



We warmly welcome you to Finland!

This is the Program of the Reunion 2017 "One With Nature"!

There might be some changes in the schedule, but here you'll see the teachers, their topics and the timetable of the days.

## **Wednesday 9.8.**

15 - Arrivals, check in, touring the area and/or resting

17-18 Dinner

18:30 Opening Ceremonies, chanting and dancing in Reunion Hall

## Thursday 10.8.

6:30 Morning practise, two options:

1. Heike Amma Farkas
2. Martti Vayu Mäkinen

8:00 Breakfast

10:00 Talk by Swami Ramananada,  
"The Source of Oneness in an Age of Fear"

12:00-13.00 Lunch

12:00-12:30 Meditation: Inside /walking meditation

14:00-14.50 Nalanie Chellaram "Living with Inspiration"

15:00 -17.00 Three Options:

1. Narayani: Deepen the Connection to Your Voice
2. Paula Prasanna Kiuru: Yoga Groove - This Is It, The Natural High
3. Usha Piscini: Attributes Of The Great Mother Nature

17:00 Dinner

19:00 Evening program, Chanting Outdoors by the Campfire with Bhavana and Rasmi & Detlef.

## Friday 11.8.

6:30 Morning practise, two options:

1. Paola Parvati Faini Hatha II with Harmonious Flow
2. IY Hatha basic level in Finnish

8:00 Breakfast

10:00 Talk by Swami Karunananda:

**"The Interconnectedness of all Life"**

12:00-13.00 Lunch

12:00-12:30 Meditation: Inside /walking meditation

14:00-14:50 Dr Erkki Lähde: "More Interaction than Competition In Nature"

15-17 Three Options:

1. Teija Enoranta Shabad Deep: Kundalini Yoga with Music
2. Heike Amma Farkas: Partner Yoga
3. Alessandra Uma Cocchi: Yoga as a Therapeutic Way

17:00 Dinner

18.30-19.30 Sari Sharmini Penttilä Yoga In Nature

19:00 Sauna by the Lake

21:00 "Suomi"- Kirtan

## **Saturday 12.8.**

6:30 Morning practise, two options:

1. Rowan Raghavan Cobelli: The Wisdom of No Effort
2. Finnish Yoga

8:00 Breakfast

10:00 Talk: "Personal Transformation- how all Nature is Constantly Changing "

Puja; Swami Karunananda, Swami Ramananada and Nalanie Chellaram

12:00 Lunch

12:00-12:30 Meditation: Inside /walking meditation

14:00 Relaxing with Singing Bowls

15:00 -17:00 Three Options:

1. Lucy Luckshmi Cannon: Having Fun With Sun Salutations
2. Heike Amma Farkas: Partner Yoga
3. Mari Parashakti Rantamäki

17:00 Dinner

19:00 Satsang by Swamijis and Kirtan with Bhavana

## Sunday 13.8.

6:30 Morning practise:

1. Lucy Luckshmi Cannon: IY Hatha-Multilevel
2. Rowan Raghavan Cobelli: Hatha Class :“ Meeting the Game of Resistance”

8:00 Breakfast

10:00 Swami Ramananada: “ The Healing Power Of Love and Connection

12:00 Lunch

13:00- 14:00 “Closing The Circle”

14.30 Leaving Kisakeskus to Helsinki

If you have any questions, please don't hesitate to write us:  
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<http://kisakeskus.fi/kurssit-ja-tapahtumat/european-integral-yoga-reunion/>