

Shadow yoga - October 2023

Retreat with Daphne and Mick in Austria

01.10. - 07.10.2023,
Monday to Friday 8:00 - 10:00am / 16:00 - 17:30pm
Last class Friday 16.00 - 17:30am

* Arrival on Sunday afternoon, departure on Saturday morning

Shadow yoga prelude and *Nrta Sadhana*, strength und mobility training with Asana.

Mick will be working on one of the Prelude forms which is a fundamental part of shadow yoga. In order to deepen one's practice, first the ground work has to be based on a solid foundation. Training procedures such as squats, lunges, warrior and sun forms will be explored.

Daphne will be teaching one of the forms of *Nrta Sadhana*, through which the student rediscovers the rhythmic life currents hidden in the body's folds and limbs by means of unimposed natural positioning.

These *karanas* (108 in number) are described in the traditional scriptures, however only a small number are required for the purpose of Hatha Yoga and for internal cultivation. As always the breath will be our guide and a constant indicator of how stable, controlled and at ease we are as we move towards our inward journey.

In order to progress on the path of Hatha Yoga one needs to be fully aware of one's movements. This requires one to feel and integrate simple movements first. When one reaches this awareness in basic forms then the more advanced poses and sequences become available without any forcing or pushing.

You are very welcome to attend, even if you have never attended a Shadow Yoga retreat before.

What is required is an inquisitive mind, concentration, and a desire to learn.

Hope to see you in October!

Yoga Course 490€ (10 Classes) to secure your place please pay by the end of June.

Contact us for bank details.

daphne.strothmann@gmail.com

* Classes will be taught in English and German

* Please see terms and conditions below for your stay at the Soami centre.

FOOD

Soami serves a Vegan-balanced, 100% organic food of the highest quality. Without the use of sugar, nightshades (e.g. potatoes). Various teas and the best lime-free water from the mountain spring are included in the price. There will be an extensive brunch (10 a.m.) and a 3-course meal in the early evening (6 p.m.). This results in more time for relaxation in the evening, no burden on the digestive system and thus a restful sleep. Try to avoid coffee, meat and alcohol a week before the retreat.

ROOM PRICES

Single room Euro 141.-/person/night incl. meals, plus Visitor's tax of 3.-/night
Double room Euro 135.-/person/night incl. meals, plus Tourist tax of 3.-/night
Multi-bed room for single use Euro 147.-/person/night incl. meals, plus Tourist tax of 3.-/night

All rooms are in a Soami Zen style; each room has its own bathroom and toilet. The double rooms can also be booked as single rooms at a price (150.-/person/night).

TRAIN STATION / AIRPORT TRANSFER

Transfer from Spittal train station: EUR 20/person/journey, from 3 people flat rate 40.-

Transfer from Klagenfurt airport: EUR 110.-/person/ride, from 3 people flat rate 220.-

Transfer from Salzburg airport: EUR 180. -/person/journey, from 3 people flat rate 360.-

PAYMENT

Soami support efforts to preserve cash, so they welcome cash payments. Of course it is possible to pay with an EC bank card. Please pay any costs incurred during the retreat at the end of the retreat by EC card or in cash.

* For more information and booking rooms, please go to www.soami.com