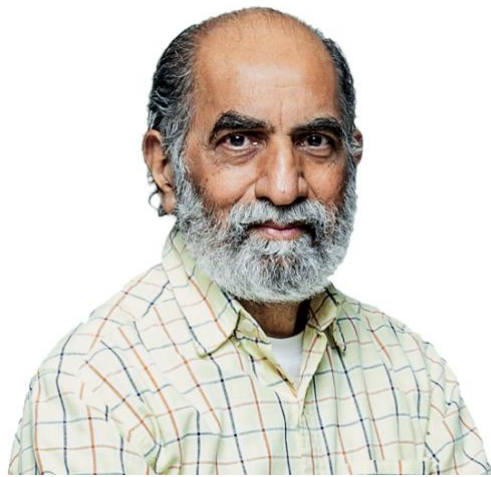


# Retreat, open to everyone: Pranayama and meditation as a gateway to transcendence

Are you a yoga practitioner interested in deepening your practice and experience with the essence of yoga philosophy? Would you like to transcend in silence spaces of consciousness - accompanied by a living master to guide you mindfully, and safely to allow your journey to access new dimensions of experience?

Do you teach yoga and are looking for new inspiration? Would you like to understand connections between concepts, methods and experiences more deeply and to be able to convey them more intensively? Would you like to refine your presence as a yoga teacher?

Would you like to let more mindfulness enter your life, more love in your relationships and more gratitude towards the feeling of being alive?



Shrikrishna B. Tengshe uniquely combines profound philosophy with inner experience, the reflection of wisdom in silence with everyday experiences.

The retreat includes lectures and reflections as well as extensive practical sessions for pranayama, meditation and mantra recitation.

There is also an opportunity to ask questions from all areas of yoga.

Unfortunately, Shrikrishna again cannot travel to Germany this year, but the stay in a retreat center has also proven to be very effective under online conditions. A live streaming with strong connection is presented on canvas.

The complete withdrawal from everyday life is highly recommended during this period in order to be able to reflect and experience deeply.

We have upgraded the technology in Rosenwaldhof and created a high-quality cinema feeling. During your stay we will look after you with delicious organic vegetarian dishes. Silence is usually much easier with us on site.

This seminar offer is open to all interested parties, not only for yoga teachers and wellbeing practitioners, for the opportunity of a very special experience.

Beginning: **09. 07. 2021, 03:30 p.m.**  
End: **11. 07. 2021, 05:30 p.m.**

Click [here](#) for the daily routine

Seminar fee: 140,- euros (reduction on request)  
plus costs for accommodation and meals at Rosenwaldhof (rental tents also available)

**The seminar takes place in English with German translation (by Martina).**

The course participants will be provided with audio recordings of the entire period free of charge.  
If transcriptions arise from the group, these will also be shared.

For more information about the **seminar** visit [General Information](#) and for the **house** visit [Locations](#) or [www.rosenwaldhof.de](http://www.rosenwaldhof.de).

**Registration and further information:** [click here](#)