

Yin Yang Yoga –
Movement, relaxation, finding balance

Sunday, 20 September –
Wednesday, 23 September



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Wendy Wagner

Wendy originally comes from the Blue Ridge Mountains in North Carolina, USA. She has been practicing yoga since 1999. In 2006 this passion took her to India, where she completed her first yoga teacher training. Since then she has been teaching and has undertaken numerous further trainings over the years; for example, she has been internationally certified with E-RYT 500 and CYT by Yoga Alliance. Her background includes Vinyasa Yoga, Therapeutic & Restorative Yoga, and Iyengar Yoga. Yoga classes with Wendy are characterized by an open, warm and relaxed atmosphere.

The retreats are held in both English and German, depending on the needs of the group.

Balance in Opposition

If we find and cultivate balance on the yoga mat, it helps us to achieve balance in life. How can we be strong, stable and powerful, and at the same time remain relaxed, effortless and carefree inside? In this workshop we allow ourselves – with an open heart, without expectations and without prejudice – to dive into the world of yoga with yoga postures (asanas) and breathing exercises (pranayama).

The morning Yang yoga session aims to help you focus and leave with energy for the day ahead. We begin with a short meditation and conscious breathing. This is followed by body exercises (asanas) that invite you to open the body and move in a flowing way, all linked with the breath and combined with powerful poses. The session rounds off with a final relaxation (Savasana).

The evening Yin Yoga & Restorative Yoga session aims to center, ground and relax.

In Yin Yoga you experience the beneficial effects of long, sustained stretches. It is a quiet, meditative style of yoga in which poses are held for a longer time, lying down or seated. We enjoy the unique and peaceful atmosphere of the Meditation House. Yin and Restorative Yoga reduce stress and strengthen the immune system.

This workshop is suitable for all levels. The exercises are individually adapted to each level, and prior experience is not required.

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SCHEDULE

SUNDAY

- 4:00 – 5:30 pm **1. Yoga-Session**
Introduction, Yin Yoga and settling in, final relaxation
Meeting point: bar (walk to the Meditation House)
- 6:30 pm Dinner together with Wendy Wagner

MONDAY

- 08:00 – 09:30 am **2. Yoga-Session**
Yang Yoga with Vinyasa elements, final relaxation
Meeting point: Meditation House
- 4:00 – 5:30 pm **3. Yoga-Session**
Yin Yoga & Restorative Yoga, final relaxation
Meeting point: Meditation House
- 6:30 pm Individual dinner

TUESDAY

- 08:00 – 09:30 am **4. Yoga-Session**
Yang Yoga with Vinyasa elements, final relaxation
Meeting point: Meditation House
- 4:00 – 5:30 pm **5. Yoga-Session**
Restorative Yoga, final relaxation
Meeting point: Meditation House
- 6:30 pm Individual dinner

WEDNESDAY

- 08:00 – 09:30 am **6. Yoga-Session**
Yang Yoga, final relaxation
Meeting point: Meditation House
- Till 11:00 am Room check-out and individual departure

Between the yoga sessions there is time to enjoy Das Kranzbach: our cuisine at breakfast, lunch and dinner, the bathhouse with saunas, steam baths and lounging areas, wellness treatments and cosmetics, walks out into nature, and more.

Reservation and more information at **+49 (0)8823 - 92 8000**
info@daskranzbach.de or **www.daskranzbach.de**