



Information about the Venue

Venue

International Culture and Education Centre "Lizari"

Latvia, Jelgava region, Vircava district, Mazlauki

Accommodation

- **Double rooms** are available.
- The rooms have **bathroom facilities with a shower and hot water.**
- **Bed linen and towels are included in the price.**

How to Get There

By car — enter **Lizari, Vircava Parish** in Waze.

Free parking is available on the premises.

For Meditations and Classes

For indoor meditations, please bring:

- a blanket or yoga mat
- a cushion
- socks

We recommend choosing loose, **comfortable clothing suitable for the season**, which does not restrict longer sitting or movement.

Nature and Walks

When arriving at Lizari for the first time, guests are often pleasantly surprised. This place evokes special feelings, unexpected associations, and peaceful insights. Lizari is often described as a "branch of paradise", "another dimension", "a retreat for the soul", "the epicentre of Zemgale's beauty", and "a sunny oasis".

And speaking of sunshine — while Latvia receives an average of 1,700–2,000 hours of sunshine per year, in Lizari it seems to appear much more often. It often happens that the sky is cloudy all around and it is raining in Jelgava, while the sun is shining in Lizari.

If a meditative walk is included in the programme, please bring:

- season-appropriate clothing
- comfortable, stable footwear

For individual preferences, questions, or special requests, please contact us by email:
info@krija.lv