

International Gatka-Federation

The Power to be

Family, Yoga & Martial Art Camp 2009
August 8th - August 14th in Loches, France

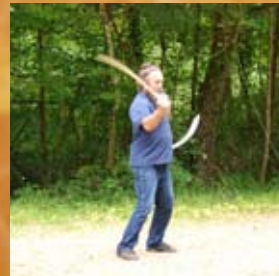
At the Gatka camp we unite Yoga and the old indian martial art Gatka according to the Sanatan-Dharma-Tradition. The practice of spiritual energy and grounding yourself concurrently can help you find balance and strengthen your clarity, concentration and selfconsciousness.

There's lots of space and nature on the large area of the castle in the french Loire valley. Activities like horse-back riding, swimming or cultural trips to the medieval town Loches promise an enjoyable and relaxing holiday for your whole family. Beside the daily training sessions there's still enough time for your own fun.



The camp includes:

- Two warm vegetarian, indian meals on all full training days
- Camping fee at the ground of the castle
- Yoga from different traditions (Hatha, Kundalini, Triguna etc.)
- Gatka and Shastar Vidiya Martial Art training
- Daily Sadhana
- Daily Power Walking
- Taiko Drumming
- Intuitive Archery
- Vedic Philosophy



Prices

Children to incl. 5 yrs	free
Children from 6-10 yrs	90 Euro
Teens from 11-15 yrs	135 Euro
Teens from 16 - 17 yrs	190 Euro
Adults	325 Euro

Registration & Info

Obliging registration until May 31 2009 to
Nkhalsa2@arcor.de
Tel: +49 30 920388321