



ASHTANGA.YOGA. INSPIRATION.

ॐ INHALE . EXHALE . HAPPINESS ॐ



Yoga Retreat
Andalusien
22th – 29th JULY 2018

ANDREA PANZER AUTH. LEVEL II WITH
GOVINDA SCHLEGEL LIVE MUSIC

WWW.ASHTANGA-MM.DE

ASHTANGA YOGA RETREAT

DYNAMIC YOGA IN THE TRADITION OF SRI T. KRISHNAMACHARYA

ALL LEVELS WELCOME!

LIFT YOUR PRACTICE TO A DEEPER LEVEL OR START NOW!



ॐ DIVE INTO THE OCEAN OF ASHTANGA YOGA! ॐ

Start your day with a beautiful yoga-flow and discover the new dimension of Ashtanga Vinyasa Yoga as a **SOFT DYNAMIC FLOW!** Experience special yoga-holidays in the "Centro Santillan" with Andrea & Govinda. It is a beautiful spot to renew your energy and be connected with all elements of the nature!

Expect a heartopening time-out for you: An inspiring and powerful Yogapractice and meditations, delicious vegetarian cuisine, chill with new friends at a pool, relax at the nearby beaches or come with us for sightseeing in Malaga or for an afternoon sailing-cruise.

ॐ START YOUR DAY WITH A WONDERFUL YOGAFLOW ॐ

LIFT YOUR PRACTICE TO A DEEPER LEVEL! - OR START NOW!

Welcome the new day with Meditation and Yoga, with brightness, a light and strong bodyfeeling and clear **INTUITION.**

Deepen your Ashtanga Yoga Practice with the inspiring impulses from the "Vinyasa Krama Yoga", the root of Ashtanga Yoga, and through helpful techniques of BKS Iyengar Yoga, also through clear understanding of **BREATH & BANDHA.**

ASHTANGA PRACTICE WITH EASE & JOY!

In the morning Mysore-Class-Sessions you will fly with Govinda and his spherical sound carpet through your Ashtanga Yoga practice. Govinda is playing "LIVE" the magical sounds of classical indian music, which supports your focus, your breathing and your inner view. Andrea's guidance is unique in her empathic way and will bring your practice on a higher level.

"When breath feeds action, and action feeds posture, each movement becomes gentle, precise, and perfectly steady." (Pattabhi Jois)



**THIS RETREAT IS SUITABLE FOR ALL LEVELS OF YOGA.
YOU MAY BE BEGINNER OR ADVANCED – WE WILL PICK YOU UP!**
THE MAIN WORKSHOP-LANGUAGE WILL BE GERMAN – AND ENGLISH
DEPENDING ON PARTICIPANTS.

ACCOMMODATION IN THE CENTRO SANTILLAN:

During the retreat, you will be accommodated in Centro Santillan, Malaga. Centro Santillan is an authentic Andalusian farmhouse with gardens overlooking the sea. You can immerse yourself in the silence of nature in its lovely gardens and the surrounding hills, a perfect setting for your yoga and meditation retreat. It was mentioned in The Times as one of Europe's best yoga and wellness centers. Centro Santillan is a newly built, beautiful state of the art retreat center. It has a fully equipped yoga studio, complete with yoga wall, and is designed with guidance from a leading yoga teacher, Simon Low. You can relax in the extensive gardens or around the salt-water pool, and you can also enjoy stargazing under the dark night sky. They can also provide a bonfire outside for cold nights. Set in a secluded location, Santillan is an Andalusian paradise. It is located in the countryside, surrounded by the silence of the mountain and with wonderful sea views. Situated in Rincon de la Victoria, 20 kilometers from the center of the capital of the Costa del Sol, it is nestled on a Malaga hill overlooking the Mediterranean Sea.

WWW.CENTROSANTILLAN.COM

OUR SCHEDULE

- * 6 pm: Welcome circle and dinner @ Sunday - July 22, 2018
- * 8 – 10.45 am: We will have a daily morning Yoga- Session, starting with meditation and pranayama.
The first 4 classes are guided and slow Ashtanga Vinyasa Classes. The following sessions are Mysore Style Classes with Andreas individual help and Govinda playing meditative indian classical music
- * 5 pm: In the 3 afternoon sessions there is space for talks on Yoga-Philosophy, deepening yoga techniques, questions and answer & pranayama and meditation sessions.
- * Thursday - July 26 after brunch: Sightseeing trip to the beautiful Malaga optional sailing trip and in the evening Kirtan Singing Circle with Govinda at 8.30 pm
- * Friday evening 9 pm: Classical Indian Music Concert with Govinda
- * 12 pm: @ Sunday - July 29: Good bye circle after brunch and departure



COSTS

352 EUR (as deposit for the registration)

PRICE FOR ACCOMMODATION AND VEGETARIAN FOOD

The Centro Santillan is an Andalusian paradise. It is located in the countryside, surrounded by the silence of the mountain and with a wonderful sea view. There are spacious Twin-Rooms and Double-Rooms with seaview or view in the tropical gardens, all with attached bathroom, terrace or balcony.

