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Concept & content of the further education series "Pranayama and Meditation" with Dr. Shrikrishna B. Tengshe

This further training series is aimed at yoga teachers and practitioners, but is basically open to all interested parties. Participation in the seminars and further training courses with Dr Shrikrishna is therefore also possible without previous experience in yoga.

Dr Shrikrishna specialises in teaching an intensive pranayama and meditation practice. The focus is on inner experience and working with the breath and consciousness.

This programme aims to accompany you in your own spiritual development on the one hand and to expand your ability to be a companion to other people on this path on the other.

It is primarily about anchoring yoga in your own life through pranayama and meditation, becoming more aware and mindful of your own breath and mind and experiencing an answer to the central question of all spiritual traditions ("Who am I?"), to recognise your true self. All techniques and methods practised during the seminars will be dedicated to this goal.

In order for the deepening of the yoga path and the transformation of consciousness to take place, it is expected that participants in the Advanced Training Group will practise yoga regularly on their own. This means that there should be a willingness and commitment to practise the special exercises regularly between retreats and weekend seminars, and to practise mindfulness in everyday life.

For yoga teachers and related professions who deal with the therapeutic aspects of breathing, bodywork, relaxation techniques and meditation, this training is an enriching offer for their professional practice.

The seminars are silent retreats in which presentations can be given and questions asked. The practice times will take up more and more space over time.

The training series is designed for a total period of one and a half years. These intensive seminars in a closed group allow Dr Shrikrishna - adapted to the process in the group - to also teach the deeper, subtle aspects of pranayama and yoga in general.

In the time between the retreats we meet for a seminar to deal with theoretical aspects, to repeat the practice and to learn teaching it to yoga students, to reflect on self-awareness and to clarify open questions.

Above all, this seminar also provides a framework for mutual exchange, for getting to know each other in an enriching way, for the beginning of friendship and companionship.

We're looking forward to our time together!

Overview of topics and content of the programme

- self-awareness through pranayama, mantra recitation, meditation & mindfulness
 - classical Indian scriptures in their relation to yoga
 - philosophical and psychological concepts of yoga and related Indian practices
 - the yoga path in its relation to mystical traditions of other cultures
 - psychophysiological foundations of breathing and meditation
 - Yoga and consciousness research
 - modern science and mystical wisdom, yoga research
 - psychology for yoga teachers, introduction to transpersonal psychology
 - interaction of body and breath work with emotions
 - health-promoting lifestyle, stress management
 - therapeutic aspects of yoga
 - dealing with spiritual crises
 - pranayama for yoga teachers, methodology and didactics of teaching yoga
- ... and plenty of time for individual questions, problems & wishes

Bonus

- individual spiritual guidance through one-to-one meetings with Shrikrishna (optional)
- access to the monthly online meetings with Shrikrishna from the beginning
- subsequent access to the intensive groups and Patanjali retreats

Structure

1st year

- online retreat at Rosenwaldhof (6,5 days) with Shrikrishna
- block seminar at Rosenwaldhof with Martina (Wed - Sun noon)

2nd year

- presence retreat in India (10 days) with Shrikrishna
- online retreat at Rosenwaldhof (6,5 days) with Shrikrishna

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