

BRAZIL OSHO LUA RETREAT ALTO PARAISO JULY 21-29/2012

SHAMANISM, EVOLUTION, TOTAL FREEDOM AND ASHTANGA YOGA  
WITH DANNY PARADISE

BRAZIL, ALTO PARAISO at OSHO LUA JULY 21-29, 2012

PHOTOS ON: [www.lua.tur.br](http://www.lua.tur.br)

More information about Danny on: [www.dannyparadise.com](http://www.dannyparadise.com)

WHERE: See photos on [www.lua.tur.br](http://www.lua.tur.br)

THIS RETREAT is at the amazing OSHO LUA RIVER VALLEY RETREAT CENTRE ON 4000 ACRES. This is in the high chapada of the region, plateaus with endless forests, giant waterfalls, rivers. There are comfortable cabins to stay, large dining areas, beaches on the Lua River, sauna, Teepee for sweat lodges and Amazonian healing ceremonies and a Yoga space large enough to accomodate everyone comfortably. Organic vegetarian food will be available daily. Forest Guides for journeys throughout the area...Space is limited to 38 guests.

HOW TO GET THERE:

The closest airport to Alto Paraiso is Brasilia. It's a 2 hour drive from Brasilia to Alto Paraiso.

TAM BRASILIAN AIRWAYS (Linhas Aereas) AND TAP PORTUGUESE AIRWAYS have direct flights from Lisbon to Brasilia both arriving at 3:45PM. (Leaving Lisbon at 9:55AM)

From Brasilia it is a 2 hour drive to the town of Alto Paraiso. Guests are recommended to arrive July 2nd in Brasilia and will be picked up at the Manhattan Plaza Hotel in Brasilia at 10AM on July 3rd for the drive to Alto Paraiso and on to Osho Lua Retreat. It's 1.5 hours from Alto Paraiso and a 45 minute hike to the retreat.

MEETING POINT IS AT THE FRONT ENTRANCE OF THE MANHATTAN PLAZA HOTEL in Brasilia at 10AM on July 21st. Driver will have a sign saying "LUA" for the drive to Alto Paraiso and onward to Lua Retreat.

E mail address of Hotel:

[reservationsmanhattan@plazabrasilia.com.br](mailto:reservationsmanhattan@plazabrasilia.com.br). approximately \$175 US/night  
Hotel Telephone: 55 (61) 3319 3060

Other hotel options in Brasilia: Brasilia Park Hotel at SIA at approximately \$143 US/night

[www.brasiliapark.com.br](http://www.brasiliapark.com.br) Telephone: 55 61 3234 5131

Other hotels in Brasilia: <http://www.hotelscombined.com/City/Brasilia.htm>

For those wishing to come to Alto Paraiso before July 21st, Pousadas (guest houses) and dinner can be arranged by Pushya Or Trisha in the town of Alto Paraiso for the evening of July 20th (or before) and for the evening of July 29th. Breakfast is also available on the mornings of July 21st and July 30th at the Pousada. Pushya's Pousada at:

[Contact@Lua.tur.br](mailto:Contact@Lua.tur.br) (Put 'Danny's Retreat' in the subject box).

Pushya's telephone number in Alto:

55(Brazil) 62 (Goias) 3446 1953. Cost: BRAZILIAN REAIS \$50/night with 5 rooms. Some rooms hold 2-3 guests.

If you stay in Alto Paraiso on July 20th evening please contact Pushya to arrange transport from Alto Paraiso to Lua Retreat.

ON July 21st around 1PM from Alto Paraiso we will meet at Oca Lila Restaurant (if you have stayed in town on July 20th) for the 1.5 hour drive to the end of the road and a 45 minute hike to the OSHO LUA RETREAT CENTRE.

