



YOGA IN DAILY LIFE®

SUMMER PROGRAM IN STŘILKY

International YOGA IN DAILY LIFE Summer 2026 Mahaprabhudeep Ashram Střilky, CZ

Fundraising for international social projects of Int. Sri Deep Madhavananda Ashram Fellowship

We are happy to invite you to summer Yoga in Daily Life Training Retreats and Satsang programmes in Střilky, CZ. The programs will be led by Mahamandaleshwar Swami Avatar Puri and other esteemed swamis and experts of Yoga in Daily Life under the auspices of His Holiness Vishwaguruji Mahamandaleshwar Paramhans Swami Maheshwarananda Ji.

COURSE A: YOGA IN DAILY LIFE – PHYSICAL, MENTAL AND SPIRITUAL HEALTH: For participants of all levels. Yoga-exercises (asanas and pranayamas, relaxation, yoga-nidra), concentration, meditation, lectures about yoga-philosophy, healthy life-style, nourishment etc. Variety of international experts from the ranks of medical doctors, psychologists, experienced Yoga in Daily Life teachers and Swamis of our Parampara are invited to lead the lectures and workshops.

COURSE B: FIND YOUR DIVINE SELF WITHIN YOURSELF: Meditation-seminar with Kriya-Anusthana-technique only for aspirants who live vegetarian, practise a mantra from Vishwaguruji more than three years and regularly attend yoga-classes and satsangs (confirmation of your national organiser required).

COURSE T: YOGA IN DAILY LIFE TEACHER - TRAINING: Advanced training for certified Yoga in Daily Life Teachers, registered Yoga-teacher assistants and aspirants.

COURSE Y: YOGA IN DAILY LIFE YOUTH CAMP: Swami Avatarpuriji's programme for young people. Opportunity to practice Yoga in Daily Life, help in ashram and spend quality time with your international Yoga in Daily Life friends.

SPECIAL OFFER BY STRILKY ASHRAM – KARMAYOGA SUMMER: If you pay for two weeks of any program (seminar or karmayoga), you can stay for karmayoga for the rest of the summer 2026 for free. It means 2 weeks paid + stay free the whole summer.

	Dates 2026		Dates 2026
STRILKY Week 1 (courses A, B, Y)	3. July (Fri) – 10. July	STRILKY Week 4 (courses A, B, T)	31. July (Fri) – 7. August
STRILKY Week 2 (courses A, B, Y)	10. July (Fri) – 17. July	VEP Week 5 (courses A, B, T)	7. August (Fri) – 14. August
STRILKY Week 3 (courses A, B, Y)	17. July (Fri) – 24. July	VEP Birthday & GA Weekend	14. August – 16. August 15. August – Fellowship and World Peace Council Gen. assemblies 15. August – Gurudev's birthday celebration satsang
STRILKY Holidays Week (no courses, satsangs and KY)	Sw. Avatar Puri in India 24. July (Fri) – 31. July Strilky with European swamis 29. July – Gurupurnima satsang	RIJEKA Week 6 (courses A, B)	17. August (Mon) – 24. August

PLEASE, REGISTER IN YOUR YOGA-CENTRE LATEST 1 WEEK (7 DAYS) AHEAD.

Program starts first day: Dinner at 5.00 pm., Satsang at 7.00 pm.

Rooms are ready after 4.00 pm. **End** last day: after Breakfast

Registrations are valid only after full payment of the programme-fee. By registering the participants accept the regulations given for this seminar. Please, travel to ashram only after registering.

Unregistered applicants will not be allowed to enter.

Attention: The authorities in CZ require that at the registration in Střilky a filled-up registration form as well as valid identity document (passport or identity card) is presented.

To register only for evening satsangs – please follow the link on <https://joga.cz/satsang>. The registration for evening satsangs will be opened gradually depending on the remaining free capacity of the venue. If you want to stay overnight, apply for one day via your local yoga-centre.

Due to hygienic precaution, please bring your own crockery.

The programme is mainly in English language. Please contact your country organiser for the translation details. Translations (if available) are provided via Wi-Fi broadcast (please bring your own smart phone and headphones).

Concerning the available places, prices and rules, please follow the advice of your country organisers.

Please note, that your country organisers have the right to ask you to change or cancel your application if the situation changes.

According to the law, the consent form must be signed by non-members, children under 16 years and non-EU foreigners.

All participants agree that the remaining money after covering all costs for the event will be used for social projects in India.

Address: Mahaprabhudeep Ashram, Zamecka 202, 768 04 Strilky, Czech Republic

Contact: Tel. +420 573 375 113, E-Mail: seminar@yoga.cz

WE ARE LOOKING FORWARD TO MEETING YOU IN STRILKY.

The information and details given here may still be subject to change as we strive to adjust to possible changes in the best interest of Vishwaguruji and all of you.