



Europe Active Kft.  
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## YOGA CAMPS IN HUNGARY

**8 days** including transportation– 6 days of Yoga

All camps are **English-speaking** camps.

**We prepare custom-made camps : we adapt to the concrete requests of the groups and individuals.**

### **Who is it aimed at ?**

It is aimed at anybody interested in the experience! Ideally, we host 10 to 20 persons groups.

We offer a program that can be adapted according to the wishes of the participants and organizers. But we also can deal with logistics only and host a group already constituted with a teacher and a fully ready program.

### **Why a yoga camp in Hungary ?**

Hungary is a small, yet very complex, undiscovered destination in the heart of Europe. Just 2,5 hours of flight from London. The Hungarian history and culture are very rich and surprisingly eclectic.

The beauty of the environment and its charming and welcoming hills make it an ideal and original destination for yoga camps. We wish to propose an experience, which is in addition to a yoga camp, a trip full of cultural and historical discoveries.

### **Location**

The camp takes place in the region of Pécs, in the South of Transdanubia, not far from the Croatian border. Pécs will be the European Culture Capital in 2010. The location is about 15km from Pécs, in natural surroundings making easier relaxation and contacts with nature : excursions in the forest, baths in the lakes...

### **Vegetarian/vegan food**

We can offer vegetarian and vegan food. We also want to introduce some traditional Hungarian food, make bread, sprout seeds, etc... The participants are welcome for helping preparing the meals.

### **Discovering Hungary**

You may have the opportunity to get a quick look of Budapest at your arrival or departure. But we offer the possibility to book extra-nights before or after the camp to really have time to explore the city. We can recommend you places to visit and organize hotels and service bookings.

You will also discover the city of Pécs, a real jewel, named the “Mediterranean City” for its colors, its microclimate, and its warm atmosphere. The camp is located in the countryside, not



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far from Pécs, in the hearth of a preserved nature and wonderful landscapes. You will have the opportunity to taste local specialities, visit tourist attractions, discover the cultural heritage and enjoy the spas. We offer excursions in the forest as well as various sportive activities. You will experience the warm welcome of Hungarians.

### **Our philosophy**

We are specialised in active tourism, and we insist on the human aspect of our activities as well as on the environment protection. We have two simple and priority rules: security and respect.

- Security for you while assuring us that all our partners have all the legal guarantees and the necessary qualities for the practice of their activities.
- Security always for you while making sure that you have in hand all the necessary elements during the progress of your stay.
- Security in staying permanently accessible during the whole length of your stay in order to be available in case of difficulties.
- And respect for the environment. In this direction, we ask you to be particularly vigilant and to leave nothing in the nature that should not be there as well as to be careful to the local rules in force (picking of protected flowers).

### **Our partners**

The professionals working on the camps are all graduated, competent and experienced.



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## **The camps**

The practice is at the center of our pedagogy. The goal is to go beyond theory and advices and do things while learning.

### **Our yoga camps are based on 3 pillars :**

#### **➤ Physical activity**

We will stress all along the camp the importance of physical activity in everyday life.

Athan Yoga – every morning

Excursions in the forest in the Mecsek Mounts or in the Zengő

Possibility to practice the following activities:

Biking

Horse-riding

Bathing

Canoe/Kayak

#### **➤ The spiritual part : meditation**

There are many ways to practice meditation. We will organise evening workshops to discover meditation: active meditation, art therapy, painting and dance.

#### **➤ Health**

In our camps, we insist on the dimension of health, we especially stress the importance of the relationship between health and life style, between health and diet.

We propose conference-workshops about the following topics :

- Good and bad habits regarding food and life style
- Phytotherapy : How to use the plants surrounding us ?  
We will go to the forest to pick up very common herbs (such as dandelion, ramson that grows in abundance in the Mecsek Monts), learn their properties, learn how to make dyes or tisanes.
- Frequent diseases and their natural treatments
- Everyday life food as medicine
- Practical workshops of healthy cooking : how to make apple vinegar, kefir, yogurt, etc...
- The disease as a symbol, reflecting an emotion at a deeper level
- About traditional Chinese medicine

We will invite professionals for different optional services :

- Thai massages



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- Iridology
- Reflexology
- Other services on request

### **More details about our practice of yoga**

Yoga is a scientific method practiced and developed by the sages in the ancient India, which ultimate purpose is to realise our true self. According to the ancient Vedic scriptures, which is the basic of yoga it affects our whole being, so to speak it works on many levels.

