

KUNDALINI YOGA RETREAT
with Andrea & André Sat Ravi Danke

17-24 MARCH 2019

BACK TO THE ROOTS

*The purpose of knowledge is to develop
infinite faith in self.*

-Yogi Bhajan

In times of rising stress, working load and information overload, family and work life are presented with new challenges and pressure. Many people feel as though their life might become increasingly heteronomous and they cannot meet various demands of their environment. Bourn-out and nervous break downs have risen tremendously in our society. Some people have lost or struggle to maintain the relationship with themselves.

Kundalini Yoga is a very efficient and quick way of finding your way back to yourself.

Use this **one-week kundalini yoga retreat** to get back to your roots and to learn, practice and manifest highly transformative and life enhancing relaxation and anti-stress kundalini yoga sets and meditations.

Kundalini Yoga is for Everyone!

Andrea Danke



André Danke

PROGRAM

Back to the Roots - through kundalini yoga, breathing exercises und meditations:

- Purify body, mind and soul
- Live your own truth
- Create a new self-concept
- Strengthen your nervous system
- Increase the ability to deal with stress
- Release physical and mental blocks
- Transform old habits into new and positive behavior patterns
- Live your potential
- Enhance your life with happiness and joy

Monday

Release Stress and Unnecessary Tension

Tuesday

Strengthen Your Nervous System

Wednesday

Discover the Power of Your Heart

Thursday

Begin the Path to Higher Consciousness

Friday

Experience the You in You

Saturday

A renewed Self-Concept

PRICING

The package includes:

- 7 nights from Sunday to Sunday with breakfast & half board dinner (*drinks not included*)
- Daily Yoga and meditation program

Package price per person for the following type of rooms:

Early bird - valid only until 31/12/2018

Deluxe Room Single €1.999

Deluxe Room Double €1.299

Regular price - from 01/01/2019

Deluxe Room Single €2.049

Deluxe Room Double €1.349