



Angela Farmer Victor van Kooten

July 18th until 22nd 2012

Bavaria, Germany



REGISTRATION + CONTACT

Sabina Glas

sabina.glas@glasgmbh.de

**We are all looking forward to this
very special gathering and working
together!**

design www.frauwoehmann.de





Angela Farmer and Victor van Kooten

We are pleased to announce that after many requests **Angela and Victor** will be hosting their first 5 Day Bavarian Retreat in June 2012 at the beautiful Osterloh at "Zentrum für Achtsamkeit" (centre of awareness).

Their work with the energy body probably is one of the most unusual approaches to Yoga in the world. Their Yoga does not adhere to a system it simply adjusts to your individual needs and your unique being and body. You can find a completely new perspective on your Yoga practice through their teachings.

If you are looking for a more meditative and receptive approach to your practice, **Angela and Victor** will offer you a large spectrum of poetic visualization and playful discovering journeys in your body with a creative way of fluid movement which will assist you in moving 'from the inside out.

Those that have had the pleasure of working with **Angela and Victor** talk with passion about the new inner unfolding and openings that have inspired and sometimes changed their practice.



Our time out in Osterloh, close to the famous Chiemsee in Bavaria, takes place in the "Zentrum für Achtsamkeit" (centre of awareness). Osterloh is a unique setting which combines the love for beautiful detail and the beauty of the Bavarian countryside, close to the Alps, in a magnificently renovated old farm house.

The very welcoming atmosphere of the house and the delicious combination of skilled Ayurvedic – Bavarian - Vegetarian cooking of Andrea Hafenmayer offer a sustainable nurturing for your body and soul.

In these five days we will live in community and share this splendid and noble quite bohemian and unusual home of high standards. Osterloh offers several individually equipped 4-bed bedrooms that are very tastefully decorated and one big room with individually separated single beds.

The investment in this workshop includes the following:

- everyday Yoga practice in the morning and late afternoon
- the lodging in one of the bedrooms
- Ayurvedic-Bavarian-Vegetarian meals
- breakfast buffet, lunch, light dinner
- daily use of the sauna, original Turkish Hamam as the small swimming pond

The large meadows, the beautiful fruit trees and the woods of this property invite endless walks and wanderings.

As the capacity of this retreat is limited we encourage you to book your space timeously.



PROGRAM OF EVENTS:

Wednesday, July 18th 2012

- 15-16.30h Arrival
- 17-18.30h Opening meditation
- 19.00h Dinner

Thursday + Friday + Saturday

- 8-9.30h Breakfast
- 10-13.30h Yoga
- 14.00h Lunch
- 17-18.30h Yoga
- 19.00h Dinner

Sunday, July 22nd 2012

- 8-9.30h Breakfast
- 10-13.30h Yoga
- 14.00h Lunch
- Departure by 16.00h

INVESTMENT

The whole retreat inclusive the Yoga workshop with **Angela and Victor**, the lodging and the meals cost Euro 750,-.

For your registration you pay Euro 250,- non-refundable.

The remaining Euro 500,- must be paid by June 15th 2012.

EXTRAS

During the workshop with **Angela and Victor** in their Yoga Hall in Lesvos, Greece recommended body workers are available.

Angela and Victor are convinced that body work can support very positively their Yoga work and the processes that might start during it.

That is why we decided to offer you the work of three very experienced body workers during your stay in Osterloh, Bernd Pegels, Ilana Smith and Tussi Maria Kluge as also the work as trauma therapist from Constance Strecke.

With your registration you will receive their contacts and a short explanation of their work.



HOW TO GET THERE

www.achtsamkeit-osterloh.org

Depending on the needs we may organize a shuttle service from the main train station and the airport in Munich.