

SCHLOSS ELMAU

31 MAI – 4 JUNI 2026

10TH ANNUAL YOGA SUMMIT

mit *with* Patricia Thielemann, Dr. Patrick Broome, Helga Baumgartner, Karl Straub, Pradeep Teotia und Johannes Mikenda

Special Guests

SOUKYA – the leading Ayurveda Treatment Centre in Whitefield Bangalore will send its leading experts.

Dr. Issac Mathai (SOUKYA founder) will give a lecture on Holistic Healing.

Dr. Narayanan Namboodiri (senior ayurvedic Doctor) will talk on Ayurveda and its philosophy and be available for individual assessments.

Dr. Raghuveer A. R. (Senior Naturopathic Doctor) will lead daily Workshops on meditation, pranayama and therapeutic yoga.

Flowrijane – Sound Artists. Flowrijane & Friends will play during classes, Sauna Cermonies and in the soundbath Concert.

Sonntag, 31 Mai *Sunday, 31 May*

17:00 | Pavillon Retreat

Opening Class

Johannes Mikenda & Flowrijane

20:00 | Konzertsaal *Concert Hall*

Opening Ceremony, Introduction,

Meet the Teachers, Tune In

UHRZEIT TIME	RAUM ROOM	MONTAG MONDAY	DIENSTAG TUESDAY	MITTWOCH WEDNESDAY	DONNERSTAG THURSDAY
6:30	Im eigenen Zimmer <i>In your own room</i>	Tee-Zeremonie mit Morgentee <i>Tea Ceremony with Morning Tea</i>	Tee-Zeremonie mit Morgentee <i>Tea Ceremony with Morning Tea</i>	Tee-Zeremonie mit Morgentee <i>Tea Ceremony with Morning Tea</i>	Tee-Zeremonie mit Morgentee <i>Tea Ceremony with Morning Tea</i>
7:00 (50 min)	Konzertsaal <i>Concert Hall</i>	Johannes Mikenda & Flowrijane EN Affectionate Breathing Meditation	Johannes Mikenda & Flowrijane EN Loving-Kindness and Compassion Meditation	Johannes Mikenda & Flowrijane EN Giving and Receiving Compassion Meditation	Johannes Mikenda & Flowrijane EN Compassion for All Beings
7:00 (45 min)	Pavillon Retreat <i>Ohne Lehrer/ no teacher</i>	Stille Meditation Space & Time for your own silent meditation	Stille Meditation Space & Time for your own silent meditation	Stille Meditation Space & Time for your own silent meditation	Stille Meditation Space & Time for your own silent meditation
8:00 (1,5 h)	Pavillon Retreat	Patricia Thielemann Spirit Yoga pur zentrierend · stärkend · energetisierend Eine klare, kraftvolle Praxis, die ausrichtet und aktiviert. Präzise Ausrichtung und bewusste Atmung führen zu Fokus, Stabilität und frischer Energie.	Dr. Patrick Broome Hatha Yoga für Alle – Energetisieren. Wir starten den Tag mit sanften Body Mind Movements welche unsere Energie zurück in den natürlichen Fluss bringen. Mit sanften Rückbeugen laden wir schliesslich unsere pranischen Batterien auf und sorgen für Vitalität und Immunkraft.	Helga Baumgartner Yang to Yin Vom Aktiven zur Regeneration	
8:00 (1,5 h)	Konzertsaal <i>Concert Hall</i>	Dr. Patrick Broome Yoga für Alle Hatha Yoga für Alle – Ankommen. Eine Praxis zum Ankommen und Verwurzeln. Zum Einstieg mobilisieren wir die Gelenke und sorgen vor allem für eine freie, bewegliche Wirbelsäule. Stehende Haltungen und Vorwärtsbeu- gen stärken anschließend das Nervensystem und den Körper.	Patricia Thielemann Spirit Yoga – Atem Fokus belebend · schwungvoll · klärend Der Atem führt. Rhythmisch und dynamisch strukturiert er die Bewegung. Ein inspirierender Flow – belebend und befreiend.	Karl Straub EN The Art of Renewal – Restorative Yoga for Modern Life All levels, restorative postures. In a world of constant activity, the greatest luxury is simplicity, quiet and deep breaths. Through restorative postures and guided meditation, the body enters a state of deep release, reconnecting with the quiet rhythms of nature. You will emerge refreshed and recalibrated.	Closing Class – 1h EN Johannes will be joined by Helga Baumgartner, Dr. Patrick Broome, Karl Straub & Flowrijane for the last class.
8:10 (1,5 h)	Yogaraum <i>Yoga Room</i> Badehaus	Pradeep Teotia EN Welcome Home! Pradeep's very approachable manner lends to an ease in his teaching style, which draws many students from different disciplines. Mixed Levels, a mindfulness Bhakti flow class.	Pradeep Teotia EN Sukha! Cultivating an inner, sustainable sense of ease in both the body and mind. All levels of class.	Johannes Mikenda EN Jivamukti Yoga – Mindful Self Compassion Yoga Practice, extended Shavasana with Live-Musik	
10:00	Hideaway/ Retreat	Prasadam Frühstück <i>Breakfast</i>	Prasadam Frühstück <i>Breakfast</i>	Prasadam Frühstück <i>Breakfast</i>	9:10 Prasadam Frühstück <i>Breakfast</i>

