OPEN WEEKEND

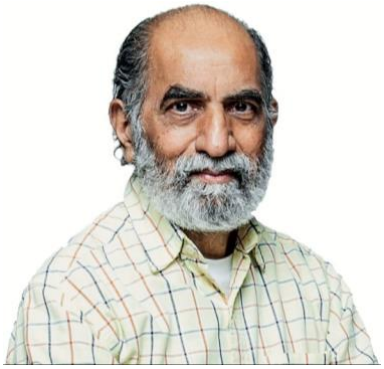
Pranayama & Meditation as a Gateway to Transcendence

2–4 July 2027 · with Dr. Shrikrishna B. Tengshe · at Rosenwaldhof or online

Are you already practising yoga and would like to deepen your experience and connect it with the essence of yoga philosophy? Would you like to go beyond familiar spaces of consciousness in silence – accompanied by one of the living masters, who guides you attentively and lets you glide carefully and safely into new dimensions of experience?

Do you teach yoga and are you looking for fresh inspiration, wishing to understand connections more deeply and convey them more powerfully? Would you like to refine your presence as a yoga teacher?

Would you like to live your life more meaningfully and mindfully, make your relationships more loving, and gratefully sense the mystery of being? Then you are warmly welcome!



Dr. Shrikrishna B. Tengshe

Dr. Shrikrishna B. Tengshe uniquely combines profound philosophy with inner experience, and the reflection of wisdom in silence with everyday life.

The seminar includes talks and reflections as well as practice sessions for pranayama, meditation and mantra recitation.

Withdrawing completely from everyday life is highly recommended during this time, so that you can reflect and experience in depth.

Even in an online setting, staying at a quiet place of retreat has proven its worth. Rosenwaldhof was founded for Shrikrishna's work and is ideally suited to it. You can dwell undisturbed in silence and enjoy the surrounding nature with its forests and lakes, and we look after you with delicious organic vegetarian food.

As Shrikrishna no longer travels long distances, the seminar takes place live online at Rosenwaldhof. We have upgraded our equipment with a large screen and a quiet projector. It is very attentively looked after throughout.

This offer is open to everyone interested and is a chance for very special experiences – not only for yoga teachers and practitioners. The insights that arise have often had a lasting effect after just one weekend or one-to-one talk: on coping with crises and difficulties, on the way everyday life is shaped, and on one's attitude to life.

An optional module at the end of the seminar provides information about the certified training series "Pranayama & Meditation". Private questions can also be addressed during the one-to-one talks.

Start	**2 July 2027**, 2:30 pm (CEST)
End	**4 July 2027,** 1:00 pm (CEST); until approx. 3:00 pm if one-to-one talks take place
Venue	Online seminar via Zoom – join at Rosenwaldhof (Bergstraße 2, 14550 Groß Kreutz, OT Götzer Berge, Germany) or remotely
Arrival	From 12 noon; pick-up from Götz railway station at 12:30 pm and 1:30 pm available for a fee
Seminar fee	€180 (reduction on request)
Language	The seminar is held in English and, if requested, fully translated into German.
Materials	Participants receive the complete audio recordings free of charge afterwards. A verbatim transcript in German or English, including an overview and summary, can be purchased for a fee.

Registration and further information: www.shrikrishna.de (contact) or maya@rosenwaldhof.de

Further information about the seminar under "Allgemeines" (in German)

About the venue: "Seminarorte" (in German) and on the Rosenwaldhof website: www.rosenwaldhof.de