

LIQUID FLOW YOGA

with Simon Park and Florian Palzinsky (Meditation)

THE MILL

12-16 JUNE 2017

YOGA RETREAT



MONDSEE/AUSTRIA



Restore Your Prana - Enjoy a slowly developing, flowing sequence of postures that are restorative in nature, yet heart-opening as well. Practice in a way that creates space in the joints and spine, and calms the nervous system. The movements are similar to the way tai-chi is practiced; slow, methodical and meditative. We will fluidly work toward deep hip-openers, liberating backbends, and calming forward bends moving toward deep relaxation.

SIMON PARK Simon Park began his Yoga journey in 1995 with Shiva Rea in the World Arts and Cultures Department at UCLA. Fast forward to the present, where he was chosen by Yoga Journal as „one of the most influential and gifted, next generation of Yoga teachers,“ Simon has been leading workshops, teacher trainings, and retreats around the world since 2002.



His style is fluid, intuitive, and encourages freedom through self-expression. In addition to Shiva Rea, who remains his root teacher, Simon's other strong influences are Richard Freeman, Maty Ezraty, Joan White, and Dharma Mittra.

Dubbed the „Flying Nomad,“ he draws inspiration from road legends such as Jimi Hendrix, who said: „the Earth is my home.“

More Info: www.liquidflowyoga.com

Watch Simon's video on: www.liquidflowyoga.com/archives/411



FLORIAN lived as a Buddhist monk in Asia for 12 years. Since 2004 he is a professional yoga and meditation teacher in Europe.
www.simple-wisdom.net

GUEST MUSICIAN There will be a Mantra evening with Johannes Vogt (www.johannes-vogt.com) plus he will also accompany some of the retreat with his guitar. He also offers Thai-Massage during breaks (at extra costs).

DAILY SCHEDULE

07:00 Meditation	16:00 Afternoon sessions*
07:45 Tea	18:30 Dinner
08:15 Asana	
11:15 Brunch	

*flexible due to weather conditions

Start
Monday, 9:00
End
Friday, 12:30

OEDMÜHLE

Kasten 31, A-4893 Zell am Moos

Phone: +43-6234-8350

“The Mill” is a wonderful building set in meadows near a creek, within walking distance of Lake Irrsee. The country side is hilly and near the beautiful Alps.

The city of **Salzburg** is only 25 kms away and can be reached easily by car or train. The closest railway station (www.oebb.at) is Oberhofen-Zell am Moos (35 min. from Salzburg). The closest airports are Salzburg (25 km), Linz (112 km) and Munich (210 km).

ACCOMMODATION

At the mill and close by are guesthouses with tidy, simple rooms for approx. EUR 20 per night (shared).

Details will be sent on request or we assist you with finding a place to stay. Vegetarian brunch, dinner, tea and snacks will be provided at the retreat place.

RETREAT COSTS

Workshop: EUR 525

Vegetarian full board (brunch, dinner, beverages, fruits and snacks): EUR 180

Brunch by Daniele Wolff

Dinner by Coco Borsche

BOOKING / INFO

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www.yogazone.at