

You are welcome to join our intuitive archery seminar, held since 2018 in Arillas/Agios Stefanos. We start with some practice to prepare for the meditative aspects of archery.

If you don't need accommodation, the cost is **€490 (with a reduced price of €330 available on request)** for the 5-6 day seminar, plus a small fee for the Ouranos Club.

For the basics (the first 3 days), the price is **€250 (with a reduced price of €175 available on request)**.

All equipment is included: smooth longbows (and some recurve bows), arrows, targets, safety nets, arm guards, and finger protection.

The seminar takes place at the Ouranos Club in Corfu/Arillas, combining archery, yoga, and meditation.

We begin with silent meditation.

In classical meditation, the state of prolonged thoughtlessness can be recalled during the magical moment of drawing the bow and releasing the arrow. We always celebrate this sacred moment with a focus on inner stillness, connected to the target.

In archery, calm, deep breathing into the stomach naturally enhances the flow of movement.

In intuitive archery, the interplay between relaxed hands, arms, and shoulders, and a tense pelvic floor, back, and stomach becomes a central focus of self-awareness during the internal focus phase—just before releasing the string.

Through practice, you will develop the awareness that the present moment lies between tension and release. Simple and magical.

Are you ready to experience the "Now" in archery, at the moment of highest tension, just before release?