

A Journey Towards the Self

Special package featuring
Part III Course & Part I Course
Special Commentaries on the Bhagavat Gita
Birthday Celebration with H.H. Sri Sri Ravi Shankar
7th – 14th May, 2010
www.artofliving.ch

APPLICATION FORM

Surname: _____ First name: _____ female male
Occupation: _____
Address: _____ Postal code/City: _____
Country: _____ e-mail: _____
Tel. evening: _____ Tel. daytime: _____

I herewith enrol for "A Journey to the Self" from **May 07th** (07:00 p.m.) to **May 14th** (10:00 a.m.), 2010

Part III Course **or** Part I Course

- A)** 4-Bed room CHF 2.070 (1.390 € / 1.990 \$)* 3-Bed room CHF 2.190 (1.470 € / 2.115 \$)*
 Double room CHF 2.350 (1.575 € / 2.265 \$)* I wish to share the room with _____
 Single room Cat. I CHF 2.520 (1.690 € / 2.430 \$)* Single room Cat. II CHF 2.750 (1.850 € / 2.650 \$)
 Suite CHF 3.320 (2.230 € / 3.200 \$)* I wish to share the suite with _____
 De Luxe Suite CHF 3.750 (2.515 € / 3.615 \$)* I wish to share the suite with _____

The above fees include the Part III or Part I course fee (May 7th to 11th), accommodation (May 7th to 12th in Hotel Kulm/Arosa and 2 nights in a hotel/pension in Oppenau/Oberkirch), vegetarian meals from the 7th to the 14th of May and the bus fare to Oppenau on the 12th of May.

B) I would like to join the boat excursion on Lake Luzern on the 12th of May (14:00-17:00).
Extra fee (including dinner and Satsang onboard): CHF 200 (135 € / 195 \$)*

C) I would like to register for the Sahaj Samadhi Course in Arosa (flexible course schedule).
Extra course fee: CHF 390 (265 €)*.

D) I am doing only the Course in Arosa (7th till 11th) and stay till 11th of May. I am not going for the Birthday Celebration in Bad Antogast (12th – 14th of May): Prize: Choice A minus CHF 420 (285 € / 400 \$)*

TOTAL PAYMENT (made on _____, 2010) .. (A+B+C-D) CHF = _____

PARTICIPANT'S PERSONAL PROFILE

➤ I participated in **Part 2 (semi-advanced) / Part 3 (advanced) courses:**

Place: _____ Date: _____ Teacher: _____

➤ My present **state of health** (respiration – circulation – heart – pregnancy etc.):

excellent fair as described (see reverse side) I am pregnant (.....th month)

➤ I take or need to take the following medication, (psychotropic) drugs:

➤ I have described any health problems, particularly psychological/mental ones, in detail on the reverse side of this form.

➤ During the course, I will need translation (English will be the language spoken during all events)
 No / Yes

Place, Date

Signature

Payment details and commitments

1. * The Euro-denominated and Dollar fees indicated above are for guidance only (we will not accept Euro or Dollars) . Kindly remit your full and exact payment in SWISS FRANKS (CHF) to the following bank account:

"The Art of Living Switzerland"

IBAN: CH49 0900 0000 6037 7353 3 **BIC: POFICHBEXXX,**

Swiss Post, Post Finance, Nordring 8, 3030 Berne, Switzerland

Bank transfer costs and charges are to be met by the payee.

2. A confirmation will be sent to the participant upon receipt of payment.

3. The confirmation binds the payee to a definitive booking for the event/s paid for. Due to the high level interest worldwide in this special arrangement, cancellations are discouraged. Cancellations made before 20th of April 2010 entitles the payee to a 80% refund; participants who cancel after 20th of April 2010 can not be refunded.

4. At an extra cost, participants may wish to be booked in a 5-star hotel for the two nights spent in Oppenau (12th and 13th of May). Please contact the organizers for details.

The Programme:

NOTE: Parallel to the Part III course there will be an extended Part I Course. Application form and price are the same (see above).

07th May: Part III & Part I Courses in Arosa starts at 7 p.m. with Satsang and ends at 12 a.m. on the 11th May. The Part III Course runs simultaneously and in parallel with the extended Part I Course. Venue: Hotel Kulm.

11th May: Individual Excursion, rest in Arosa Hotel

12th May: Bus ride to Lake Luzern for the boat excursion. The bus ride to Oppenau will depart from a designated gathering point at the vicinity of Lake Luzern.

13th May: Birthday celebrations for H.H. Sri Sri Ravi Shankar in Oppenau 'Bimmerle-Hall'.

14th May: Programme finishes after breakfast.

TRAVEL ADVISORY:

Participants are expected to make their own travel arrangements (overland or by air travel) to Arosa, Switzerland. Directions on how to reach the Hotel Kulm (www.arosakulm.ch) in Arosa.

For those travelling back to Switzerland on or after 14 May, please note that the fees above do not cover for any return trip from Bad Antogast. Participants are expected to make their own travel arrangements from Bad Antogast (usually by train) to their final destination.

TIP: Zurich Airport in Switzerland is a good transit hub for international flights. Arosa is 3 hours away by train from Zurich Airport. The price for a one-way train ticket is 51 CHF / 35 € / 46 \$. Tickets can be bought at the train station. Trains to Arosa leave every hour from Zurich Airport. The train ride from Bad Antogast to Zurich Airport takes four hours. The train fare is 87 CHF / 53 € / 79 \$ and trains leave every hour. Website: www.sbb.ch (English version available).

NOTE: We advise you to book your income flight to Zuerich/Switzerland and return flight on the 14th from Frankfurt/Germany (Prices are higher). We are not taking care of transportation from Zuerich to Arosa and from Bad Antogast to Zuerich-Airport or any other Airport, pls. make your own travelling arrangements.

TIP: If you arrive in Europe from **Frankfurt Airport** in Germany, the train ride from Frankfurt-Airport to Arosa is 7 hours and costs 110 € / 150 \$. The return trip by train from Bad Antogast to Frankfurt Airport is 2,5 hours and cost 51 € / 70 \$). Trains leave every hour. Website: www.bahn.de (English version available).

TIP. Suggested international flight itineraries and fares: See: www.travelocity.org or www.ebookers.com

Bangalore: 07.05.2010 Bangalore (BLR) via Dubai to Zuerich-Kloten (ZRH)
Return: 14.05.2010 Frankfurt via Dubai to Bangalore, Emirates Airlines (BLR)
540 € / 755 \$

Delhi: 07.05.2010 Delhi (DEL) to Zuerich-Kloten (ZRH)
Return: 14.05.2010 Zuerich to Delhi, Swiss Air 630 € / 900 \$

Mumbai: 06.05.2010 (Night) Bombay (BOM) via Dubai (DXB) to Zuerich-Kloten
Return: Zuerich via Dubai to Bombay, Emirates Airlines 540 € / 775 \$

Moscow: 07.05.2010 Moscow Domodedovo (DME) to Zuerich-Kloten (ZRH)
Return: 14.05.2010 Zuerich-Kloten to Moscow Domodedovo (DME), Swiss Airline 410 € / 590 \$

New York: 06.05.2010 (Night) New York (JFK) to Zuerich-Kloten (ZRH)
Return: 14.05.2010 Zuerich-Kloten (ZRH) to New York (JFK), American Airlines 510 € / 730 \$

Los Angeles: 06.05.2010 (Night) Los Angeles (LAX) to Paris to Zuerich-Kloten (ZRH)
Return: 14. May 2010 Zuerich-Kloten to Paris to Los Angeles (LAX), Air France 715 € / 1025 \$