



Five Days of Meditation for a Lifetime of Grace
**Awaken Your Divine Energy
in Normandy, France**

"Attention Is Divine Will"



Join Meditation Master Kambiz Naficy For an Interactive Experience of Yoga, Meditation and Uplifting Talks.

Announcing Joy of Life's fifth European Super-Consciousness Meditation Retreat to be held at the "Moulin" near Paris, France.

October 13th-18th, 2023

What is the Super Consciousness Retreat?

For five days, like-minded friends join in loving companionship taking in the caring attention of a patient teacher. Each day is filled with Yoga Asanas (postures), Kriya breathing meditations, lying down deep relaxation, and spiritual talks that will revitalize you (see daily program).

Testimonials

For weeks following this retreat participants experience profound states of peace, awe of the moment, higher consciousness, as well as unbounded energy and love. Participants of the last retreat reported powerful Grace flowing into their lives during and after the retreat.

Testimonials from Participants:

www.joyoflifeorganization.com/testimonials/video-testimonials/

Location

The European five-day workshop will be held at the "Moulin," located about an hour's drive SW of Paris in a quiet Normandy valley at the foot of a national forest. Built on a island at the confluence of two rivers, the Moulin is graced with the sound of rushing waters and a distinctive iridescent evening light. Ancient sycamores, Italian poplars, and weeping willows share the landscape with old English roses and box hedges. Until recent years, the original mill house belonged to a large adjacent estate that houses a 17th century castle with its stables and farmland. The property, a wildlife reserve, offers peaceful walks through woods and fields alongside the riverbanks as well as longer hikes up into the forest.



Workshop Dates

The five-day Saint Georges retreat is being held from **Friday, October 13th. through Wednesday, October 18th.**

The Friday arrival at the Moulin is scheduled for 4:00 pm, October 13th. The final departure is scheduled for 2:00 pm on Wednesday, October 18th.

Workshop Registration

Joy of Life has reserved a **limited number of rooms for a few participants**, some participants will be sharing rooms.

In order to guarantee your room and board, we ask that you respond to this email **as soon as possible** so that we can send you a credit-card link for registration. Upon receiving the payment link, you can fully register by paying the **\$1,800** tuition, which includes tuition, room, board, and ground transportation to St. Georges. Air transportation will be your responsibility. Please make sure that you are at Charles de Gaulle International Airport on **Oct. 13th between noon and 2 pm**. Also, make sure that you reserve your outgoing flight on Oct. 19th for the later evening hours, as we have a 1.5-hr. drive from St. Georges back to the airport.

Deadline for Full Registration is September 1st., 2023

Contact

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Transportation

All registered participants will be transported back and forth from “the Moulin”. The meeting place will be Charles de Gaulle International Airport in Paris. We will leave a window of 12:00 (noon) to 2:00 pm on Friday, October the 13th. Make sure your cell phones are working as you arrive at the airport. Our driver will be calling to locate you at the busy terminal.

It is very important to schedule your flights so that you can meet the above window of time since the automobiles cannot accommodate unpredictable pickup times.

(Daily Schedule Below)



Meditation Retreat | 5 Full-Day Schedule

Arrival Day 1 - Friday, October 13th.

4:00pm - 6:00pm - Arrival to "Moulin", Unpacking & Rest

6:15pm - 7:15pm - Dinner (note: dinner cannot be served after 6:15pm)

