

Asanas and Beyond

with Emil & Anouk Aoun Wendel

THE MILL
29.AUG-2. SEPT 2018
YOGA RETREAT



MONDSEE/AUSTRIA



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 South America, Nepal, India and Indonesia. The cultural and spiritual encounters with these places have added richness to her teachings. Part of Anouk's practice is a constant inquiry into the human condition, a gentle, daily self-observation, which orients her in her interaction with the world around her.

In this retreat Anouk teaches the physical aspect of Yoga.

As in previous years, this workshop is enriched by music. In particular, there is the beautiful presence of **Mino Vergnaghi**, who will open the early morning meditations and lead a sound therapy afternoon!

Daily Schedule

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

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

OED MÜHLE

Kasten 31, A-4893 Zell am Moos

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“The Mill” is a wonderful building set in meadows near a creek, within walking distance of Lake Irrsee.

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) and Munich (210 km).

ACCOMMODATION

At the mill and close by are guesthouses with tidy, simple rooms for approx. EUR 25 per night (shared). Details will be sent on request or we assist you with finding a place to stay. **Vegetarian food** will be provided at the retreat place by Daniela Wolff (www.danielawolff.com).

RETREAT COSTS

Workshop: EUR 525

Food: Vegetarian full board: EUR 190

A prepayment of EUR 190 ensures your booking. The balance is to be paid at the retreat.

BOOKING - INFO

www.millretreats.at

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