

# Yoga

FEDERATIE  
DUTCH SPEAKERS  
BELGIUM aslb



## STUDY & MEETING DAYS

Hotel Duinse Polders - Blankenberge  
26 en 27 april 2025

*Swami Sarvapriyananda*

foto © www.vedantany.org



# VEDANTA & SELF- INQUIRY

**Deadline for registration : 10 april 2025**

*An organisation from [www.yogafederatie.be](http://www.yogafederatie.be)*

Adress of registered office : Kattestraat 120 9400 Ninove Ond. Nr. 421.245.957 RPR Dendermonde

background photo: Jooinn.com - free download © Benjamin Miller



# VEDANTA & SELF-INQUIRY

Vedanta teaches that man's true nature is divine and that the true purpose of human life is to unfold and manifest this divinity. Based on the Vedas, the ancient scriptures of India, Vedanta accepts all religions of the world and reveres the great prophets, teachers and sons of God, because it recognises the same divine inspiration in all of them.

Vedanta is a way of living and realising.

It gives every individual complete freedom to develop morally and spiritually develop according to his or her own beliefs and convictions.

It offers different spiritual paths in accordance with the nature of each individual. Modern Vedanta is exemplified in the life and teachings of Sri Ramakrishna, a great prophet of nineteenth-century India, and Swami Vivekananda, his chief monastic disciple.

Swami Sarvapriyananda will cover the following topics on the weekend:

- What is Vedanta?
- Self-inquiry I: the Seer and the Seen
- Spiritual practice in Vedanta
- Self-inquiry II: the 5 sheaths or Kośas
- Self-inquiry III: the 3 states

There will also be Hatha yoga classes on the weekend by Flor Stickens and Alberto Paganini.

Swami Sarvapriyananda

Swami Sarvapriyananda was born in Calcutta, India, in 1971.

Swami Sarvapriyananda has been the head and spiritual leader of the Vedanta Society of New York since January 2017. He joined the Ramakrishna Math in 1994 and received samnyāsa in 2004. He served as āchārya (teacher) of the training centre for monastic subjects in Belur Math, India.

He also served in various capacities in various educational institutes of the Ramakrishna Mission in India and as assistant minister of the Vedanta Society of Southern California.

<https://www.vedantany.org/about-us>

# Programme

## Saturday

09.00 - 09.30	Reception, coffee and tea
09.45	Welcome by Flor Stickens
10.00 - 12.00	What is VEDANTA?
12.15	Lunch
13.15 - 14.15	Yoga practice on the beach with A. Paganini
14.30 - 16.00	Self-Inquiry I - The Seer and the Seen (Lecture, Meditation and Q/A)
16:00 - 16.30	Coffee and tea
16.30 - 18.00	Spiritual practice in Vedanta (Lecture and Q/A)
18.00	Supper
19.15 - 20.00	General meeting of members
20.00 - 21.00	Evening programme: kīrtana with the group Shyama
21.00 - 22.00	Reception offered by YFN

## Sunday

07.00 - 08.15	a. F. Stickens: Day opening: recitation - prānāyāma - light practice b. A. Paganini: awakening with dynamic Yoga flow
08.15	Breakfast
10.00 - 12.00	Self-examination II - The five sheaths or Kośas (Lecture, Meditation and Q/A)
12.15	Lunch
13.15 - 14.15	Yoga practice on the beach with A. Paganini
14.30 - 16.00	Self-examination III - The Three States (Lecture, Meditation and Q/A)
16.00 - 16.15	Closing

## Cost:

	member	non member
Weekend with overnight stay in: single room (WE1):	290 €	330 €
double room (WE2):	240 €	280 €
Without accommodation: Saturday only (SAT):	130 €	150 €
Sunday only (SUN):	90 €	110 €
Whole Weekend:	200 €	240 €

Meals are included in the price.

## Option:

Arrival on Friday evening from 4pm to 9pm (only when registering for WE1 or WE2)  
No meal will be provided on Friday evening.

Supplement for extra night and breakfast: 110 € in single room, 65 € in double room

## Registration:

Preferably via the registration form on our website or by mail to [Activiteiten@yogafederatie.be](mailto:Activiteiten@yogafederatie.be).  
Registration is valid upon receipt of the registration form and payment on the YFN vzw bank account: YFN vzw, Kattestraat 120, 9400 Okegem-Ninove  
BIC: BBRUBEBB IBAN: BE25 3900 6740 8082

In case of cancellation after 14 April, accommodation and meals cannot be refunded.

Info: [activiteiten@yogafederatie.be](mailto:activiteiten@yogafederatie.be)

- Bring with you: yoga mat
- Vegetarian meals will be provided
- Lottas/nose jugs can be bought on site

## Adress Hotel Duinse Polders: Next yogaweekend:

A. Ruzettelaan 195, B- 8370 Blankenberge  
[www.duinsepolders.be](http://www.duinsepolders.be)

4 en 5 october 2025 in Drongen