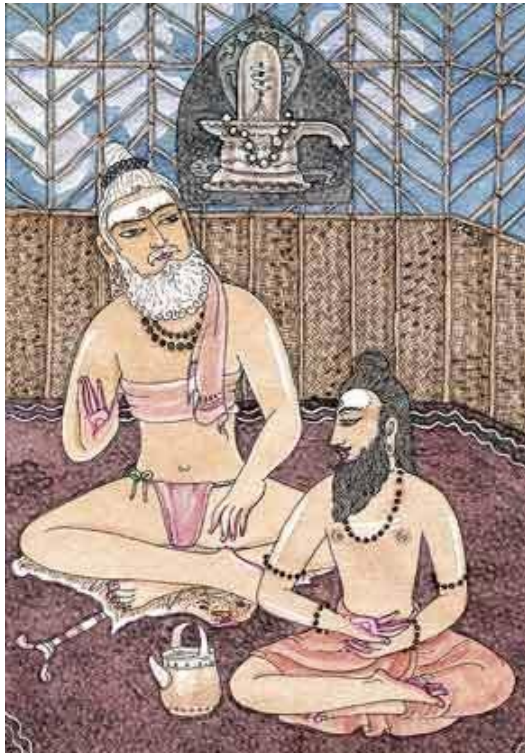


Seminar series: Understanding and experiencing the Upanishads

2021

Kaushitaki Upanishad



<https://wiki.yoga-vidya.de/Datei:Guru-schueler.jpg>

With this Upanishad, also known as Kaushitaki Brahman's Upanishad, we end our series of the most essential classical Upanishads.

Shrikrishna succeeds with excellence in bringing us closer to the timeless essence of scriptures that might seem strange at first. In doing so, he uniquely combines profound philosophy with inner experience, the reflection of wisdom in silence with everyday experiences.

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 will look after you with delicious organic vegetarian dishes. Silence is usually much easier with us on site.

This offer is open to all interested parties and it is a very special and unique opportunity, especially for yoga teachers and those interested in philosophy and spiritual development. It is not a requirement for participation, but it is recommended that you read the text of this Upanishad beforehand and bring it with you to the seminar.

Here are some English links recommended by Shrikrishna:

- https://en.wikipedia.org/wiki/Kaushitaki_Upanishad
- <http://www.vyasaonline.com/kaushitaki-upanishad/>
- <https://www.sacred-texts.com/hin/sbe01/sbe01239.htm>

You can also find various German-language versions on the Internet. Here is one of the options:

- https://wiki.yoga-vidya.de/Kaushitaki_Upanishad

Beginning: **August 02, 2021, 3:30 p.m.**

Click [here](#) for the daily routine

End: **August 08, 2021, 1:00 p.m.**

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

This retreat takes place in English with a German translation (by Martina Bley). The course participants will be given the audio recordings for 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](#)