

YOGA FEDERATION OF EUROPE &  
INTERNATIONAL YOGA ACADEMY &  
EDUCATIONAL CENTRE ARKONA PN

# THE HOUSE OF YOGA LIGHT

[www.yoga-federation.eu](http://www.yoga-federation.eu)



# THE HOUSE OF YOGA LIGHT

THE PLACE WHERE THE  
PROGRAMS TAKE PLACE

Practicing yoga in the beautiful environment of the protected area of Vysocina region, a natural oasis in the heart of Europe – in the Czech Republic awakens creative inspiration.

Clean air, spring water, vegetarian meals prepared from organic food and yoga techniques performed gradually and moderately under the expert supervision of YFE mentors make the best choice of regenerative and healing programme.

Residential centre – The House of Yoga Light is located in the beautiful natural environment of the protected area of Zelezne hory, Vysocina region, in the Czech Republic.





## THE HOUSE OF YOGA LIGHT COMPLEX INCLUDES:

- TWO-FLOOR FACILITIES FOR THE IMPLEMENTATION OF PROGRAMS (CLASSROOMS, AUDITORIUMS, HALLS AND EXERCISE ROOMS)
- THREE-FLOOR FACILITIES FOR ACCOMMODATION
- VEGETARIAN CUISINE RESTAURANT
- CONFERENCE ROOM
- YOGA SWEETS-HOUSE



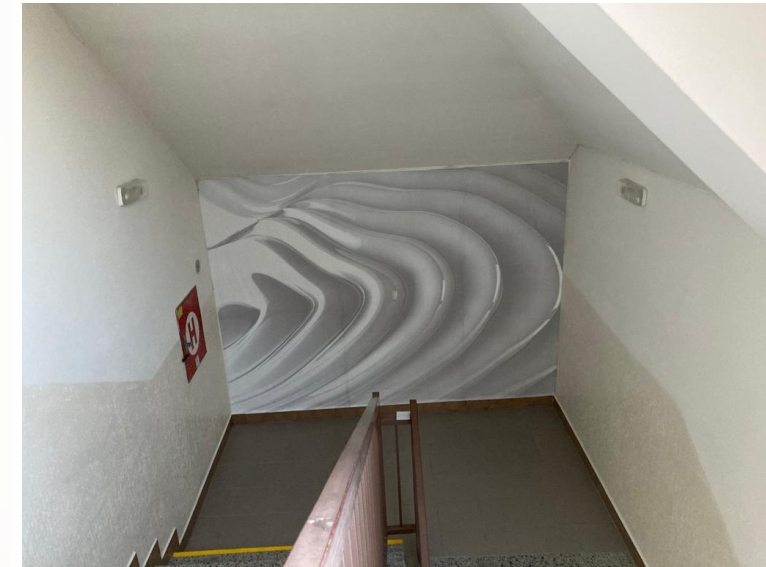
STAYING AT THE  
HOUSE OF THE LIGHT  
OF YOGA IS A UNIQUE  
EXPERIENCE.





# ACCOMODATION

## IN THE HOUSE OF YOGA LIGHT



Accommodation is organized in 2/1, 3/1, 4/1 rooms with a shared bathroom on a half-board basis (2 meals per day).





