

Retreat series: Understand and experience the Yoga Sutra of Patanjali



We are fortunate enough to have Dr. Shrikrishna B. Tengshe share the spiritual essence of this fundamental work of yoga, little by little, in a traditional, profound and inwardly comprehensible way. He makes extensive references to historical roots of content as well as to analogous concepts and spiritual paths. The practice related to the theoretical content allows the essence of all to be experienced also beyond the rational mind.

To join this group, you should have sufficient previous experience with the practice conveyed by Shrikrishna and you should be comfortable with the previous content, which was created two years ago. This material can be purchased from us in advance, as can the audio files or the transcription of the retreat from last year. After studying all of this, participation in the next retreat is possible. This will deal with the verses that follow after Sutra 45 of Chapter II.

Such a retreat includes extensive practice sections for pranayama, meditation and mantra recitation and takes place largely in silence.

The complete withdrawal from everyday life is highly recommended for this period in order to be able to reflect and experience deeply. Unfortunately, this year Shrikrishna cannot travel to us but there is the option to stay in a retreat center and attend online seminars from there, which has also 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 atmosphere. During your stay you will be provided with delicious organic vegetarian dishes. Practicing silence is also usually much easier with us on site.

This offer is a very special opportunity especially for yoga teachers, philosophically interested and spiritually oriented practitioners. It is recommended to bring the Yoga Sutra text with you to the seminar.

Here is an English version recommended by Shrikrishna: <https://www.amazon.co.uk/dp/0143102192>

The retreat will take place in English and will be translated into German (by Martina Bley).

Beginning: **August 18, 2021, 3:30 p.m.**
End: **August 24, 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 are 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.

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