



### 3rd International Yoga Day meets music at beach mitte

10:30-10:45 - Begrüßung und Programmvorstellung

10:45-11:30 - Yoga und Messungen am Herzen - Prof. Schröder

11:30-11:45 - Pause

11:45-12:50 - Warming Up & Asanas

12:50-13:15 - HAM-SA breathing & Relaxation

13:15-13:30 - Pause

13:30-14:30 - Yoga Nidra, Bihar School of Yoga

14:30-15:15 - Geh-Meditation im Sand, Alex Stiftung-Lebenskultur.de

15:15-16:00 - Pause

16:00-16:30 - Acoustic Session with Hang-Drum, Percussion & Guitar

16:30-16:45 - Pause

16:45-17:45 - Ecstatic Chanting to the Heart-Core, Mantra Tribe

17:50-18:55 - Warming up & Asanas

18:55-19:20 - HAM-SA breathing & Relaxation

19:20-19:30 - Pause

19:30-20:15 - Building of Spiral and explanations

20:15-20:22 - Consecration & Meditation: Smile to your heart

20:22-20:30 - Heart of the world - Meditation

20:30-21:00 - Yang Spiral Meditation: The Exuberant Joy of Yoga

21:00-21:05 - Dankbarkeits-Meditation: Smile to the world

21:05-21:15 - Pause

21:15-22:00 - Yatao (Hang Konzert)





## LANGE NACHT DES YOGA

Samstag, 24.6.2017, 17.00 - 00.00 Uhr Maha Yoga Zentrum

17:00-17:45 - Traditionelles Hatha Yoga

17:00-17:45 - Spirituelle Musik

17:45-18:15 - Pause

18:15-19:00 - Traditionelles Hatha Yoga inkl. Couple Asanas

18:15-19:00 - Meditation und Entspannung

19:00-19:30 - Pause

19:30-20:15 - Tantra Yoga

19:30-20:15 - Yoga und Musik: Klangschaalen und Stimmgabeln

20:15-20:45 - Pause

20:45-21:30 - Tantra für Frauen & Tantra für Männer

20:45-21:30 - Yoga und die Heilkraft der Natur

21:30-22:00 - Pause

22:00-22:45 - Tantra Yoga - Soul Connections

22:00-22:45 - Traditionelles Hatha Yoga

22:45-open end - Tibetan Circle, Musik, Lagerfeuer, Tanz