8:00pm - 9:00pm - **Welcome & Introductory Talk**

9:00pm - 9:30pm - Short Break

9:30pm - 10:30pm - **Kriya Yoga Meditation & Deep Relaxation**

10:30pm - Lights Out

Day 2 – Saturday, October 14th

7:45am - 8:45am - Breakfast is served

9:00am - 10:00am - **Spiritual Talk**

10:00am - 10:15am - Short Break

10:15am - 12:15pm - **Yoga Asanas, Kriya Yoga Meditation & Deep Relaxation**

12:15pm – 2:00pm - Lunch

2:00pm - 3:30pm - Rest and Spiritual Study

3:30pm - 4:30pm **Spiritual Talk**

4:30pm - 6:00pm - **Yoga Asanas, Kriya Yoga Meditation & Deep Relaxation**

6:15pm - 7:15pm – Nature Walk and Rest

7:15pm - 8:30pm - Dinner

8:30pm - 9:30pm **Spiritual Talk.**

9:30pm - 9:45pm - Short Break

9:45pm - 10:30pm - **Kriya Yoga Meditation & Deep Relaxation**

10:30pm - Lights Out

Day 3 - Sunday, October 15th

7:45am - 8:45am Breakfast is served

9:00am - 10:00am - **Spiritual Talk**

10:00am - 10:15am - Short Break

10:15am - 12:15pm - **Yoga Asanas, Kriya Yoga Meditation & Deep Relaxation**

12:15pm – 2:00pm - Lunch

2:00pm - 3:30pm - Rest and Spiritual Study

3:30pm - 4:30pm - **Spiritual Talk**

4:30pm - 6:00pm - **Yoga Asanas, Kriya Yoga Meditation & Deep Relaxation**

6:15pm -7:15pm – Nature Walk and Rest

7:15pm - 8:30pm - Dinner

8:30pm - 9:30pm **Spiritual Talk**

9:30pm - 9:45pm - Short Break

9:45pm - 10:30pm - **Kriya Yoga Meditation & Deep Relaxation**

10:30pm - Lights Out

Day 4 - Monday, October 16th

7:45am - 8:45am - Breakfast is served

9:00am - 10:00am – **Spiritual Talk**

10:00am - 10:15am - Short Break

10:15am - 12:15 pm - **Yoga Asanas, Kriya Yoga Meditation & Deep Relaxation**

12:15pm – 2:00pm - Lunch

2:00pm - 3:30pm - Rest and Spiritual Study

3:30pm - 4:30pm - **Spiritual Talk**

4:30pm - 6:00pm - **Yoga Asanas, Kriya Yoga Meditation & Deep Relaxation**

6:15pm - 7:15pm – Nature Walk and Rest

7:15pm - 8:30pm - Dinner

8:30pm - 9:30pm - **Spiritual Talk**

9:30pm - 9:45pm - Short Break

9:45pm - 10:30pm - **Kriya Yoga Meditation & Deep Relaxation**

10:30pm - Lights Out

Day 5 Tuesday, October 17th

7:45am - 8:45am - Breakfast is served

9:00am - 10:00am - **Spiritual Talk**

10:00am - 10:15am - Short Break

10:15am - 12:15 pm - **Yoga Asanas, Kriya Yoga Meditation & Deep Relaxation**

12:15pm - 2:00 pm - Lunch

2:00 pm - 3:30 pm - Rest and Spiritual Study

3:30pm - 4:30pm -Spiritual Talk

4:30pm - 6:00pm - **Yoga Asanas, Kriya Yoga Meditation & Deep Relaxation**

6:15pm - 7:15pm – Nature Walk and Rest

7:15pm - 8:00pm - Dinner

8:00pm - 9:00pm - **Spiritual Talk**

9:00pm - 9:15pm - Short Break

9:15pm - 10:15pm - **Kriya Yoga Meditation & Deep Relaxation**

10:30pm - Lights Out

Day 6 Wednesday, October 18th

7:45am - 8:45am - Breakfast is served

9:00am - 10:00am - **Spiritual Talk**

10:00am -10:15am - Short Break

11:15am - 12:15pm **Yoga Asanas, Kriya Yoga Meditation & Deep Relaxation**

12:15pm - 1:15pm - Lunch

Please note that checkout must be completed by 2:00 PM



Kambiz Naficy promotes joy and well-being through the ancient science of Kriya Yoga, instilling empowering beliefs, and the manifestation of success from inside-out.



www.kambiznaficy.com