Pickups in Alto Paraiso at your pousada can be arranged by Pushya and Trisha

ON July 29th we will leave the OSHO LUA RETREAT around 1PM for the hike and drive back to Alto Paraiso

#### YOGA CLASS/MEALS/ACCOMMODATION

The retreat will include one Yoga class each day, 3 delicious organic vegetarian meals daily, accommodation in cabins or camping. Accommodation facilities are described below.

Each Yoga class will include discussions on:

History and Origins of Yoga and the relationship to shamanic and indigenous traditions around the world

including Egyptian, Mayan, Taoist, Polynesian and Native American cultures, Nature of Disease and Healing in Yoga, Shamanism, Tibetan, Mayan, Polynesian and Native American traditions

Yogic and Shamanic perspectives on Aging and Death,

Meditation, Making your own connection to the Heart of the Universe with no guru, priest or intermediary

Personal Responsibility, Personal Authority and total freedom in YOGA,

Behavioral relationship of our actions and thoughts to the Chakras/Organs of the Human body

Discussions about the healing properties of the ritual sacraments and ceremonies during the retreat.

#### The YOGA PRACTICE: SUITABLE FOR ALL LEVELS OF PRACTITIONERS AND TEACHERS OF ALL FORMS OF YOGA

Explorations on Ashtanga Yoga and Pranayama

#### ASANA:

Creating a safe, sacred, joyful, meditative, healing expanding self-practice for the rest of your life

The classical standing sequence of Ashtanga

will include derivative poses, modifications and variations. This includes over 25 new postures in the standing sequence based on Yoga as well as Ancient Egyptian, Polynesian and Chinese (Wu Shu) asanas. The primary and second or intermediate sequence will be explored with derivative routines, variations

and modifications. Also included will be an introduction to the 3rd Series also called the Advanced A sequence.

#### PRANAYAMA

Explorations of the classical pranayama routine of Ashtanga Yoga

#### OTHER OFFERED ACTIVITIES

During the course of the retreat there will be 2 Amazonian Shamanic Rituals offered for those that wish to participate. Generally these will be in the evening. This involves concentrated guided healing meditations/ceremonies with visionary medicine as used in the Amazon basin for thousands of years. The rituals will be led and guided by members of the community of Osho Lua who have many years experience in these healing, transformative ceremonies. Live music during the ceremonies by the accomplished musicians of Mantric Mambo. The sacraments are designed to bring healing to the body, mind and soul.

One Native American Sweat Lodge will be offered for those wishing to participate.

Sauna is available as well.

The Shamanic ceremonies are guided by compassionate, experienced, loving friends who wish to make the experience an evolutionary transformation for all who participate. There will be discussions before the ceremonies to help explain the possibilities for healing, transformation and awakening.

#### RITUALS

During the shamanic healing journeys our dedicated team will support you through healing processes, connecting to the deep self, nature and spirit. We will have discussions about the Amazonian rituals the day before each ceremony.

OTHER ACTIVITIES: Swimming daily in the amazing pristine Lua river  
Guided Hikes throughout the area to waterfalls

#### COSTS OF RETREAT: IN BRAZILIAN REAIS (R\$)

Options:

##### 1/ PRIVATE ROOM:

The cost will be BRAZILIAN R\$260/night (approximately 110 Euros/night) for 8 nights or BRAZILIAN R\$2080 Brazilian Reals for the whole retreat. This includes accommodation in cabins, communal houses, 3 meals daily, and one Yoga class daily

##### 2/ SHARING A ROOM WITH A FRIEND or FOR COUPLES:

The cost per day if sharing accommodation with a friend is BRAZILIAN REAIS \$240 per person per night or for 8 nights: BRAZILIAN REAIS \$1920

##### 3/ DORMITORY ROOM:

The cost for a Dormitory Room is: BRAZILIAN REAIS \$ 230 per person per night or for 8 nights: BRAZILIAN REAIS \$1840

4/ CAMPING OPTION: FOR those that wish to camp the charge will be:  
BRAZILIAN REAIS \$200 per night or for 8 nights: BRAZILIAN REAIS \$1600

EXCHANGE RATES AS OF Sept 19/2011

1 Euro=2.37 Brazilian Reais R\$

1 US Dollar=1.72 Brazilian Reais R\$

1 British Pound=2.71 Brazilian Reais R\$

CHANGE MONEY to BRAZILIAN REAIS ONLY AT THE AIRPORT EITHER  
IN SAO PAULO, RIO de JANEIRO Or BRASILIA!