Twin- or Double-Room per person / per night, inclusive all meals: 108 EUR

Single Room supplement: 35 EUR per night

Grand Suite supplement: 80 EUR per night

IN THE PRICE INCLUDED

7 x Morning Yoga Classes / 3 x Late Afternoon Yoga Class & Talk (Pranayama / Meditation / Philosophy), Classical Indian music concert / Evening Kirtan Sing Circle

NOT INCLUDED

Airfare / Airport transfers / Alcoholic drinks / Excursions / Massage / Optional activities

FLIGHTS

Please book your flight to Malaga by yourself.

You will find a quick and helpful overview @ [googleflights](#) or [skyscanner](#).

Your flight confirmation will be part of the registration for the seminar.

TRANSFER FROM & TO MALAGA AIRPORT

We help to arrange a taxi transfer for an additional cost of about 50 EUR each way from Malaga. And we suggest a group-transfer from Malaga to Santillan at the arrival day to share costs.

PAYMENT

Please transfer your payment to the following bankaccount and your participation is fixed:

ANDREA PANZER

BANK: GENOBANK UNTERALLGÄU

IBAN: DE75 7316 0000 0205 7248 13 BIC: GENODEF1MIR

WITH THE USAGE FOR „ASHTANGA YOGA RETREAT 2018“

MORE INFORMATION

Please find detailed information in german & english on the registration form on our website <https://www.ashtanga-mm.de/yoga-retreats/>

ANDREA PANZER , ASHTANGA VINYASA YOGA



My approach to Ashtanga Yoga is based on 20 years of experience of a joyful healthy daily morning ritual of the Ashtanga-Series (Primary, Intermediate and beginning of the 3. Series) and deepened by studies as a long-term student of Sri Sriharyam, the youngest son of Sri T. Krishnamacharya, as well as studies in Vinyasa Krama in a Teacher Training with Srivatsa Ramaswami. Through these teachings and my personal experiences, I am

looping back to the origins of Ashtanga which is in the Vinyasa Krama of Sri T. Krishnamacharya and that practice is gentle, deep and powerful at the same time.

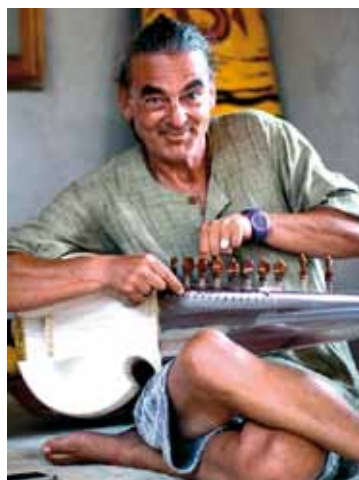
You can practice “full power ashtanga” in our Mysore Classes and through these new inputs you will enjoy to practice with more ease - for more strength, stamina and relaxation.

At the same time for the beginners, we focus on Ashtanga Vinyasa Yoga as a beautiful, healthy & gentle sequence, and caring for special needs. I am so much enjoying the freshness of body and mind after the Ashtanga Flow and would like to invite you to find your individual morning ritual which gives you focus, strength and subtleness for the day!

ANDREA HAS BEEN “AUTHORIZED LEVEL II” FROM SHARATH JOIS / MYSORE

www.ashtanga-mm.de

GOVINDA SCHLEGEL, MUSIC AND ORGANISATION



Govinda is a passionate musician working in the field of Indian Classical Music as a concert-artist, teacher, composer. He plays the Indian string instruments, like Sitar, Sarod and others, too. Govinda studied the Indian Music under the guidance of the legendary Maestro Ali Akbar Khan.

Govinda is practicing Ashtanga Yoga and created together with Andrea, the Yoga-Music-Project “ASHTANGA MEETS RAGA”.

www.govinda-schlegel.com

**WELCOME TO
ASHTANGA. YOGA. INSPIRATION.**

REGISTRATION-FORM

ASHTANGA. YOGA. INSPIRATION.

ASHTANGA-YOGA-RETREAT

22. Juli – 29. Juli 2018

Name:	Date of birth:
Adress/Country:	
Yoga Experience:	
<input type="radio"/> Payment done (Date):	
<input type="radio"/> Arrival Flight Number (Date/Time) 	
<input type="radio"/> I like to stay in: TWIN-ZMMER <input type="radio"/> shared with other Yogi (Name): 	
<input type="radio"/> SINGLE ROOM <input type="radio"/> GRAND-SUITE	
Cancellation policy: In the most unlikely case of non-attainment of a number of participants of 15 persons, Ashtanga Yoga Inspiration has the right to cancel the Retreat.	
Exclusion of liability: This event concerns the implementation of Yoga Lessons. The responsibility for arrival and departure takes care by the participants. The Reservation of the accommodation in the Centro Santillan will be taken by YogaIn. All participants travelling on their own risk.	

Your mobil:	home-phone:
E-Mail:	Facebook:
Place / Date / Signature:	

ADDRESSES

YOGAIN - YOGASTUDIO ANDREA PANZER

PHONE: 0049 (0)8331 499077

www.ashtanga-mm.de

www.govinda-schlegel.com

CENTRO SANTILLAN

Ctra. Macharaviaya, Km 3

29730 Vélez-Málaga, Málaga

PHONE: (+34) 952 40 09 49

GPS: Longitude: -4.230852 Latitude: 36.741773

www.centrosantillan.com