

Sadhana Weekend at Lake Balaton

May 15th - 17th

Program Highlights



Immerse yourself in Sadhana

The program includes morning and evening Hatha Yoga sessions in the yoga hall, guided by a certified Isha Hatha Yoga teacher. Each morning, the sadhana session begins with Guru Pooja, creating a serene, meditative atmosphere.



Learn about Ayurvedic diet

As part of the three Yogi Food Sessions you will learn about the Ayurvedic approach to diet that specifically supports your yoga practices. Two vegetarian meals a day will be prepared together as part of these sessions.



Spend half a day in silence

As our lives get faster, our attention spans shorter, and our screen time longer, moments of true silence have become rare. This half-day in silence offers a chance to slow down, rest the mind, and reconnect with yourself in a peaceful and supportive space.



Enjoy access to Lake Balaton

The accommodation is located just ten minutes walk from the beach of Lake Balaton. The retreat house features a spacious yoga hall, an outdoor pool, an indoor jacuzzi, a peaceful garden, an outdoor fireplace, and multiple bathrooms. Bedrooms are shared with up to 3–4 same-gender participants from the retreat group.



Cleanse the five elements

Consciously reconnect with the five elements that form the building blocks of the body – water, earth, fire, air and space. In yoga, this elemental cleansing is known as Bhuta Shuddhi. A simple form of Bhuta Shuddhi is to expose yourself to the elements consciously. We will enjoy outdoor evening fires, daily swims in Lake Balaton, and picnics outdoors.



Bring your child along

Bring your child along and introduce them to a conscious living from an early age. Our retreat welcomes children, offering a fun environment where children can explore nature and experience the rhythms of the day alongside you.

A typical day:

- 5:30 AM Guru Pooja
- 5:40 AM First Hatha Yoga session*
- 9 AM Yogi Food Session
- 10 AM Brunch outdoor
- 11 AM Nature Walk
- 1 PM Refreshments
- 3 PM Time at the beach
- 4:30 PM Second Hatha Yoga session*
- 6:30 PM Yogi Food session
- 7:30 PM Dinner
- 8:30 PM Sunset walk at Lake Balaton
- 9 PM Camp Fire

During the Hatha Yoga Sessions the participants will practice those Hatha Yoga practices that they have learned during a previous workshop. Corrections will be given by the teacher.

Pricing:

Early Bird until 18th of March: 85,000 HUF

Regular: 110,000 HUF

Early Bird Child: 48,000 HUF

Regular Child: 65,000 HUF

Payment options:

Option 1: Full payment at the time of registration.

Option 2: Pay 50 % of the price at the time of registration and pay the rest until the 8th of May.

Refund options:

Option 1 ~ If you registered at the Early Bird price, you can get a full refund minus the cancellation fee (10,000 HUF/person) should you cancel before 1st of April.

Option 2: ~ If you registered at the Standard price you can get a full refund minus the cancellation fee (10,000 HUF/person) should you cancel before 20th of April.

Arrival and Address

Arrive on May 15th between 3 pm and 6 pm

Balatonalmádi, Dr. Óvári Ferenc utca 103.

Please note: the program will only go ahead with a minimum of 6 participants.