■ Programm ohne Yoga Program without yoga

Änderungen vorbehalten *Subject to change*

UHRZEIT TIME	RAUM ROOM	MONTAG MONDAY	DIENSTAG TUESDAY	MITTWOCH WEDNESDAY	DONNERSTAG THURSDAY
13:00 (ca. 1,5 h)	Konzertsaal <i>Concert Hall</i>	Dr. Raghuv​eer A. R. EN Soulful Breath Alignment (Pranayama) A gentle and systematic pranayama practice that focuses on aligning the breath with mindful awareness. Participants are guided through breathing techniques that release tension, balance emotions, and create a deep sense of calm and inner clarity. This session also supports respiratory strength by improving lung capacity and airway cleansing, helping oxygen reach the cellular level more efficiently. The practice nurtures a steady, centred state of mind and prepares the body and mind for meditation and stillness.	Dr. Raghuv​eer A. R. EN Therapeutic Yogic Pose Sequences A gentle, clinically informed yoga session designed to support healing and restore balance through structured therapeutic asana sequences. Each flow begins with mindful warm ups, progresses into targeted postures, and ends with guided relaxation to calm the nervous system. These sequences can be adapted for specific health needs such as diabetes, hypertension, asthma, joint pain, neurological conditions, and general stress related imbalances. The emphasis is on slow transitions, breath body alignment, improved circulation, better mobility, and overall functional wellbeing, making this practice accessible, supportive, and deeply restorative.	Dr. Raghuv​eer A. R. EN Talk: Nature Cure – Introduction to Naturopathy An introduction to the principles of Naturopathy and the body's innate ability to heal itself. This session explains core therapies such as hydrotherapy, mud therapy, colon cleansing, fasting, dietary correction, massage and lifestyle modification. Participants gain a clear understanding of how natural therapies can restore balance, enhance vitality, and support long term wellbeing. Nasal Purification (Jala Neti Demonstration) A demonstration of Jala Neti, a classical yogic cleansing technique that purifies the nasal passages using warm saline water. This practice helps ease breathing, reduce congestion, support allergy relief, and improve sinus health. Clearing the nasal pathways also prepares the body for deeper pranayama and meditation by balancing the Ida and Pingala nadis for mental clarity.	Departure
15:00 (40 min) Hot & Cold	Ferchenbach- sauna	Johannes Mikenda EN Sacred Sounds, Gongs, Singing Bowls with Heart opening Aroma Oils – Sauna Ritual	Johannes Mikenda EN Sauna Ritual „Vaishnava Temple Mood“ with Indian Scents, Sounds and Offerings & Cold Bath Gangha inspired Ritual	Johannes Mikenda EN Cold Bath & Sauna Intro into Cold Bath, Breathwork & Warm Up followed by Sauna Ritual – Short but hot	
16:00 (1,5 h)	Pavillon Retreat	Helga Baumgartner & Flowrijane Yin Yoga mit Live-Musik	Helga Baumgartner & Flowrijane Yin Yoga mit Live-Musik	Helga Baumgartner & Flowrijane Yin Yoga mit Live-Musik	
16:00 (1,5 h)	Konzertsaal <i>Concert Hall</i>	Patricia Thielemann Yoga & Stille regenerativ · vertiefend · sammelnd Reduktion als Qualität. Eine ruhige Praxis mit geführter Meditation, die das Nervensystem reguliert und nach innen führt. Stille wird erfahrbar – als Quelle von Regeneration, Klarheit und innerer Verbundenheit.	Patricia Thielemann Somatic meets Restorative plus Yoga Nidra weich · lösend · integrierend Feine Bewegungen und regenerative Haltungen lösen Spannungen und regulieren das Nervensystem. Die Praxis mündet in eine ausgedehnte Yoga Nidra – für tiefe Erholung und nachhaltige Integration.	Dr. Patrick Broome Hatha Yoga für Alle – Loslassen Eine ruhige Nachmittagsklasse mit vielen Drehungen um Körper und Geist in die natürliche Balance zurück zu führen. Um überschüssige Verspannungen abzubauen wird der Körper davor erstmal ausgiebig ausgeschüttelt.	