*Hatha yoga* we'll practice in the camp is the type of yoga which is the closest to the body. It is an ancient scientific method which works through body postures (asanas) and breathing exercises, enhances our energy level, relieves the fatigue and make the body light and active. As a result our vital energy will be well preserved, that is to say lesser energy is spent in lesser time.

According to the yoga literature, what we likely ourselves have already experienced, our body is deeply connected to our mind, for example when our mind is full of thoughts, problems to solve, anxiety, worrying etc. our body cannot relax. In our western society up to now the matter is seems to be more important than our inner nature. We live a conditioned life in an extremely complicated world where the overall energy is outgoing. Therefore many people lose contact with their „divine” self. Inner resources and values, such as trust, compassion, love, self-love and real understanding between people seem to struggle for existence. We may accumulate things, possession, more knowledge and information, but we remain frustrated at still not finding happiness and contentment. In our every day's hurry it is almost impossible for us to relax our minds and bodies.

We need to learn how to go into ourselves, how to calm down our mind, how to relax our body. Practicing yoga and meditation techniques are the right tools, beside the many beneficial effects on our health, to take the first steps towards this direction.

For the reasons mentioned above we have to start with the body, and hatha yoga is one of the most physical approaches amongst the different yoga types. We have to set out from western terms, but in reality according to the eastern way body, mind, and spirit are seen as an indivisible whole whose parts are interdependent from each-other. That is why the traditional medicines are designed to restore and maintain a state of health thorough, rather than cure only a diseased component. Thus a physical ailment is viewed as a reflection of disharmony in the whole being. To cure the ailment you must cure the root cause of this disharmony.

Similarly the main impact of yoga on the human body lies also on more subtle energy levels. According to the eastern approaches when a person is physically, emotionally, and mentally healthy the energy (called qi in the traditional Chinese medicine) flows rightly in balance along the energy channels (meridians). In the yoga literature the subtle energy channels are called nadis. While practicing the asanas we naturally harmonize the energy flow in the nadis.



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While performing the asanas the movement of the body and the process of breathing is slow. As a result the bones become elastic, the muscles strong, blood circulation normal, the digestive and the excretory system strong. The breathing process deepens, the glandular excretion will be controlled and the nervous system powerful. The live giving organs as heart, kidney, liver etc. are strengthened.

In order to slow down, and get in contact with our inner realm in the camp we'll practice meditation techniques. The Indian mystic Osho devised contemporary **meditation methods** many of that we'll use in the camp: Dynamic-,Kundalini-, Nadabrahma-, Wipassana walking, Golden light meditation. The aim of those methods is to restore the balance between the positive and the negative pole as well in our lifestyle as in ourselves. In the western world the predominant lifestyle tends to be active, male energy dominated. To maintain the balance in every level in our lives we need to pay attention our female part also, we need to learn (or rather remember) how to be passive, open, receptive, when we just simply are not doing anything.

The walking tours in the camp we can use as a meditation: while walking we'll try to be still and bring our awareness to the many subtle sound of nature \_ the birdsongs, the rustling leaves in the wind, the babble of brooks... Watching an animal, a flower or a tree without naming and labeling them immediately we can be touched by an enormous innocence and holiness. Only when we are still inside, when our noisy mind subsides can we connect with nature at a deeper level, thus we realise that the sacredness we experienced outside is also inside of us.

Other effects of active meditation methods: releasing emotions, freeing our bodies of tensions, increasing our general awareness, making our bodies vibrant, vital and alive.



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### **Program :**

We host the group at the Budapest Airport and organise a transfer to the camp location.  
Full board accommodation in a cottage.  
Each day is organised according to the following schedule :

- Fixed activities : yoga every morning, meditation workshops every evening
- Activities that can be done according to the wishes of the participants : visit of Pécs and the surrounding villages, excursions in the forest, discovering local arts and crafts, thermal baths, bath in a lake, sportive activities : bike, canoe/kayak, etc...

### **Approximative budget**

We offer the best prices. We do not propose a basic package, but we build the budget together, depending on the size of the group, the services requested, the request for a teacher, for masseurs and other professionals, etc...

### **Contact**

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