



Yoga & Meditation Retreat with Daniel Strausser 23 – 29th of May 2018 at the Energy Farm in Estonia

During this retreat Daniel will guide you into a deep state of meditation using the techniques of Hatha Yoga (asana, vinyasa, pranayama, mudra and bandha) in a systematic and scientific way that will allow you to reconnect with your innermost core; where the peace, love and beauty of your divine soul dwell.

This is the way of traditional yoga as he learned from his master in the Himalayas; to shift your consciousness from gross to subtle, from confusion to clarity; from matter to spirit.

In the beginning of the retreat we will focus more on bodywork and verbal instructions. But as the program evolve and your consciousness expands there will be less verbal instructions and less body work preformed.

Towards the end we will simply meditate in silence, peace and stillness. Bodywork like asana will be included to keep the body comfortable, but it will be gentle and comforting – not like a sweaty yoga class. Also pranayama will be practiced throughout the retreat to energice and channel your energy for deep meditation and mental rejuvenation.

The aim of the program is to experience the deeper aspects of yoga and to learn the methodology of traditional yoga and meditation as it has been taught for centuries before Yoga came to the west.

After this week, surely you will return home filled with inspiration, clarity and a new set of tools that will be invaluable on your journey towards living a more conscious, fulfilling and spiritually illuminated life.

Student – Previous experience of yoga is necessary to join this program but you need not be a master. As long as you can follow a normal yoga class where sun salutations and basic asanas are practiced and you are able to sit still for 20 minutes there will be no problem.

The program is open to yogis of all traditions who wish to deepen their practice and understanding of yoga, meditation and themselves. Please understand that during the retreat no other practices except the ones taught by Daniel are accepted. If you have not practiced with Daniel before we kindly ask you to contact him before you apply on info@yogadaniel.com

Teacher – Daniel shows the deeper dimensions of yoga and meditation to yoga-teachers and dedicated students globally. He has lived for several years in the Indian Himalayas where his 84-year old Guru initiated him into an ancient brotherhood of yogis in 2001. He has also studied yoga at Bernaras Hindu University in Varanasi and lived for a couple of years as a Brahmachari (monk.) He has spent more than

two years isolated in silent meditation and have practiced and taught all modern styles of yoga for more than fifteen years. For about Daniel have a look at www.yogadaniel.com

Schedule - Arrival is expected at 14:00 on the 23/5 and we will follow the schedule until 11:00 on departure day 29/5. Please note that the schedule might be adapted to fit the needs and abilities of the group.

Meditation	07:00
Tea/Fruit/Break	08:00
Yoga	08:30
Lunch (Main Meal)	11:00
Tea or Walking Meditation	12:30
Fruit	14:00
Yoga	16:00
Dinner	18:00
Meditation	20:30
Good Night	22:00

Silence – During the retreat there will be periods of silence. During silence Daniel will continue to guide the sessions so you will not be left alone. The silence is not difficult or painful; it will effortlessly manifest as a result of the practice.

Tea Ceremony - During the retreat Daniel will also conduct tea ceremonies with rare and exclusive chinese tea. The tea is supportive of health and has been used as an aid to meditation for thousands of years in Asia. Tea and tea related items are available for sale AFTER lunch on departure day only.

Food – Simple vegetarian food will be served two times a day. Apart from this there will be fruits and tea available. When you meditate deeply your pulse, breathing and digestion will slow down and you cannot digest the amount of food you normally eat. The food served will be more than enough and conducive to the practice. If you have any allergies or food concerns kindly let us know when you sign up.

Food and drinks are not to be brought to the retreat. Coffee, alcohol and ciggarets are not allowed and if you are addicted to coffee we suggest you quit a week before the program, or you will sit with intense headaches during the meditations.

Location - The whole program will be held here <http://www.energiatalu.ee/EN/>

Application - Please send an email to Anna-Maria to apply for the program. She will confirm your application and help you with further information regarding transportation etc. After Anna-Maria has confirmed your space you have to pay her the reservation fee of 410€ to confirm your seat. You can contact her on annamaria.annus@gmail.com

Cost - If you send us the reservation fee (410€) before the 23rd of february the total price (including food, accomodation, and all sessions with Daniel) is 910€. If you sign up later the price is 990€. The rest of the fee is to be brought in cash to the retreat in an envelope with your name on. You hand it over to Daniel during the first class on the 23rd of may at 16:00.