

YOGA RETREAT

AcroYoga and Thai massage
with Sophia, Winni and Zoltan

8. - 13. April 2011

Höllbachhof, Southern Germany



THE PROGRAM

Join us at the magic Höllbachhof (www.hoellbachhof.net) for six days of thai massage, acroyoga, kirtan, community building and more... Using these healing arts we will create a world of positivity that we can cultivate in our lives and spread to those around us! We will begin our day with meditation and vinyasa flow yoga. In the mornings there will be a 3- hour thaimassage session followed by an long lunch break where there is time to explore the beautiful nature reserve where the retreat center is situated. In the afternoons there will be a 3 hour acroyoga session, and the evenings are free for kirtan, satsang and practice time.

ORGANIZING TEAM:

Sophia Gros and Winfried Ruhs are both passionate yogis and bodyworkers. As teachers they are able to transmit their joy and knowledge to students in a deep yet playful way. Both Sophia and Winni teach Yoga (Vinyasa Flow, Hatha and AcroYoga) and Thai Massage in their hometown Munich, Germany and internationally. Sophia is also a certified AcroYoga teacher.

Zoltan Gyorgyovics is a very experienced Thai Massage Teacher who lives in Budapest, Hungary and teaches internationally. For Zoltan, thaimassage is a spiritual practice and his warmth, vibrance and wealth of knowledge enable him to transmit this ancient form of healing in an easily accessible way.



PRICES:

Including accommodation in shared rooms and 3 delicious organic vegetarian meals a day

Early Bird (until March 1 st , 2011)	500.-€
Normal Price	550.-€

REGISTRATION:

Mobile: +49 (0) 179 4325545 (Winni)
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For more information about this and other events, please visit us at www.flying-yogis.com