WASHROOM

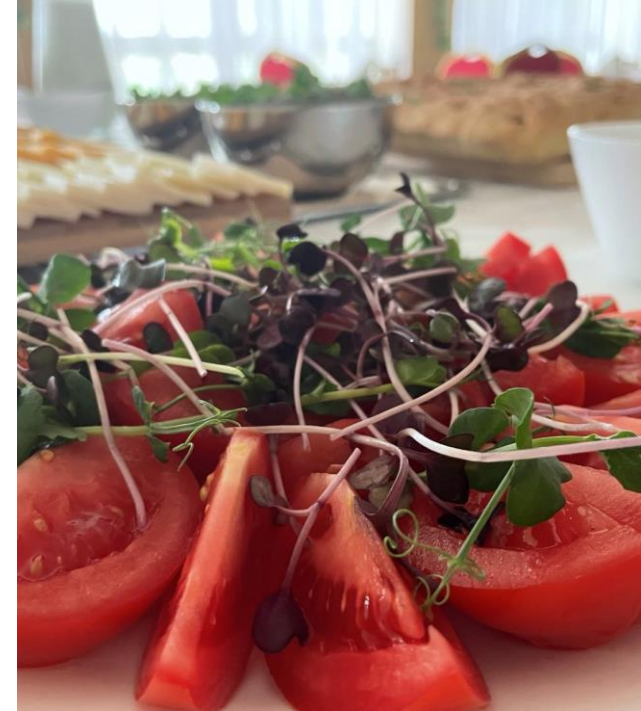




# FOOD

- PARTICIPANTS WILL ENJOY IN SPECIALITIES OF VEGETARIAN CUISINE ADAPTED TO THE INDIVIDUAL DOSHAS.





# VEGETARIAN RESTAURANT

- GROCERIES THAT ARE NOT CHEMICALLY TREATED ARE USED IN THE PREPARATION OF THE MEALS, AND THE VEGETABLES ARE GROWN USING THE PRINCIPLES OF YOGA GARDENING.





# VEGETARIAN CUISINE SPECIALTIES





CLASSROOMS

THE FACILITY HAS CLASSROOMS  
WITH THE CAPACITY OF 50 SEATS

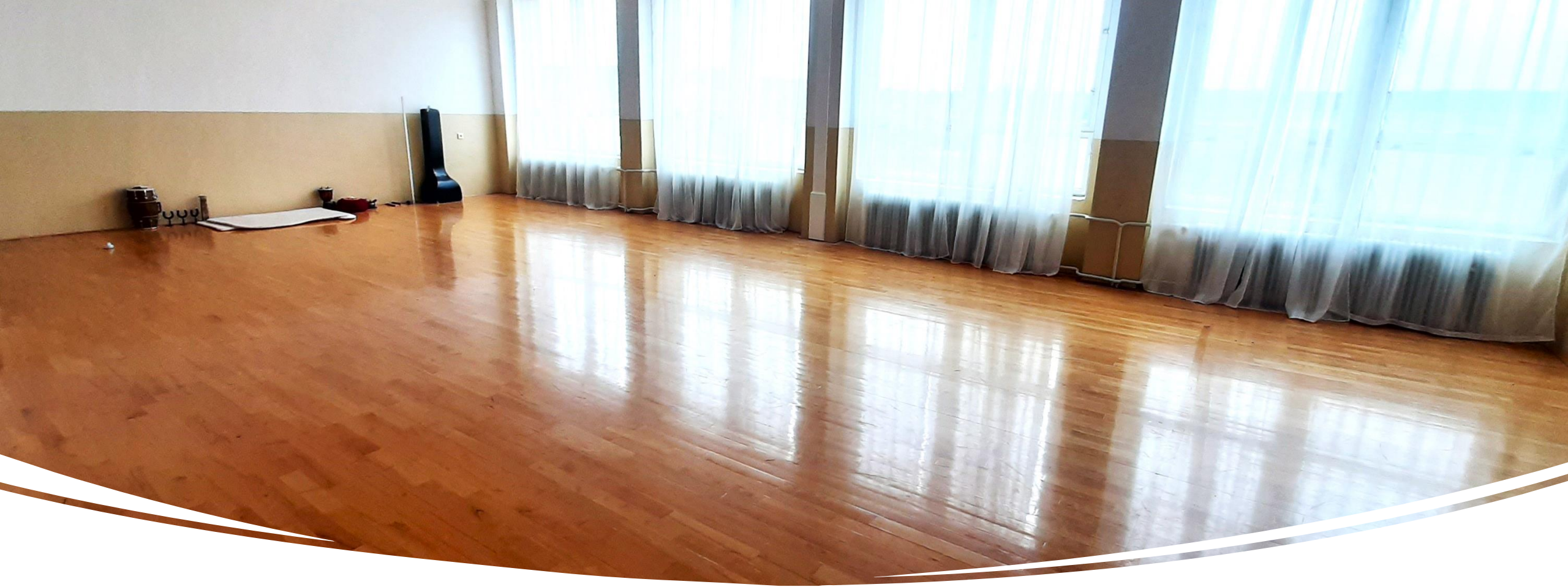




## THE HOUSE OF YOGA LIGHT

The complex also includes a Kirtan kutiram, a hall where kirtans are held every evening. The creative energy released in the Kirtan chanting contributes to the joy awakening.





