

May 2, 2020

Dear Friends,

Hello and Namaste!

I hope each one of you is safe and healthy and happy.

I am writing this letter from Mumbai, and just as all over the world, in India too, we are having a lockdown for last 45 days. In a metropolis like Mumbai, this lockdown is expected to continue further till May-end. It might start getting more relaxed from June onwards, but the air travel may not be advisable for few months more.

So, it seems that I would not be able to come to Germany in this 2020 summer. I would really be missing meeting all of you and having a lively interaction with you all during our seminars.

Actually this is the time, we would have benefitted immensely by our Yoga Practice, especially Pranayama and Meditation. This is the time when we are feeling rather unclear about the happenings in present moment and uncertain about the future. Our practice of Yoga on the mat as well as in our daily life - both can give us the courage and strength to face the current situation in our personal life. It would also fill our heart with love and compassion for suffering humanity all over the world. I wish we could continue in our practice even in this difficult period, and it would definitely make us feel more confident and at peace within ourselves.

That being the case, I feel we should take the advantage provided by latest communication technology of **online video streaming** and support each other by getting connected with each other. It is an interesting suggestion and I would be happy to give a try to this alternative way of sharing. I am aware that many other teachers have already started sharing their knowledge this way and Martina assures me that she has also found it convenient and effective. I am new to this technique, and so must be many of you, but I am sure we can work it out together and in this way continue our Yoga work as effectively as before.

From this point of view, we think it is much more effective if you might come together for a silent retreat at Rosenwaldhof and take a real break from your daily life.

The exact details about timings, formats etc. could be worked out together. I am sure Martina would be happy to know from you if you wish any modifications in the suggested daily schedule or if you have any suggestion in this matter. We would be very happy if you might find this alternative fulfilling.

Meanwhile, I pray that all of us come out of this pandemic with strength and courage.

Stay safe and healthy!

With warm feelings,

Shrikrishna.