Asanas and Beyond
with Emil & Anouk Aoun Wendel

This retreat is designed to immerse the practitioners into both a stimulating postural practice, and the magic that lies beyond the physical aspects of Yoga. Meditation and Pranayama in the early morning is followed by a 2 hrs Asana sequence. Postures are presented on levels that do justice to both more advanced practitioners and beginning students that have had some prior exposure to postural Yoga. The afternoons introduce elements of yogic philosophy and a topic of the day (Mantras, Mudras and Kirtan). Another part of this workshop is the encounter with Nada – sound that goes to the centre core. This retreat is for those that wish to search deeper into the spaces within.

Emil Wendel was born in Switzerland and has been living in Asia since the mid-seventies, studying Sanskrit and Indian Dharma, as well as Chinese philosophy and Taoism in East Asia. Living 25 years in Nepal and India has allowed Emil an exceptional insight into the depth of Indian civilization and its underlying philosophical current. He is sharing this insight in teacher training courses, retreats and workshops all around the world.

For more information see www.beyond-the-asana.com

Anouk Aoun Wendel has experienced life in a variety of countries such as Nepal, India and Indonesia. The cultural-spiritual encounters with these places have added richness to her teachings. Anouk feels a world beyond our conceptions opens up through the echoes of these ancient practices and she wishes to convey such possibility to her students.

Daily Schedule

06:30 Bhakti
06:45 Meditation/Pranayama
08:15 Tea in silence
08:45 Asana
11:15 Brunch
15:30 Philosophy/Mantra/Mudra
18:30 Dinner
19:30 Evening program

Start Wednesday, 09:00
End Sunday, 13:00