



MAHA SHANTI YOGA

## INTENSIVE WEEKEND YOGA RETREAT IN SCHLIERSEE

*A journey to inner peace*

**FRIDAY 4<sup>th</sup> - SUNDAY 6<sup>th</sup> MAY**

**YOGA HAUS Samvit**

**Duernbachstrasse 9 (Train station Neuhaus-Fischhausen)**

An intensive weekend yoga retreat with Anna Wan and Jürgen Hergenröder at Yoga Haus Samvit in Schliersee. Yoga Haus Samvit is a peaceful ashram with wonderful views of the mountains, forest and lake, set in the beautiful surroundings of a 6000 m<sup>2</sup> garden at the foothills of the Alps.

The weekend yoga retreat provides the opportunity to deepen and intensify your practice and includes:

- An introduction to ashram life
- Overview of Hatha yoga and other yogic paths & traditions
- Extensive practice of asanas, pranayama & meditation
- Introduction to mantras
- Freshly cooked organic vegetarian meals
- Free time to enjoy the beautiful surroundings of Schliersee

*Note: This retreat is not recommended for beginners.*



### Retreat Program

#### Friday

- 15:00 – Retreat Start - Introduction
- 15:30 – 17:30 Yoga Program (asanas, pranayama & meditation)
- 18:00 - 19:00 Dinner
- 19:30 – 20:00 Meditation
- 20:00 – Video and discussion

#### Saturday

- 07:00 - 10:00 Yoga program (asanas, pranayama & meditation)
- 10:15 - 11:15 Brunch
- 11:15 - 14:30 Free time
- 14:30 - 17:30 Yoga program (asanas, pranayama & meditation)
- 18:00 - 19:00 Dinner
- 19:30 – 20:00 Meditation
- 20:00 – Video and discussion

#### Sunday

- 07:00 - 10:00 Yoga program (asanas, pranayama & meditation)
- 10:15 - 11:15 Brunch
- 11:30 - 12:30 Meditation & experience sharing
- 12:30 - 13:00 Program end & departure

***Afternoon coffee together by the lake (optional)***

**Costs per person (inclusive of Yoga programs, 2 nights accommodation and 4 organic vegetarian meals. Bed linen and towels not included.)**

Single Room	€257 (€227 unemployed / full time students)
Double Room	€245 (€215 unemployed / full time students)
Dormitory Room	€229 (€199 unemployed / full time students)

**Note:** All payments to be made in full by 15<sup>th</sup> April. Costs are non-refundable.



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