



We Meditate Nordic



Dear Yuva Shaktis and Sahaja Yogis,



We and the seekers of Denmark 🇩🇰, Sweden 🇸🇪, Norway 🇳🇴 and Finland 🇫🇮 are looking forward to our incredible Nordic tour 2024 in the summer from 2-22 August!

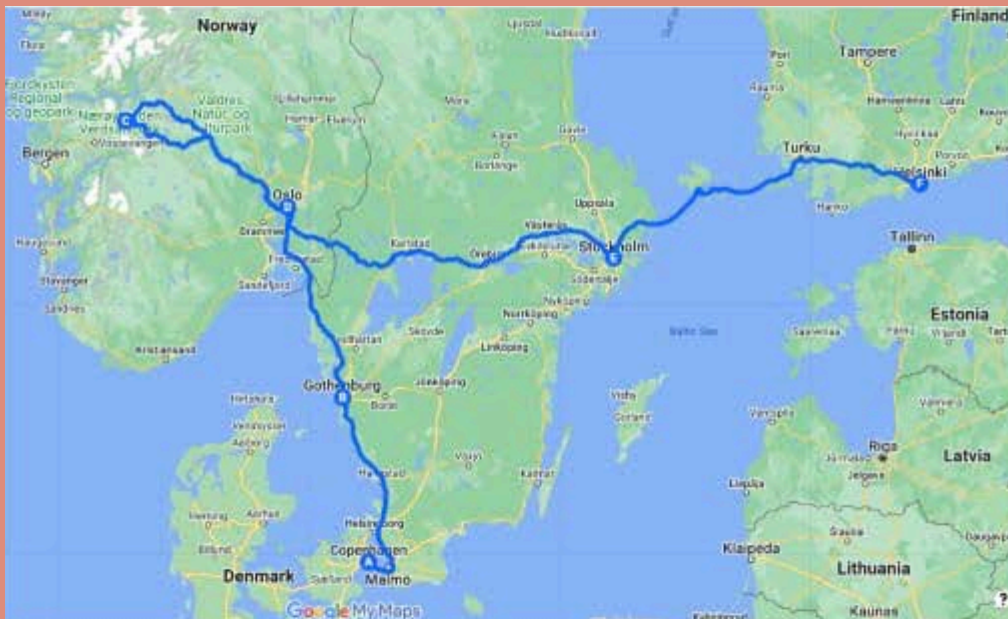
We are very happy that many of you have expressed your desire to join and help the countries of Shri Krishna 🌍 vibrate with our unity and love! 💕

We are yearning for the joy of collective sahaja life, walks through beautiful nature, hikes, giving self-realization, intensive sahaj work, where everyone will be able to feel themselves as an instrument of Shri Mataji in spreading Sahaja Yoga and in the Work of God 🕊️.

The tour will take place as an international project of We Meditate Nordic 🧘, wemeditate.com. The formats of the tour will be different: for example, concerts with a cultural program (for students, children, refugees, etc.), and separate programs on yoga and meditation (for deep seekers), lecture-concerts, street self-realization, etc. depending on the venue and the audience. In each type of format there will be banners with the subtle system of Sahaja Yoga, self-realization and meditation.

Also, the tour is always a multifaceted spiritual process, for which we must be ready. Collective life is like Ashram life 🏠, which is full of joy, laughter, fun, singing, dancing, relaxation, but there should also be time for deepening, regular meditations, clearings, discipline, sahaj rules and maryadas, so that collective life is easy and brings pleasure; this is the balance that we will try to find together. And of course we remember our purpose during this tour, which is to give self-realization to as many people as possible. 🌸 ✨

Schedule & Destinations



As the schedule is now getting fixed here is the info you need to:

- ⚡ Decide which parts of the tour you'll join
- ✈ Book your flights and
- ✓ Confirm your presence.



Copenhagen



Gothenburg



Oslo

Here are the dates where we will be moving to places with an airport. These will be the ideal dates to either reach or leave the seminar.

DATES

- August 1st/August 2nd arrival in Copenhagen, Denmark. 🇩🇰
- August 5 Gothenburg, Sweden. 🇸🇪
- August 7 Oslo, Norway. 🇳🇴
- August 9-11 International Yuva seminar in Norway. Most probably the ideal airport will be in Bergen, but as we are still finalizing between a few locations, the closest airport might change. 🌄🌅
- August 12/14 Oslo, Norway. 🇳🇴
- August 15/16 Stockholm, Sweden. 🇸🇪
- August 17 Helsinki, Finland. 🇫🇮
- August 22 Helsinki again and end of the tour. 🇫🇮



Bergen



Stockholm



Helsinki

These are the days where we will be in major cities with airports, so good moments to start or end the tour. This is also when public programs will take place. In between these days we will be in the countryside, on hikes, exploring and contemplating nature, or having seminars and workshops in the fjords somewhere.

We also advise you to buy tickets from Helsinki, Finland directly to Milan, Italy, as the week of International Pujas of Shri Krishna 🌿 and Shri Ganesha 🌸🐘 in Cabella, Italy begins after August 22.





Costs



After an accurate calculation of the costs of each leg (food, accommodation, transport), the average price will be:

Child (0-7): 15€ per day 🇺🇸

Child (8-12): 35€ per day 🇫🇷

Yuva (13-25): 55€ per day 🇮🇳

Adult (26+): 65€ per day 🏛️

It is good to have spare funds for several excursions; the cost of excursions can be expensive (20-60 euros). And it's also good to have pocket money just in case.

In order to be able to organize a tour (accommodation, food, etc.), a **mandatory prepayment** for the tour of **at least 30% by the 31st of May** will be required to confirm your participation in the tour. If your plans to participate change after payment, unfortunately we will not be able to refund these funds. You can also pay in advance 50% or 100% of the cost of the tour. In this case, the excess, except for 30%, will be returned to you if your plans change.

The countries are doing everything possible to reduce the price of the tour and if there are any changes, we will definitely inform you.

Also, if there are artists or Yuva Shakti who need partial financial support for the tour, please contact us privately.





Transport



It is very important that the majority of participants come in their own cars (with spare seats for other participants)! This will help a lot to keep the price of the tour reasonable, because public or rented transport is very expensive in these countries. It is much more comfortable to travel on a tour in your own car with your luggage. Therefore, we sincerely ask all European yogis to support the tour with their own transport. 🚗

Each yogi who brings a car will have a discount of €20-€25 per day for their total cost of the tour and, of course, the tour will cover the cost of gas.





Visa



For participants who need visa advice. 📄 You can get a visa for the tour only through the World Foundation (Italy):

https://docs.google.com/document/d/1yIhcqv9Hk68NoE_kEx7A-4FXCBeKLU1kuzusP4xYeac/edit?usp=drivesdk

Accommodation on the tour will also be partly in campsites 🏕️ (at night it can sometimes be cold, as in Cabella, we will need sleeping bags, maybe tents). Therefore, if you want better and more comfortable conditions, we will be able to suggest how to organize it yourself.

So, dear participants, if you accept the concept and conditions of the tour 😊, here is the link with the final registration form. Registration is open till the 31st of May. For those who confirm, we'll make preparations based on the final number of participants. So far we have had an outstanding response and we are working to host as many as possible ❤️

https://docs.google.com/forms/d/1E0rIbbCuIxFZ62_8HCT74T_f0s1LTB5JlX4QPRZuUnk/edit

Any vibrational tour support and help would be greatly appreciated!



Contacts

If you have any questions, please write to the following contacts:

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See you soon fam ❤️



Jai Shree Mataji 🙏

With love,
The Nordic Tour 2024 team