

Conversations In Yoga

04 Feb - 12 Feb 2019

Goa, India

Retreat Information In Short

This 8-day retreat in Goa with Emil and Anouk is designed to immerse the practitioners into both a stimulating postural practice, and the magic that lies beyond the physical aspects of yoga.

Starting before dawn, there will be classical Indian recitals, Pranayama and meditations, followed by Asanas. The afternoons combine seminars on the history of yoga and background information regarding techniques used.

The course offers advanced yogic modules including enquiry into the human condition.

There is also the vitality of Mouna (silence) as part of the retreat. All levels of participants are welcome, but please note we practice and study between 8 and 9 hours per day.

The combination of yogic contemplation and exercise produces a deep experience!



Asana as part of the Yoga Journey

About 'Conversations'

Over the weekend from Friday to Sunday there are meetings with remarkable yogis and adepts in addition to the classic Hatha program. It comes as performance, as poetry, and as philosophical debate. During the past six years of the 'Conversations' we have had unforgettable moments with sharings such as:



Nag Blessing: Machig Rinpoche's contribution to Conversations In Yoga

- *Chöd Practice — A Tibetan Meditation;
- *The Jaina History Of Ahimsa;
- *River Pilgrimage — A Remarkable Account Of The Narmada Parikrama;
- *A Meeting With Women Renunciates Of The Himalayas;
- *The Qalandars — Extraordinary Sufis On The Road;
- *A Musical Rendering Of Poetry By The Untamable Kabir;
- *Ayurveda And Yoga;
- *Readings From The Vignana Bhairava Tantra;
- *A Photographic Documentation On Indian Ascetics;
- *Experiences Of A Theravadin Monk;
- *Tibetan Pilgrimage — A Journey To The Inner And Outer World;
- *Tantra, Hatha And Kashmir Shaivism — The Early Days;
- *You Are The World — Personal Experiences With Krishnamurti;
- *A Sufi Music Experience;
- *Travel In Tibet — Searching For The Guru's Home.

Yoga is found where one explores Hridaya Akasha,
the space of the heart, with a sense of curiosity!



The Retreat Center

We are accommodated at the Satsanga (check the website: satsangaretreat.com), a retreat centre in North Goa that was built for yoga and meditation. The rooms have bathrooms attached, water flowing, beds of good quality... in a village, still only 15 minutes by bike from the beaches of Baga, Anjuna or Vagator. Meals for our retreat are pure vegetarian.



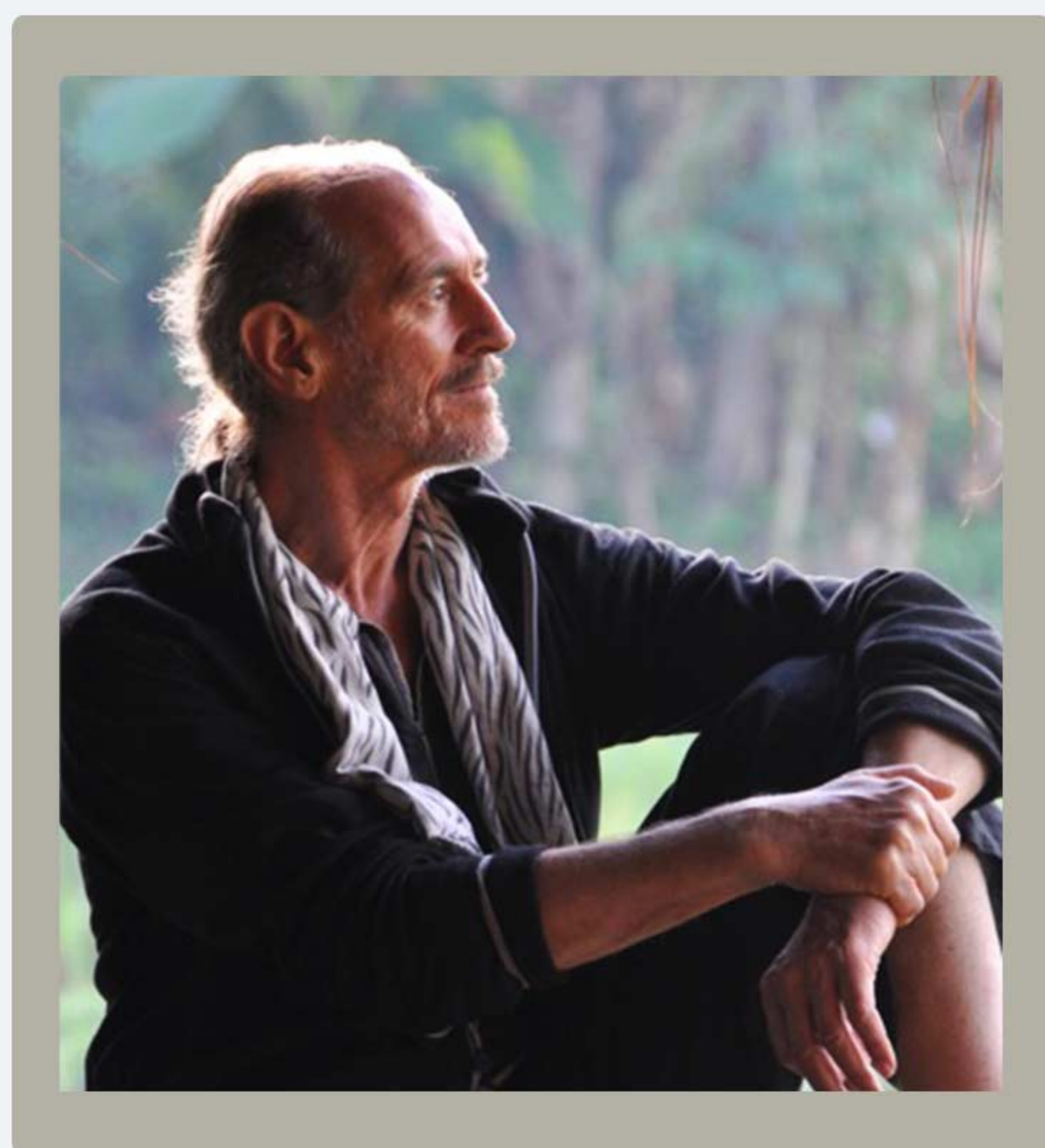
Vidya Rao in Concert

Many participants admire the Shiva Hall, the large yoga practice space, for its beauty and wooden floor. There is a swimming pool to soothe the limbs after a strong day, and on-site massage. This doesn't sound like the demanding Ashram venture, does it... but then, we are still in India, and things can go lovingly amiss at times. That is part of the journey, OM Namah Shivaya!

The Cost

Cost for the 8-day retreat is US\$ 1500 per person based on a double occupancy room. Included in this are the course fees, program costs, accommodation for eight nights, and all meals. There are very few single rooms available against extra charge. Please enquire early for availability!

The Teacher and Moderator of Conversations



Emil E. Wendel has been living in Asia since the mid-seventies, studying Indian thought as well as Chinese classical philosophy. His many years of residency in Nepal and India have brought about a passion for yoga, in particular the aspects of breath and meditation in both the yogic and the Buddhist traditions. His courses offer a glimpse into the treasures of philosophy, and their application in daily life, from physical yoga, to ritual, to contemplation.

Emil is mostly instructing in teacher training programs and when not otherwise researching and practicing in India or Bali, can be found guiding workshops throughout the world.

For enquiry and booking:
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www.beyond-the-asana.com