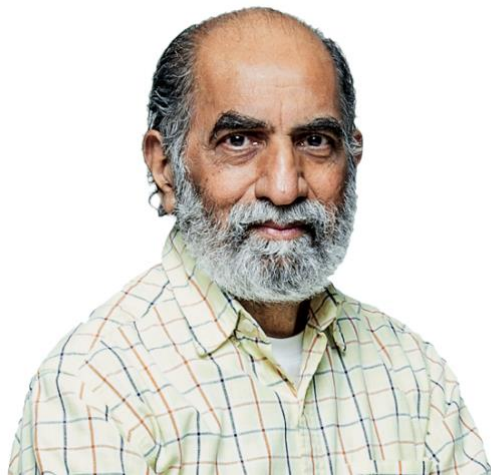


Retreat, open to everyone: Pranayama and meditation as a gateway to transcendence

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 who guides 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 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 in pranayama, meditation and mantra recitation.

It takes place in partial silence.

Questions can be asked in writing during the seminar. On the last day there will be the possibility of a direct verbal exchange.

Unfortunately, Shrikrishna again cannot travel to Germany this year, but a direct and warm connection can also develop via screen in 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 silent place has also proven to be very effective under online conditions.

This retreat offer is open to all interested parties and provides not only yoga teachers and practitioners the opportunity to a very special experience. Even after just one week of retreat, the effects have proven to last often well beyond this time and equip participants with skills for coping with crises and difficulties in everyday life and improving the attitude towards life and one's own existence.

Beginning: **27. 09. 2021, 03:30 p.m.**
End: **03. 10. 2021, 01:00 p.m.**

Click [here](#) for the daily routine

The retreat takes place in English.

If there is a strong demand for translation, it will be partially or fully translated into German.

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.

Seminar fee: 420 euros (reduction on request)

For more information about the **seminar** visit [General Information](#).

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