

B E N O W

R E T R E A T S

17. - 23.5.24

15. - 22.6.24

The **fullness of being** alive is revealed to us in **breathing**.
Where there is conscious breathing, there is no thought. Where there is no thought,
happiness begins.

In each moment ... in each practice ... in the flow of breathing, you can feel:
"I ... AM ... NOW"

We reach this **NOW**,
when we walk, when we
talk, when we live in
realizing the beauty of
flowing, breathing
CONSCIOUSNESS



In our **practice** ... we use
elements from **YOGA**,
TAI CHI, specific 'I AM'-
Meditations and **RITUALS**
for **communication**
and **healing**

Retreat-field **ClaudiAgapi** Agios Stefanos
With its phantastic **SUNRISE-TERRACE** and its beautiful shady **OLIVE-GARDEN**

Conducted by:

Peter Walter PAN

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