■ Programm ohne Yoga *Program without yoga*

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UHRZEIT TIME	RAUM ROOM	MONTAG MONDAY	DIENSTAG TUESDAY	MITTWOCH WEDNESDAY	DONNERSTAG THURSDAY
16:00 (1,5 h)	Yogaraum <i>Yoga Room</i> Badehaus	Pradeep Teotia EN Flow with Grace! Yoga has the power to open us to the love and beauty life has to offer. In this practice, join Pradeep for a beautiful and heartfelt practice in which you open your heart and leave feeling lighter and calmer. all levels of class.	Karl Straub EN Alpine Lineage – From the Himalayas to the Bavarian Alps All levels, asana plus some stories and philosophy. A current of yoga wisdom connects the Himalayas with the Bavarian Alps. Across continents and centuries we can trace the lineage of ancient practice: ethical living, movement (asana), pranayama and meditation, we discover how the same foundational principles that guided mountain ascetics many generations ago can be distilled into practical tools for modern life.	Karl Straub EN Sacred Center: Building Your Inner Sanctuary All levels, gentle asana and meditation. Explore conscious movement (asana) and breath mastery (pranayama) as an architecture of awareness in which your own natural radiant stillness shines. Empower yourself to create this Sacred Center. Karl will also give a demonstration of overtone chant.	
18:00	Hideaway/ Retreat	Dinner Individuell buchbar <i>Individually bookable</i>	Dinner Individuell buchbar <i>Individually bookable</i>	Dinner Individuell buchbar <i>Individually bookable</i>	
20:30		Dr. Narayanan Namboodiri EN “Understanding Ayurveda: Philosophy, Practice & Personal Health” An accessible introduction to the foundations of Ayurveda, exploring its core philosophy, and how they translate into everyday health and disease management. Guests will also gain insight into Prakriti (constitutional) assessment, lifestyle recommendations, and how Ayurveda can be integrated with other medical systems for optimal results. <i>Konzertsaal Concert Hall</i>	Dr. Issac Mathai EN Holistic Healing This session explores the mind, body & spirit connection and how emotional experiences and deep-rooted traumas often manifest as chronic diseases. Dr. Mathai shares SOUKYA's integrative medical approach combining Yoga, Ayurveda, Homeopathy and Naturopathy to address illness at its physical, emotional and energetic roots. Participants will gain insight into how holistic treatments, lifestyle correction and meditative practices can support long term healing, resilience and inner balance. <i>Konzertsaal Concert Hall</i>	Flowrijane Concert Pavillon Retreat	
21:30	Im eigenen Zimmer <i>In your own room</i>	Tee-Zeremonie Evening Tea Ceremony Reflection of the day, Journaling in your room	Tee-Zeremonie Evening Tea Ceremony Reflection of the day, Journaling in your room	Tee-Zeremonie Evening Tea Ceremony Reflection of the day, Journaling in your room	
22:00		Empfohlene Schlafenszeit <i>Suggested Bedtime</i>	Empfohlene Schlafenszeit <i>Suggested Bedtime</i>	Empfohlene Schlafenszeit <i>Suggested Bedtime</i>	