KIRTAN  
kutiram

THE FACILITY ALSO HAS A LARGE HALL FOR  
KIRTAN MEDITATIONS.



# YOGA EXERCISE HALL

THE FACILITY HAS  
SEVERAL HALLS OF  
DIFFERENT SIZES FOR  
YOGA PRACTICE.





HALL FOR ENERGY  
REGENERATION SESSIONS

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# CONFERENCE ROOM

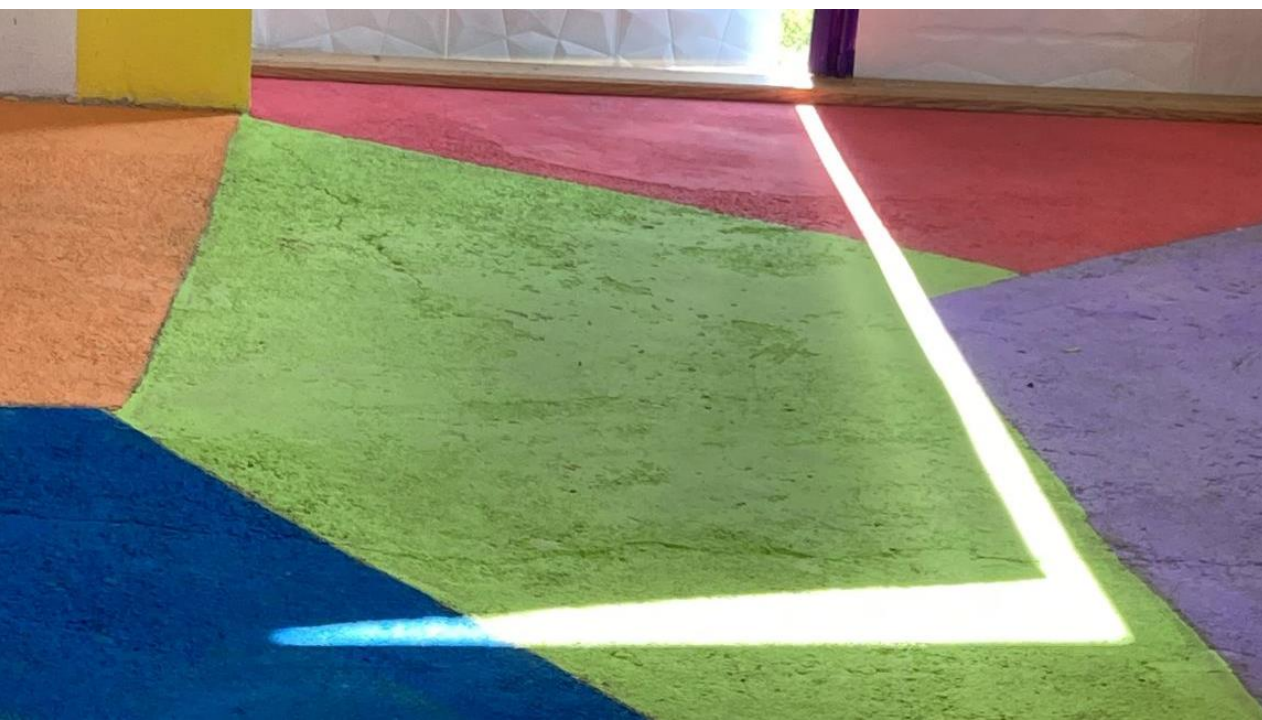
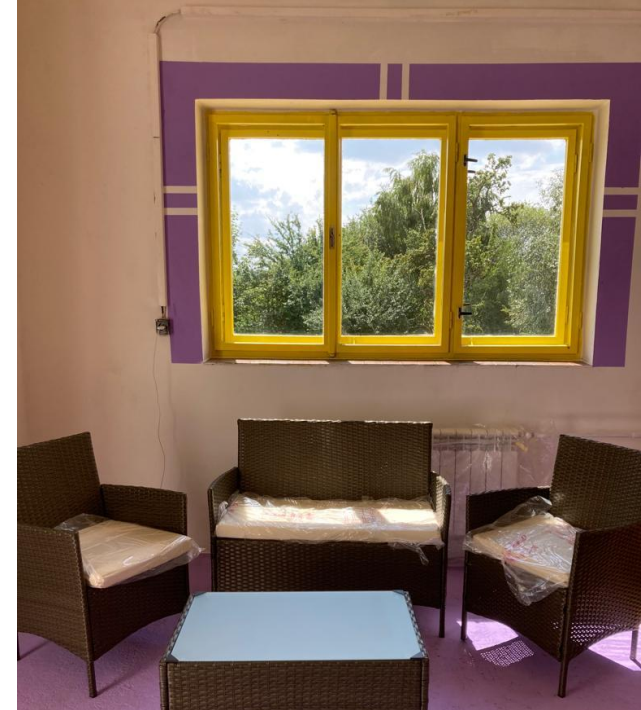
- THE CONFERENCE ROOM IS SUITABLE FOR MEETINGS AND NEGOTIATIONS.
- CAPACITY 50 PERSONS.