EXTRA EXPENSES NOT INCLUDED In COST OF RETREAT:

The AMAZONIAN SHAMANIC RITUALS be BRAZILIAN R\$100 Brazilian  
Reals each per person. (Approximately 43 Euros each ritual)

This is the price if we have 20 or more participants which is likely. If there are  
less the price for the ritual will be slightly higher.

TRANSPORT TO AND FROM BRASILIA AIRPORT TO ALTO PARAISO AND  
ON TO OSHO LUA RETREAT:

SHARED TRANSPORT

TRANSPORTATION Prices in Brazilian Reals (R\$)

\*Taxis for up to 4 people to Alto Paraiso from Brasilia one way: BRAZILIAN  
REAIS \$250 (BR\$ 62.5 each for 4 people sharing)

\*4x4 vehicles Alto Paraiso to Lua holding between 4 to 6 people Brazilian  
REAIS \$400 each way, or Brazilian REAIS \$800 round trip. (Sharing the cost  
amongst 4 to 6  
people)

TAXI:

ORDERING TAXIS FROM BRASILIA AIRPORT TO ALTO PARAISO

ANYTIME: for Brazilian R\$250 one way BSB/Alto, holds 4, so strays wanting  
to come in at off times can contact PUSHYA or TRISHA at:

[contact@Lua.tur.br](mailto:contact@Lua.tur.br) and for pousadas too. (Guest houses in Alto Paraiso)

Remember to include "For Danny's Retreat" in the 'subject' box of the e mail.

BUS SCHEDULE FROM BRASILIA TO ALTO PARAISO:

1. From Brasilia by bus:

There are three daily buses leaving from Rodoferroviária in Brasilia passing  
by Alto Paraiso de Goias.

10:00 and 22:30 hs - Brasilia - Arraias (Empresa Real Expresso)

15:00 hs - Brasilia - Cavalcante (Empresa Santo Antônio)

Don't miss the stop in Alto Paraiso de Goias!!!

FROM BRASILIA BY CAR: (aprox. 3 hours):

Go north in the direction Sobradinho, pass Sobradinho and continue north till  
you find the entrance to GO 118 to Alto Paraiso and follow  
this road till Alto Paraiso.

OSHO LUA office phone is 55(Brazil) 62 (Goias) 3446-1953 We have an

office on main street, but this number is in my (Pushya's) house in town, which is where I am easier to find. I give this for clients to have for EMERGENCY only, or family and lovers, etc call all the time and there is no way to get an immediate message to Lua.

POUSADAS (BED AND BREAKFAST ACCOMODATION) IN ALTO PARAISO de Goias FOR JULY 20th and July 29th or for longer:

BRAZILIAN REAIS \$50 per night PUSHYA'S POUSADA has 5 rooms...Some are for 2-3 people.

Please contact Pushya or Trisha at: [contact@lua.tur.br](mailto:contact@lua.tur.br) to help you arrange a Pousada. E mail her with the subject: 'Danny's Retreat'

VISA FOR BRASIL: Please check well in advance if you need a visa for your visit to Brasil

Many will need an address in Brazil for getting visas and for customs forms.

