



SOMA RETREAT

for individual (or couple)

If you need to get away from the noise and agitation of the society, and be by yourself, Oasis of Being is an ideal place.

As a member, you can stay at Oasis of Being for different periods of time depending on the availability.

Soma retreat “RECHARGE”

(3, 6, 11 or 21 days/nights)

We will meet twice a day for a one-hour kundalini yoga practice, morning and evening (time depends on the season).

The rest of the day, you can enjoy your time by yourself, walk in the mountains, cycle to the river (an electrical bicycle is at your disposal).

You will have your own apartment (about 70 m²) with the view on the mountains, a fully equipped kitchen to cook your own meals (we can drive you if you need to shop). You can also wash your clothes.

FINANCIAL CONTRIBUTION:

First you need to be a member.

The membership for the Semester costs 388€.

It includes 3 days/nights of the “RECHARGE” Soma retreat with no extra cost if you have not participated to any other of our programs or already stayed for the RECOVER or RECHARGE Soma Retreat during that semester.

In any other situation, your financial contribution is 88€/day and 98€/day if you are a couple.

As an example:

You are not a member. You want to stay 6 days/nights.

You will pay your membership 388€ which covers your first 3 nights.

Then you will pay 88€/day for the 3 extra days, total = 388 + 264 = 652€ for 6 nights.

*If you are a couple, your will pay 2*388 + 98*3 = 776 + 294 = 1070€ for 6 nights.*



Soma retreat “RECOVER”

(6, 9 or 11 days/nights)

In this option, we will cook for you. You will be on an intermittent fasting for the duration of your stay (fruits around 11 am, lunch around 1 pm, light dinner around 5 pm, to give a rest to your digestive system). Everything is organic or local.

On your first day, we will meet (about 1 hr) and define together on which aspects of your life you need to focus to optimise your stay with us. We will meet every day for morning and evening yoga practices (about one hour per session, time depends on the season).

The rest of the day, you can enjoy your time by yourself, walk in the mountains, cycle to the river (an electrical bicycle is at your disposal).

You will have your own apartment (about 70 m²) with the view on the mountains, a fully equipped kitchen to cook your own meals (we can drive you if you need to shop). You can also wash your clothes.

FINANCIAL CONTRIBUTION:

First you need to be a member.

The membership for the Semester costs 388€.

It includes the first 2 days/nights of “RECOVER” with no extra cost if you have not participated to any other of our programs or already stayed for the RECOVER or RECHARGE Soma Retreat during that semester.

For the rest of your stay, your financial contribution is 118€/day and 148€/days

As an example:

You are not a member.

You want to stay 6 days.

You will pay your membership 388€

Then you will pay 118€/day for the 4 extra days, total = 388 + 472 = 860€ for 6 nights.

*If you are a couple, you will pay 2*388 + 148*4 = 776 + 592 = 1368€ for 6 nights.*



Long Term Volunteering

(minimum 2 weeks)

You need to be a member to do volunteering at the Oasis of Being.
The Semester Membership costs for volunteer is 88€.

You can choose between 2 options:

Full time work exchange:

5 hrs/days 6 days/week.

Your own room or own tent, a share kitchen and a share bathroom.
Food provided. You prepare your BK on your own.

Half time work exchange:

3 hrs/days 6 days/week.

Your own room or own tent, a share kitchen and a share bathroom.
Food provided. You prepare your BK on your own.

Extra financial contribution: 20€/day.

BANK DETAILS

NAME: OASE DES SEINS
IBAN: AT83 3290 6000 0009 5521
BIC: RLNWATWWWHY

ACCOUNT HOLDER ADDRESS:
Rinsenegg 1
9633 Reisach
Austria

BANK ADDRESS:
Raiffeisenbank Ybbstal
Oberer Stadtplatz 22
3340 Waidhofen an der Ybbs
Austria