A wide-angle photograph of a bright, modern conference room. The room features large windows with white curtains, a wooden floor, and several potted plants. The walls are white, and the ceiling has recessed lighting. The room is empty, with a few small tables and chairs visible in the background.

# CONFERENCE ROOM

- THE CONFERENCE ROOM IS SUITABLE FOR MEETINGS AND NEGOTIATIONS.
- CAPACITY 50 PERSONS





## THE UNIVERSE OF SWEET SECRETS THE YOGA SWEETS-HOUSE WITHOUT SUGAR

There is a Yoga Sweets-House based on the principles of healthy food preparation - sugar-free sweets . The cakes bear the names of the planets, reminiscent of energy permeation.





THE FACILITY IS LOCATED IN THE HEART OF A  
PROTECTED AREA, IN AUTHENTIC NATURE -  
WITH SPRING WATER AND CLEAN AIR THAT  
HEALS.

NATURE IN THE  
SURROUNDING





# RECEPTION

- FOR MORE INFORMATION  
ABOUT PARTICIPATION,  
CONTACT US

PHONE: +420 773 691 858

EMAIL: [YOGA.YFE@GMAIL.COM](mailto:YOGA.YFE@GMAIL.COM)



# INTERNATIONAL YOGA CAMPS (Skalar Yoga Intensive – 2023)

PROGRAM	DATES
<u>THE REGENERATIVE YOGA CAMP 50+</u>	1 – 7 JUNE 2023
<u>A TRANSFORMATIVE WEEKEND</u>	9 – 11 JUNE 23 FRIDAY, SATURDAY AND SUNDAY
<u>FAMILY YOGA CAMP FOR CHILDREN AND ADULTS</u>	21 – 27 JUNE 2023
<u>THE FIRST INTERNATIONAL YOGA CAMP "COSMIC DANCE" (PUBLIC PERFORMANCE + VISIT TO PRAGUE)</u>	2 – 8 JULY 2023
<u>KIRTAN MUSIC YOGA CAMP</u>	14 – 16 JULY 2023
<u>SECOND INTERNATIONAL YOGA CAMP "COSMIC DANCE"</u>	22 – 28 JULY 2023
<u>YOGA CAMP FOR ARTISTS</u>	4 – 10 AUGUST 2023
<u>YOGA CAMP FOR ANIMAL LOVERS</u>	25 – 27 AUGUST 2023





## REGENERATIVE YOGA CAMP 50+ (FOR SENIORS) (1 – 7 June 2023 The House of Yoga Light, Czech Republic

Research results indicate that healing yoga most often contributes to:

- improvement of health and overall quality of life;
- improved physical and mental vitality;
- increased in muscle strength;
- increased leg flexibility;
- increased mobility;
- increased ability to maintain balance;
- improved concentration, memory and other cognitive functions;
- reduction of sleep problems;
- alleviation of depression;
- reduce of anxiety.

