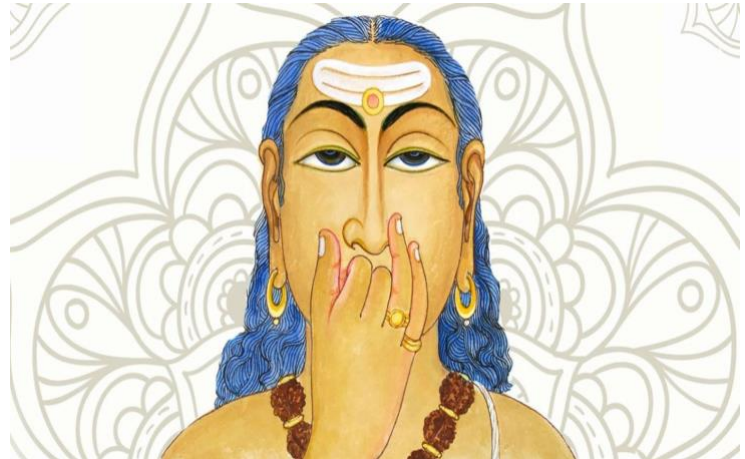


Continuous intensive group: Pranayama and meditation as a gateway to transcendence

The intensive groups were created on request as a continuation of the three-year further education groups and consist of long-term students of Dr. Shrikrishna.

The retreats of this group are entirely dedicated to intensive practice and to the experiences that result from it.

Such a retreat takes place in complete silence. Questions can be asked in writing during the seminar. On the last day there will be the possibility of a direct verbal exchange.



<https://yogahaus.org/event/pranayama-sadhana-mit-venu/>

If you want to take part in an intensive group by arrangement, you should have sufficient previous experience with the practice imparted by Shrikrishna.

Unfortunately, Shrikrishna again cannot travel to Germany this year, but a direct and warm connection can also develop via the screen in the live lessons.

The complete withdrawal from everyday life is highly recommended during this period in order to be able to reflect and experience deeply. That's why the stay in a retreat center has also proven to be very effective under online conditions.

We have technically upgraded the Rosenwaldhof, installed a high-quality cinema feeling and look after you with delicious organic vegetarian dishes. Silence is usually much easier with us on site.

Beginning: **29. 07. 2021, 03:30 p.m.**
End: **01. 08. 2021, 01:00 p.m.**

Click [here](#) for the daily routine

Seminar fee: 210 euros (reduction on request)
plus costs for accommodation and meals at the Rosenwaldhof (rental tents are also available)

The retreat takes place in English without translation.

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.

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