with the registration form. Tickets can also be ordered if one is not participating in the seminar. There are 108 sponsor tickets in the front rows costing CHF 108 / € 85. Seats in the middle rows cost CHF 40 / € 32 and seats in the back rows cost CHF 25 / € 20. The seats in the first two categories are numbered.

Sri Swamiji is happy for children 7 years or older come to the concert. Children's tickets cost CHF 20 / €16, CHF 15 / € 10 or the sponsor ticket price CHF 108 / € 85. Tickets can also be bought on the evening of the concert at the entrance to the concert.

### **Registration and payment information**

We require your handwritten registration. Please complete the registration form and send it by 31 March 2013 to: Anita Brigitta Seikritt, Mythenweg 11, CH-8604 Volketswil, Switzerland or send the scanned form to bseikritt@hispeed.ch.

Registration is confirmed upon receipt of full payment at the latest by 30 April 2013, to DYC Switzerland, or for payment in Euros to DYC Germany.

### **Account for Swiss and international participants (non „Euro-countries“)**

Datta Yoga Center Switzerland, Bächlerstrasse 55, 8046 Zürich  
Swiss Post-PostFinance, 3030 Bern, Account 85-288830-2

**IBAN CH14 0900 0000 8528 8830 2/SWIFT-BIC: POFICHBEXX**

Please enter the same name on the payment as is on the registration form. Purpose of payment: "Flüeli-Ranft 2013".

### **Account for participants from „Euro-countries“**

Datta Yoga Center Germany e.V., 40489 Düsseldorf

Deutsche Bank Düsseldorf, BLZ 300 700 24

Account 643303105 / **SWIFT-BIC: DEUTDE33**

**IBAN DE 15 3007 0024 0643 3031 05**

Please enter the same name on the payment as is on the registration form. Purpose of payment: "Flüeli-Ranft 2013".

### **Confirmation of registration**

Confirmation of registration will be sent in May, and will include concert tickets, concert flyers and other useful general information, if full payment has been made to either DYC Switzerland or DYC Germany.

### **Cancellations**

A cancellation fee of CHF 60 / € 50 will be charged for cancellations before 14 May 2013. For cancellations after 15 May 2013 the following fees will be charged if no one can take their place:

Cancellations from 15 May to 14 June 2013 – 50% of the total cost

Cancellations from 15 June to 31 July 2013 – 75% of the total cost

Cancellations after 1 August 2013 - no refund



**Weekend Visitors**

Guests who are only coming for the weekend need to note this on the registration form in the appropriate space, and need to reserve their accommodation themselves. The following addresses may be helpful:

www.flueliranft.ch, www.booking.com/Flueli-Hotels, Tourismusbüro Sachseln/Flüeli-Ranft, Tel 0041 41 661 06 61 or email: info@flueliranft.ch. The Pax Montana hotel is not available for weekend bookings (unless there are free rooms – this information will be available at the beginning of May). Lunch on Sunday (Prasadam) is free for everyone.

**Contact person for further information in English**

For information in English please email Jaya Ward at: jaya.ward@bluewin.ch or telephone 0041 44 715 40 17. Please note that Jaya Ward will be away June 17 – July 8, 2013 and will not be answering emails or telephone calls. You may contact Nahusha Egon Hürlimann (egonh@gmx.ch) during that time.

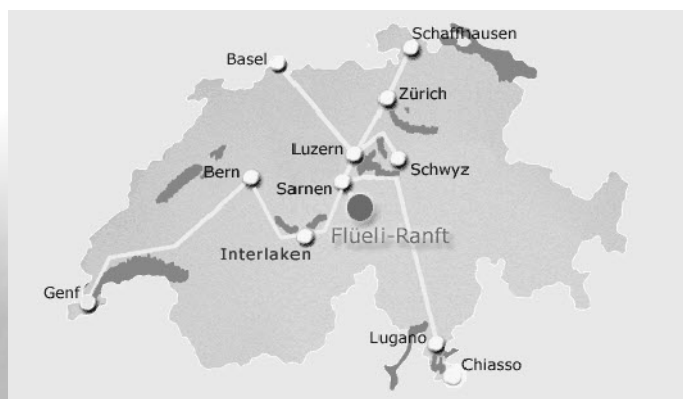
Information updates: www.dyc.ch under "Termine".

**Hotel Address**

Hotel Pax Montana, Postfach, 6073 Flüeli-Ranft, Switzerland  
Tel 0041 41 660 22 33, Fax 0041 41 660 61 42  
Email: welcome@paxmontana.ch / www.paxmontana.ch

**Organisation**

Datta Yoga Center Switzerland - www.dyc.ch



The Chalet is built in the same style as the Guesthouse. Between the two is the old house of Niklaus von Flüe and his family. It is a beautiful 3-4 minute walk up a wooded driveway from the Chalet to the Pax Montana hotel.



