

**Jivamukti Immersion with Yogeswari & Lady Ruth  
assisted by Jutta Mele-Maurer (IT)**

**July 15 – 22, 2017  
Hotel Solsana, Saanen (Switzerland)**

Join two of the most experienced and dedicated Jivamukti Yoga teachers for a unique and transformational experience in the magical Swiss Alps. For the fifth time Yogeswari and Ruth Lauer-Manenti (Lady Ruth) are sharing their deep knowledge of the teachings of Yoga in a week full of fun and dynamic Jivamukti Yoga classes, practicals, insightful lectures, Satsang & Kirtan. The Immersion will be assisted by Jutta Mele-Maurer (IT).

The Jivamukti Immersion experience is an opportunity to immerse yourself in the deeper teachings of Jivamukti Yoga. It is perfect for those wishing to delve into the practical and mystical practices of this method. A Jivamukti Immersion provides great opportunities to make breakthroughs in asana practice, detox your body/heart/mind, and more deeply integrate your individual self with the greater reality. It is suitable for anyone who is interested in the method, from the brand new to the more experienced student or teacher.

**Yogeswari**

is an advanced certified Jivamukti teacher, based in New York and Switzerland, who teaches around the world. As a former dancer and choreographer she is known for her vigorous, innovative sequencing and thought-provoking teachings. Yogeswari has been a mentor to many teachers and has facilitated several Jivamukti teacher trainings all over the globe. She is the founder of AZAHAR Foundation, a non-profit organization that promotes peace, cross-cultural communication and non-violence through Yoga.

**Ruth Lauer-Manenti (Lady Ruth)**

is an advanced certified Jivamukti teacher from NYC. She is known for translating the old yogic texts into beautiful day-to-day stories that make the ancient knowledge accessible to the modern student. Lady Ruth has been a mentor to many students and has facilitated several Jivamukti teacher trainings, two of them in India. She is also an artist and has published two books, "An Offering of Leaves" and "Sweeping the Dust". Her third book will be published this spring.



**Prices**

Tuition for Yoga classes, practicals, lectures, Satsang and Kirtan: 1000 SFR / 800 SFR\*

\*20% discount for Jivamukti teachers, residents of the Saanenland and guests of the Hotel Solsana

Early Bird Discount: 108 SFR (if paid in full by Mar 31, 2017)

**Drop Ins:**

One Whole Day: SFR 180 / 144\*\*

Mornings: SFR 100 / 80\*\*

2-hour session afternoon: SFR 45

1.5-hour session: SFR 35

Kirtan: SFR 30

Last morning session: SFR 64

\*\*reduced price for Jivamukti teachers, locals and guests of Hotel Solsana

**Venue:**

The Yoga Shala is in the Hotel Solsana and has a spectacular view on the Alps. The Hotel offers accommodation for participants of the Immersion starting at 171.50 SFR per night including a full vegan board made with love by our macro biotic and vegan trained chef Anna. Alternative accommodation options are possible but need to be organized individually.

**Schedule:**

Check in on Saturday July 15th, 3pm. Check out on Saturday July 22th, 11am.

Welcoming Satsang on the evening of the 15th, morning class on the day of departure. Daily schedule will more or less look as follows (changes are possible):

08:30 – 09:00 Mantra & Meditation

09:00 – 09:30 Scripture Exploration

09:45 – 12:45 Jivamukti Practice

13:00 – 14:30 Lunch

14:30 – 16:30 Lecture

17:00 – 18:30 Theory and/or Asana Practicals

19:30 Dinner

Kirtan evening with Prema Hara in the middle of the week.

**Transportation:**

The most convenient airport is Geneva. Train from Geneva airport to Montreux and change for direct train to Saanen. It is a beautiful 2 ó hours ride. Arriving in Zurich, Basel or Bern is also possible. The train ride will be longer and with more changes though. Train schedule on: [www.sbb.ch](http://www.sbb.ch)

**Accommodation:**

Hotel Solsana (prices in Swiss Francs, SFR, including vegan full board):

**Single Room:** 209.00 SFR per night  
1463.00 SFR for 7 nights

**Double Room:** 184.00 SFR per person and night  
1288.00 SFR for 7 nights

**Studio** 184.00 SFR per person and night  
**(3-4 People):** 1288.00 SFR for 7 nights

For other accommodation options check [booking.com](https://www.booking.com) (Saanen)

**Reservation & Info:**

Reservations will be based on a first come first served policy.

For all bookings please contact: [linh@dayayoga.ch](mailto:linh@dayayoga.ch), +41 79 375 13 43

**Additional information:**

For cheap flights: [www.kayak.com](https://www.kayak.com), [www.momondo.ch](https://www.momondo.ch)

Swiss Railroads: [www.sbb.ch](https://www.sbb.ch)

Gstaad Tourism: [www.gstaad.ch](https://www.gstaad.ch)

Hotel Solsana Website: [www.solsana.ch](https://www.solsana.ch)