# Yoga transformative weekend

9 – 11 June 2023

The House of Yoga Light, Czech Republic

- At the yoga transformative weekend, you will experience energy support according to your needs.
- Support includes transformative yoga methods and techniques designed for those who want to restore vitality and joy in their lives. An increasing number of people are coming who have never met yoga before. They want a direct support in the process of personal transformation. People from different walks of life, from artists, athletes, bank clerks to beginners and advanced yoga practitioners, who seek for advice, support, and energy boost, come here. They feel that it helps them in the process of dissolving "blockages" from the subjective reality which obstruct the quality of life until now.
- The transformative program takes place in The House of Yoga Light, in a beautiful environment of protected nature in the Czech Republic, in the heart of Europe.







## International Family Yoga Camp for Children and Adults

21 – 27 June 2023  
The House of Yoga Light,  
Czech Republic

- To strengthen the quality of relationships with family members and children.
- Yoga exercises with entertaining games encourage the development of children's sensibility for creative expression.
- In addition to fun yoga content for children, the yoga camp provides an opportunity for parents to follow the process of change that occurs in their child, i.e. how the application of yoga pedagogy methods in individual work can contribute to:
  - correct posture, encouraging children's motor skills;
  - easier acquiring of knowledge;
  - acquiring the necessary social skills;
  - development of values;
  - strengthening self-esteem and personal capacities;
  - strengthening concentration and attention;
  - freedom of creative expression.



# International Yoga Camp "Cosmic Dance"

2- 8 July 2023

22 - 28 July 2023

The House of Yoga Light, Czech Republic

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The following activities will take place:

- Yoga spiritual dance
- Yoga for advanced practitioners and beginners (yoga appreciators)
- Energy-regenerative yoga sessions, which will be personally led by the doyen of yoga, prof. Predrag Nikić
- "Siddhi & Siddha yoga class" & "Hormonal balance yoga class"
- Nyasa Yoga & Kirtan Yoga
- Prague sightseeing
- Participation in the Great Yoga Performance in Prague on 8th July 2023

Based on their affinity, the participants will decide in which program they will participate.





# THE GRAND YOGA PERFORMANCE

– IN THE CITIES OF EU –

Yoga practitioners from all around the world gathered in one of the EU cities are sending vigorous message, which can be verbally expressed – Act from goodness, reward yourself.

8 July 2023





# Kirtan Yoga Camp

*14 – 16 July 2023  
The House of Yoga Light, Czech Republic*

*For three days, fans of yoga and kirtan (songs, music, rhythm) will enjoy transformational content together, creating prerequisites for their own development.*

Yoga Federation of Europe



e-mail: [yoga.yfe@gmail.com](mailto:yoga.yfe@gmail.com)

tel: + 420 773 691 858



# Yoga Camp for Artists

*4 – 10 August 2023  
The House of Yoga Light, Czech Republic*

*Artists and art appreciators learn physical positions (asanas), breathing techniques for the purpose of in health (pranayama), concentration improvement techniques (dharana), relaxation (pratyahara) and meditation (dhyana), reaching creative depth.*

*If you are an artist (music, fine arts, theatre, film, dance, etc) or a fan of art, seeker of artistic truth, participation in this camp is real address.*





# Yoga camp with animals

A unique experience –

## Yoga Camp with your dogs

*25– 27 August 2023  
The House of Yoga Light, Czech Republic*

*While you are being instructed on proper yoga postures, breathing techniques, concentration or meditation, pets can climb on you or move around you.*

*Practicing yoga, meditative yoga walks and breathing techniques (pranayama) activation of tala centres are activities that will make it easier for dogs to socialize and initiate pleasantness.*





# PROGRAMS ARE TAKING PLACE IN

- English
- Czech
- In other languages as needed





A large group of people are sitting on mats on a wooden floor in a gymnasium, practicing yoga. They are arranged in a large circle, with some holding hands. The gymnasium has a high, arched wooden truss roof and a green safety net in the background. A semi-transparent circular overlay is on the left side of the image, containing the text.

Let there be love  
and harmony with  
the environment  
within us