

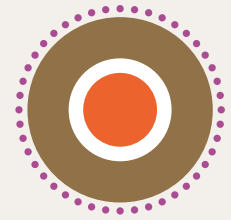
Black Forest Summer-Yoga-Retreat

with Ali Dashti

Friday 6th July to Sunday 8th July 2018

»The pelvic floor - the subtle force from our body center«

Get out of your everyday life! Go up into the mountains! Experience summer, nature and yoga in a picturesque mountain hideaway!



YOGA | MITTE

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Come with us to the **Black Forest Summer Yoga Retreat** with **Senior Iyengar-Yoga-Teacher Ali Dashti** for a long summer-weekend in a magnificent Black Forest hideaway. Surrounded by flowering meadows and mountain-forests, with fantastic views to the Swiss Alps, we will practice yoga in a modern seminar building, that will be perfectly catered for with vegetarian organic food and we will be stylishly housed in a beautiful Black Forest Farm.

THE TOPIC The pelvic floor plays an important role in the **uprightness of the spine** as well as for a strong and stable posture. In yoga, it is an important player for all the yoga postures (asanas) and is responsible for a **well-balanced subtle inner energy flow** in the body (prana). The pelvic floor is thus the key to **good physical condition** and a **stable inner balance**. When one activates the pelvic floor, one feels more comfortable and becomes more resilient. If the pelvic floor is weakened, **mobility and joy of life** remain blocked in the middle of the body. Therefore we practice yoga-asanas which respond appropriately to specific muscle groups in the pelvis and **activates the energy flow** in the body perceptibly.

THE RETREAT OFFERS YOU

- 11 hours of intensive asana and pranayama practice with Senior Iyengar-Yoga Teacher Ali Dashti who has more than 25 years of teaching experience!
- an exceptional hideaway, a place of tranquility and peace with a special energy in the middle of nature
- delicious and fresh vegetarian catering with full board
- idyllic lake for swimming nearby and hiking trails in the immediate vicinity
- silence and time for yourself
- a personal and secure setting



Ali Dashti is **Senior Iyengar yoga teacher** who comes from Pune, India, where he was an apprentice of **B.K.S. Iyengar's** and an instructor at the **Iyengar Institute (RIYMI)** since 1986. He was also a student of Osho's while the master was alive. In addition to his extensive Yoga education, he holds his Bachelor's degree in business management. Today, he runs his own »Institute for Yogic Sciences« with **Patanjali Yoga Switzerland** in Berne. His knowledge

and experience in the field of yoga are internationally known and sought after. He has recently written the books **»Yoga Sādhana, The Art of Sequencing Āsanas and Prānāyāmas«**. He is seen in B.K.S. Iyengar's books, **»Yoga, the Path to Holistic Health«**, **»Understanding Yoga through Body Knowledge«** and **»Preliminary Course«**, and he has been featured on numerous Yoga videos.



Summer-Yoga-Retreat

THE SEMINAR HOUSE HOLLERBÜHL

is located in **Dachsberg in the Black Forest**, about 1 hour drive from Freiburg, Basel or Zurich. Authentic, peaceful, pristine - that is how the seminar house Hollerbühl could be described. In its grandiose location surrounded by **flowering meadows, mountain forests** and **solitary everglades**, this place is very special and inspiring. There are not many places like this in the Black Forest.

The guest house is an old **Hotzenwälder-farm**, converted into a cozy guest house, in keeping with **ecological standards**. It is invitingly and uniquely furnished, with a **charming charisma** and a **very special energy**. **Delicious vegetarian full board** will be served in the comfortable dining room.

The modern **spacious seminar hall of 115 sqm** and a huge window front offers a **fantastic view** to the **surrounding garden** and the **Swiss Alps**.

WORKSHOP-LANGUAGE

English, when required, German

PLEASE BRING ALONG YOUR PRACTICE MATERIALS IF PRESENT

Mat, 1 blanket, 2 bricks, 1 belt, 1 bolster

WORKSHOP-FEE

Regular 210,- €
(without board and lodging)
»Early bird«, payment until 15.02.2018
(without board and lodging) 195,- €

Your registration will be confirmed upon receipt. Please register at an early stage, in order to facilitate the room request. Places are limited! When booking, please specify your desired accommodation.

BOARD AND LODGING IN THE SEMINAR-HOUSE

(accommodation and delicious vegetarian full board)

6 Single Room (shower on floor)	94,- €/per Person/ day
7 Double Room (shower on floor)	84,- €/per Person/ day
1 Three-Bed Room (shower on floor)	66,- €/per Person/ day

Board and lodging will be paid in cash upon arrival. Please bring sufficient cash! As there is No EC-cash available!

DAILY PROGRAM

Friday 06. July 2018

16.00	Arrival
16.30 - 18.00	Asanas
18.30	Dinner

Saturday 07. July 2018

7.30 - 8.30	Pranayama
8.30 - 9.30	Light Breakfast
9.30 - 11.45	Asanas
12.15	Lunch
16.00-17.30	Asanas
18.00	Dinner
19.30	Evening Program and Questions

Sunday 08. July 2018

7.30 - 8.30	Pranayama
8.30 - 9.30	Light Breakfast
9.30 - 11.45	Asanas
12:15	Lunch
13.00 - 14.30	Asanas
15.00	Departure

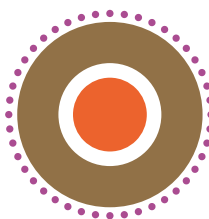
TERMS OF CANCELLATION

The retreat is booked on receipt of the workshop fee. In case of cancellation up to two weeks before the retreat, a fee of 50% of the workshop fee and accommodation will be charged. Thereafter, the fee is 80% of the workshop fee and accommodation. The fee is omitted if the person can name an alternate participant.

HOW TO GET THERE

Seminar- und Ferienhaus Hollerbühl, Schmalenberg 20, 79875 Dachsberg

Please visit: www.hollerbuehl.de
(<http://www.hollerbuehl.de/index.php/anreise-kontakt/anreise>)



REGISTRATION

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