

## Meditation retreat in Latvia



*harmony for mind and soul  
for those who want to free their stress*

### **DAY 1 arrival in Riga, transfer to Meditation retreat center**

Transfer from airport to Meditation retreat center in Vidzeme area, 100km from Riga.  
Dinner.

### **DAY 2, DAY 3, DAY 4**

#### **time for meditation practices**

07:00 Wake up

07:15 Meditation (breathing exercises)

08:00 Qigong energetic exercises

09:30 Breakfast

10:30 Workshop of mindful awareness practice

13:30 Lunch

15:00 Drums meditation/ or yoga/ or mandala dance

18:00 Dinner

19:00 Walks in near forest/swimming in lake/free time for silence and prayers

21:00 Meditation (breathing exercises)

### **DAY 5 departure**

Transfer from Meditation retreat center to airport Riga.

**PRICE FOR PACKAGE:**

Price per person **260 EUR** ( for group of 8 persons)

Prices per person are NET and do not include any commission.

Price can change due to availability and travel dates.

**To make a booking** - please contact us - [kristine@balticdmc.com](mailto:kristine@balticdmc.com) or +371 28313366

**Package Includes:**

- 1) Private transfers from airport - Meditation retreat center - airport
- 2) Accommodation in shared rooms with WC/shower (10 persons/per room)
- 3) All meals vegetarian - breakfast, lunch, dinner (possible to book non-vegetarian meals as well)
- 4) All meditation practices
- 5) Sertificied guides for all the practices (english/russian speaking)

**Additional information**

Please request Your desired date for tour reservation (best days are from monday - thursday).

You can add optional excursions (see below - optional activities) on the day of arrival or departure, during transfer.

**About location**

Meditation retreat center Vidzeme is located in beautiful little village Sermūkši, in north-east Latvia. It is 100 km ride from Riga, 35km from charming medieval city Cēsis, and 60km from Sigulda, inspiring and vibrant town in Gauja river valley.

**About practices**

All practises are tended towards body, mind and spirit releasing and harmonizing, gaining peace and harmony in natural, relaxing and rejuvenating being.



❖ **Zhong Yuan Qigong**

The highest level of Qigong. It's a set of united knowledge and practical methods, which allow to harmonize mental state, expand creative potential and gain special sensitivity. This system promotes human physical and mental development. It can be practiced by anyone, it's not related to some specific religion. People who do Qigong everyday, get less affected by stress, they reach their inner harmony state, become peaceful and happy with their lives.

❖ **Yoga**

Hatha yoga exercises can be adjustable for every group, every group member individually, depending on each physical abilities and previous background. An important part of every yoga lesson are breathing exercises, yoga postures (asanas) and yogic sleep (nidra) - deep body relaxation.

❖ **Medical Qigong**

Qigong static and dynamic exercises for rejuvenating energy flow in body, using knowledge of energy meridians in human body. Qigong breathing exercises and acupuncture.

❖ **Mandala dance (for woman)**

It's a meditation in movement, yoga and dance therapy fusion. Previous knowledge of dance is not needed. It's a practise of feeling feminine energy, its light flow and colours in everyday life. It heals and harmonize body and soul. Dance is a personal ritual, created according to principles of sacral geometry, it helps to harmonize energy flows in human energetic centres.

At the same time there can be arranged special exercises just for men.

❖ **Natural breathing**

Exercises with different methods from Yoga, Qigong, physiotherapy - which all help human body to regain ability to breathe like in childhood - natural and free. During exercise there are breathing in different body postures, in movement and even sleeping on a stack of books.



## About guides

### ❖ Andris Aniņš

Qigong 2nd degree instructor and practitioner, Zhong Yuan Qigong centre representative. More than 10 years he learns and practices different self harmonizing and development methods. He is instructor for breathing exercises, Qigong energetic practises and drums meditation. Nature is a special passion for Andris - he does hiking, night adventures in forests and nature meditations. He is latvian sauna expierence practitioner.

### ❖ Ilze Elīza Palma

Serificied yoga teacher (The International Sivananda Yoga Vedanta Centre), Qigong instructor (Medical Qigong) and Mandala dance teacher, now studies Physiotherapy in Riga Stradins university. More than 5 years she organizes health tours and guides exercises in retreats. Ilze uses different sound techniques (Koshi bells, Sansula, Zwang) in order to restore deeper relaxation in body and mind.

### ❖ Daina Binde

She is also called Nature child, she knows how to gather different plants for herbal teas, which berries and mushrooms are good and which are not. Together with Daina You can go in meadows and get to know what a great medicinal plant collection it is!

## SPA and herbal treatments

(can be booked and paid additionally)

### ❖ Massages

You can order classical, energetic or Eastern style massages with sertificied maseusses. Price is 40EUR/60min.

### ❖ Latvian spiritual [sauna ritual](#)

Sauna ritual in latvian traditions is magical - it's a place one can get clean





## Baltic DMC Group

physically, but it also focuses on spiritual levels. Sauna ritual is a strong purifying, relaxing and healing procedure, when Your physical, energetic and soul systems are fulfilled with new power. It's a very aromatic adventure - with fresh meadow scents and flavours.

There can be 4 persons at one time/ 1 *pirtnieks* (sauna attendant, who guides You through the experience). Duration is 3-4 hours. Price 35EUR/ per person.

### ❖ Herbal workshop

Together with Daina, You can get to know how to identify wild plants, find out their multiple uses for dinner table and the medicine cabinet, create wild smoothies. Nature is generous in giving us healing and nourishment!

### Optional activities

- ❖ hikes through silent roads of neighbourhood
- ❖ swimming in lake
- ❖ relax, read, be present in pure nature and silence
- ❖ horse riding
- ❖ bike riding
- ❖ guided tours in Cēsis, Sigulda, Gauja river valley