**Directions to Pax Montana hotel**

**By car**

**From Basel:** Motorway A2 direction Luzern.

**From Zürich:** Westring A4 direction Gotthard/Luzern. A2 to Luzern. In the tunnel before the end of the tunnel, exit direction Brünig/Interlaken, then exit Sarnen Sud, direction Sachseln, and in Sachseln turn left to go up the mountain to Flüeli-Ranft. Follow the signs to Hotel Pax Montana. Free parking is available in the village center, which is a 3-4 minute walk from the hotel. There are no parking places directly at the hotel.

**By public transport**

**Train connections to Flüeli-Ranft**

(change to bus in Sachseln at the station in Sachseln)

Dep	Basel	Zürich	Zürich Airport	Bern	St. Gallen
	12.04	12.04	11.47	12.00	10.48
Arr Zürich HB					11.53
Dep Zürich HB					12.04
Arr Luzern	13.05	12.49	12.49	13.00	12.49
Dep Luzern	13.11	13.08	13.08	13.08	13.08
Arr Hergiswil	13.23				
Dep Hergiswil	13.25				
Arr Sachseln	13.43	13.43	13.43	13.43	13.43
Dep Sachseln	13.46	13.46	13.46	13.46	13.46
Arr Flüeli-Ranft	13.58	13.58	13.58	13.58	13.58

**Train connections from Flüeli-Ranft (first take bus to Sachseln)**

Dep Flüeli-Ranft	15.59	15.59	15.59	15.59	15.59
Arr Sachseln	16.11	16.11	16.11	16.11	16.11
Dep Sachseln	16.15	16.15	16.15	16.15	16.15
Arr Hergiswil	16.33				
Dep Hergiswil	16.35				
Arr Luzern	16.48	16.52	16.52	16.52	16.52
Dep Luzern	16.54	17.10	17.10	17.00	17.10
Arr Zürich HB		17.56			17.56
Dep Zürich HB					18.09
Arr Zürich Airport			18.13		
Arr St. Gallen					19.15
Arr Basel	17.55				
Arr Bern				18.00	

**Hotel Pax Montana**



# Registration form for Sri Swamiji's visit in Flüeli-Ranft, Switzerland, 15.-18.08.2013

Please send the completed form before 31.03.2013 to Anita Brigitta Seikritt, Mythenweg 11, CH-8604 Volketswil, Switzerland

E-Mail: bseikritt@hispeed.ch

Accommodation 15.-18.08.2013 3 nights with full pension	CHF / EUR per person	Number persons	Total CHF / EUR
<b>Hotel Pax Montana</b>			
Cat H1 Single room with shower/WC	590 / 485		
Cat H2 Double room with shower/WC	450 / 375		
Cat H3 3 Bed room with shower/WC	435 / 360		
<b>Guesthouse und Chalet</b>			
Cat G1 Single room with shower/WC	420 / 350		
Cat G2 Double room with shower/WC	360 / 300		
Cat G3 3 Bed room with shower/WC	345 / 285		
<b>Children's Price</b>			
Guesthouse/Chalet: 4-12 years in parent's room	180 / 150		
Hotel Pax Montana: 4-12 years in parent's room	225 / 185		
Meal costs for seminar participants staying elsewhere	210 / 172		
<b>Total cost for hotel</b>		<b>Amount A</b>	
<b>Seminar costs and overhead costs</b>			
Seminar costs	270 / 220		
Overhead costs for people not in seminar	75 / 60		
<b>Concert</b>			
Sponsoring tickets	108 / 85		
Middle rows	40 / 32		
Back rows (unnumbered)	25 / 20		
Middle rows children 7 - 16 years	20 / 16		
Back rows children 7 - 16 years	15 / 12		
<b>Total Seminar costs and concert tickets</b>		<b>Amount B</b>	
<b>↓ Please tick the appropriate box below</b>			<b>Total amount A+B</b>
<input type="checkbox"/> We are participating in the children's program / Number of children: _____ Name of children: _____ Age: _____			→ This total amount must be paid by 30.04.2013 to NYC Switzerland or to NYC Germany. Please note the name of the person in the payment.
<input type="checkbox"/> For health reasons breakfast necessary Number of people: _____		<input type="checkbox"/> We eat only vegan meals Number of people: _____	
We are only coming for the concert <input type="checkbox"/> and/or Sunday programme <input type="checkbox"/> / Number of people: _____			

→ There are limited number of single rooms

→ Children aged 0 – 4 years are free of charge in parent's room

→ 3 evening meals and 3 lunches

→ Please note the currency

→ Please note the currency

→ Please fill out a separate form for people not in the same household!

Surname, forename (indian Name)

Name(s) of accompanying person(s) (living in same household)

Address: Street number, Post code, Town, Country

Phone with country code

Mobile with county code

Email address

I would like to share a room with

paying separately

paying together

If this room category is not available I would prefer the following category

Children's birthdates

Place/Date

Signature

Please make a copy of this for yourself before you send it in!