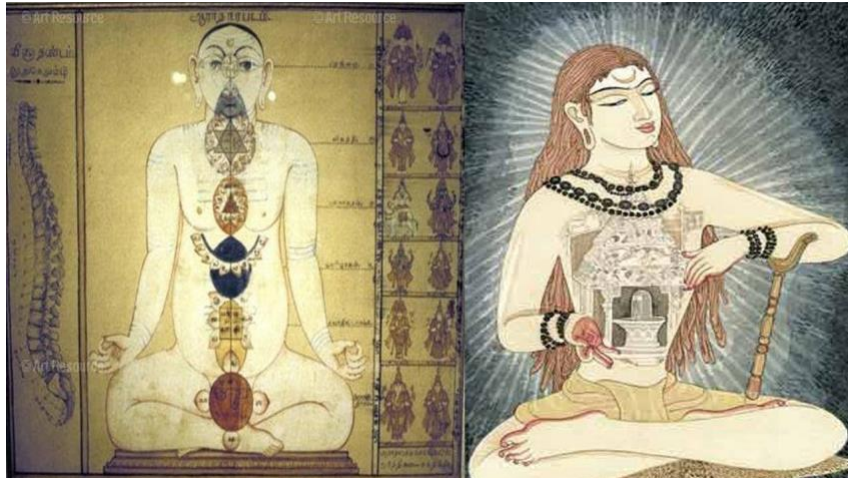


# For the first time as a retreat: Understand and experience the Hatha Yoga Pradipika



<https://contraperiodismomatrix.wordpress.com/2015/12/01/desanimo-jamas-la-maravillosa-historia-yoguica-del-rey-alarka-2/>

The Hatha Yoga Pradipika is the best-known basic work of Hatha Yoga and was written by Swatmarama probably in the 14th century.

Its 4 chapters contain topics such as the requirements and meaning of yoga, ethical lifestyle, dietary recommendations, asana, pranayama, kriya, mudra, awakening of Kundalini, Tantra, Nada yoga, meditation techniques and samadhi.

In this very important text of classical Hatha Yoga you can also find advice for a peaceful mind, for more energy and the way to Raja Yoga, for expanding consciousness and spiritual liberation.

Shrikrishna uniquely combines profound philosophy with inner experience, the reflection of wisdom in silence with everyday experiences. The theoretical reflections will focus on psychological foundations and on expanding consciousness. The retreat includes extensive practice sections for pranayama, meditation and mantra recitation and takes place in partial silence.

The complete withdrawal from everyday life is highly recommended in order to be able to reflect and experience deeply. Unfortunately, Shrikrishna again cannot travel to us this year. But even under online conditions the stay in a retreat center has proven to be very effective. A strong live connection is also established through the canvas.

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

This retreat offer is open to all interested parties and is a very special opportunity, especially for yoga teachers and those interested in philosophy and spiritual development. It is not a condition of participation, but it is recommended to read the Hatha Yoga Pradipika in advance and to bring this text with you to the seminar.

**The retreat takes place in English.** Here are some English links recommended by Shrikrishna:

- First one is published by Kaivalyadhama India and is available on Amazon India:  
<https://www.amazon.in/dp/8189485121>
- The second one is by Brian Dana Akers which is available on Amazon.de:  
<https://www.amazon.de/dp/0971646619>

Beginning: **August 26, 2021, 3:30 p.m.**  
End: **September 01, 2021, 1:00 p.m.**

Click [here](#) for the daily routine

Seminar fee: 420 euros (reduction on request)  
plus costs for accommodation and meals at the Rosenwaldhof (rental tents also available)

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](#)