

**PROGRAMM | PROGRAM "PURE INSPIRATION"**  
 YOGA SUMMIT 24 – 29 MAI 2020 | 24 – 29 MAY 2020

UHRZEIT TIME	MONTAG MONDAY	DIENSTAG TUESDAY	MITTWOCH WEDNESDAY	DONNERSTAG THURSDAY	FREITAG FRIDAY
7.00 7:00 am	<b>Karl Straub</b> Meditation	<b>Karl Straub</b> Meditation	<b>Karl Straub</b> Meditation	<b>Karl Straub</b> Meditation	<b>Karl Straub</b> Meditation
8.00 8:00 am	<b>Patricia Thielemann</b> Spirit Yoga Flow	<b>Patricia Thielemann</b> Spirit Yoga Flow	<b>Timo Wahl</b> Vinyasa Yoga	<b>Pradeep Teotia</b> Empower Deto Flow	
	<b>Pradeep Teotia</b> Welcome Home	<b>Anna Trökes</b> Yoga der Energie Energy yoga	<b>Pradeep Teotia</b> Awakening, Strengthening & Letting Go	<b>Nicole Bongartz</b> Vinyasa yoga	
	<b>Timo Wahl</b> Vinyasa yoga	<b>Pradeep Teotia</b> The Art of Backbending	<b>Patricia Thielemann</b> Spirit Yoga Flow	<b>Gabriela Bozic</b> Jivamukti Yoga	<b>Nicole Bongartz</b> Abschlussklasse Final Class
10.00 10:00 am	Prasadam   Frühstück Breakfast	Prasadam   Frühstück Breakfast	Prasadam   Frühstück Breakfast	Prasadam   Frühstück Breakfast	Prasadam   Frühstück Breakfast
13.00 1:00 pm	<b>Johannes Mikenda</b> Waldatmen, die Reise beginnt Forest Bathing	<b>Johannes Mikenda</b> Mit allen Sinnen die Natur erkunden Discover the nature with all senses	<b>Karl Straub</b>	<b>Johannes Mikenda</b> Schweige-Geh- Meditation Silence walking meditation	
	<b>Anna Trökes</b> Yoga der Energie Energy yoga	<b>Karl Straub</b>	<b>Anna Trökes</b> Einführung Pranayama Introduction Pranayama	<b>Karl Straub</b>	
	<b>Karl Straub</b>	<b>Timo Wahl</b> Alignment	<b>Nicole Bongartz</b>		
16.00 4:00 pm	<b>Patricia Thielemann</b> Spirit Yoga Flow	<b>Patricia Thielemann</b> Spirit Yoga Flow	<b>Anna Trökes</b> Yoga Nidra	<b>Anna Trökes</b> Faszienyoga für Rücken & Schultern Yoga for back & shoulders	
	<b>Pradeep Teotia</b> Divine Play (Rasa Lila)	<b>Pradeep Teotia</b> Prana Shakti	<b>Nicole Bongartz</b> Yin Yoga	<b>Gabriela Bozic</b> Restorative Yoga	
	<b>Timo Wahl</b> Vinyasa Yoga	<b>Timo Wahl</b> Vinyasa Yoga	<b>Pradeep Teotia</b> Mindfulness on & off the Mat	<b>Nicole Bongartz</b> Vinyasa Yoga	
20.30 8:30 pm	<b>Anna Trökes</b> Vortrag: Patanjalis Yoga Sutra Lecture: Patanjalis Yoga Sutra	<b>Anna Trökes</b> Vortrag: Yoga und das vegetative Nervensystem Lecture: Yoga and the vegetative nervous system	<b>Soumik Datta &amp; Friends</b> Indische Musik im Konzertsaal Indian music in the Concert Hall	<b>Pradeep Teotia</b> Bhakti, Bhav, Nada	