Our office is:

Lua de  
Desenvolvimento Susutentavel  
Avenida Ary Valadao Filho 360 (2nd fl)  
Caixa Postal no 15  
Alto Paraiso, Goias  
Brazil 73770-000

#### HOUSING AT OSHO LUA RETREAT

We have 38 bed spaces like so:

- \*2 chalets with double beds (4 people, if couples)
  - \*Kids house: 2 bedrooms w/double beds (4people)  
2 bedrooms w/ 2 single beds (4 people)
  - \*Arrara house Downstairs:
    - 2 private rooms each w/ 1 double bed and 2 singles (8 people)
    - 1 private room w/ 1 double bed and 3 singles (5 people)Upstairs:
    - 1 bedroom w/ 4 single beds (4 people)
    - 1 loft divided in 3 semi open bedrooms and a small living room,total 9 single beds. (9 people)
- Camping is also available. Bring your own tent!

#### WHAT TO BRING:

- \*Only natural products (shampoo, soap, mosquito repellent, etc)
- \* Good LED Flashlight (with extra bulbs and batteries)
- \*2 sarongs, one for the beach and one for covering oneself in the zendo in the daytime
- \*Sleeping bag (It is our winter and can get quite cold at night, so people use it over their beds, and it is what they bring to the zendo for night rituals)
- \*river crossing shoes
- \*water bottle

\*loose comfortable clothes for day and warm for evening. (One good sweater for evening and one warm jacket).

\* any pharmacy items, ie:menstrual pads etc, as once in Lua there is no store at all (we do have basic first aid)

\*Sun hat

\*Don't bring suitcases,only backpacks that can be carried in by the participants

\*Yoga mat

\*Towel, bathing suit and something to sit on in the sauna

\*Mosquito net (optional)

\*Musical Instruments

\*Books

Cell phones/email will not be possible at the Osho Lua Retreat

#### REGISTRATION:

Space is limited. To hold a spot, a € 200 (Euro) down payment for the workshop is required. It is refundable up to 4 weeks before the retreat, and the remaining amount must be paid in full on the first day of the retreat.

Information and Booking

please contact us at:

[yogaparadise@yahoo.com](mailto:yogaparadise@yahoo.com)

TRANSPORTATION TO AND FROM BRASILIA TO ALTO PARAISO AND POUSSADA (Guest House) arrangements in Brasilia or Alto Paraiso for July 20th and July 29th: Please contact Pushya or Trisha at: [Contact@Lua.tr.br](mailto:Contact@Lua.tr.br). (Put 'Danny's Retreat' in the subject box)

Optional at additional cost:

Massages with the massage team

#### ALTO PARAISO DE GOIAS

If you want to come before to acclimatize or to stay longer after the retreat

Hotel in Alto

Paraiso for 1 night from US\$ 30,00 and more (according to choice)

(Travessia Eco Turismo can make the reservations for you or Pushya at: [contact@Lua.tur.br](mailto:contact@Lua.tur.br) if you would like to stay longer in Alto Paraiso to visit the national Park of Brazil and the amazing waterfalls that are surrounding the village)

Food and hotel in Alto Paraiso and/or Brasilia before and after the retreat are at your own expense.

#### HOTEL IN BRASILIA

If you wish to stay in a hotel upon arrival in Brasilia we suggest:.

The Manhattan Plaza Hotel

You can make a reservation with  
the hotel at: [reservationsmanhattan@plazabrasilia.com.br](mailto:reservationsmanhattan@plazabrasilia.com.br) from  
\$175US/night

Hotel Telephone: 55 (61) 3319-3060 There will be a pickup at the  
Manhattan Hotel front entrance at 10AM on the morning of July 21st go to Alto  
Paraiso and then to Osho Lua Retreat.

Other hotels in Brasilia: Brasilia Park Hotel: [www.brasiliapark.com.br](http://www.brasiliapark.com.br)  
Telephone: 55 61 3234 5131 from \$143US/night

Other hotels in Brasilia: <http://www.hotelscombined.com/City/Brasilia.htm>

Ask for the weekend discount or visa promotion.

See you there!

Peace and blessings, Danny

