



„Yoga für Körper, Lebensenergie und Geist“

Freitag, 09. März 2018:

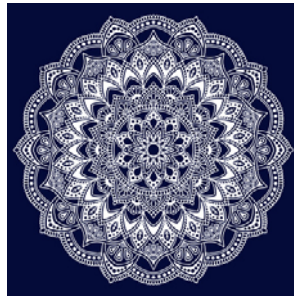
| | |
|--------------------|---|
| 18.00 – 19.00 Uhr: | Yoga and Meditation Different ways to Meditation |
| | Introduction to Meditation What is Meditation |
| 19:00 – 20:00 Uhr: | Dinner |
| 20:00 – 21:00 Uhr: | Trataka Meditation |

Samstag, 10. März 2018:

| | |
|--------------------|---------------------------------------|
| 07:00 – 08:00 Uhr: | Morning Asanas |
| 08:00 – 09:30 Uhr: | Breakfast |
| 09:30 – 10:30 Uhr: | Meditation is an inward journey |
| 10:30 – 11:15 Uhr: | Cyclic Meditation (SMET) |
| 11:15 – 11:30 Uhr: | Coffee Break |
| 11:30 – 12:30 Uhr: | Breath and meditation (With practice) |
| 12:30 – 14:00 Uhr: | Lunch |
| 14:00 – 14:30 Uhr: | Breath and Meditation (2) |
| 14:30 – 16:00 Uhr: | coffee Break |
| 16:00 – 16:30 Uhr: | Introduction to PET |
| 16:30 – 17:30 Uhr: | PET |
| 17:30 – 19:00 Uhr: | Break |
| 19:00 – 20:00 Uhr: | Dinner |
| 20:00 – 21:00 Uhr: | Trataka Meditation (2) |

Sonntag, 11. März 2018:

| | |
|--------------------|---|
| 07:00 – 08:00 Uhr: | Morning Asanas |
| 08:00 – 09:00 Uhr: | Breakfast |
| 09:00 – 09:45 Uhr: | Different types of consciousness |
| 09:45 – 10:45 Uhr: | Meditation using different types of consciousness |
| 10:45 – 11:00 Uhr: | Coffee break |
| 11:00 – 12:30 Uhr: | Love and meditation with practice |
| 12:30 – 13:00 Uhr: | Question and answers |
| 13:00 – 14:00 Uhr: | Vegetarian Lunch |
| 14:00 Uhr: | End of the seminar |



Abstract: Out of several ways of viewing human being the yogic perception is that from gross to subtle level; he is physical body at gross level to consciousness beyond level of mind. In the ancient Indian culture there has been always suggestion and practices to maintain and enhance health at all these levels. Especially there are specialized and simple techniques to train us consciously at levels of body prana and mind. We found these techniques are extremely useful for many types of psychosomatic and physiological problems in our thirty years of experience with hundreds of thousands of patients in 250 bedded facility in Bangalore and thousands of our trained teachers around the globe who are trained in therapy. These can also be practiced by normal people to preserve good health and move to better health and wellbeing. These techniques are based on sound logical philosophy and are existing for thousands of years. With the help of several interactive sessions and practice sessions at body prana and mind levels such as practices of asanas, pranayama, trataka and other types of meditation sessions. One can experience deep inner levels of awareness and relaxation.

Alle Seminarinhalte in englischer Sprache mit deutscher Übersetzung.