



INTERNATIONAL

YOGA

CONGRESS

12.-14.11.2010



ENGLISH
VERSION



Under the auspices of Sudhir Vyas,
Indian Ambassador, Berlin

- TriYoga® • Yoga Nidra™ • Yoga Therapy • Dream Yoga • Vedic Yoga
- ChiYoga Flow • Anti Aging • Tantra • Hormone Yoga • Prana Yoga
- Positive Psychology • Meditation Techniques

with • Kali Ray • Anna Trökes • Rita Keller • Narayani
• Swami Siddhananda • Sukadev • and many more

Yoga Vidya • Wällenweg 42
32805 Horn-Bad Meinberg • Germany

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Kali Ray, Anna Trökes, Amadio Bianchi, Narayani, Swami Suddhanda, Swami Yogaswarupananda, Swami Atma, Shanmug Eckhardt, Leela Mata, Rita Keller, Pandit Dr. Dinesh Chandra Sati, Sukadev Bretz ... and many other fascinating yoga masters and yoga greats, experience them up close and personal, let yourself be inspired...

TriYoga®, ChiYoga, Kashmir Yoga, Iyengar Yoga, Yoga by André van Lysebeth, Chakra Yoga, Hormone Yoga, Kundalini Yoga, Laughing Yoga, Yoga Nidra™, Yoga and Positive Psychology, Yoga Therapy – All this and much more is awaiting you at the International Yoga Vidya Congress.

Yoga is thousands of years old and yet a living system, which has continually adapted to the changing needs and conditions of mankind. This inner dynamism and creativity as well as the uniting international element of Yoga inspired us to make the Yoga Congress 2010 an "International Yoga Congress".

And international it is indeed: 50 speakers from 12 countries are presenting the diverse forms of Yoga. In an intensive weekend you will get insight into traditional and "modern" styles of Yoga. Simultaneously you can dive deep into the holistic integral and spiritual dimension of Yoga in all its wide scope. Yoga Therapy in its physical-oriented and psychological aspect will also be presented. The Yoga Congress is for beginners who want to explore, just as for experienced Yogis and Yoginis looking for new ideas and inspiration in their own practice and teaching.

Back up theory with extensive practice: Lectures, workshops, Yoga classes, meditations, Mantra chanting, relaxation, healthy and delicious vegetarian organic food, and an intense, energetic atmosphere.

NEW

Peace Oasis for your regeneration during the congress.

Yoga Therapist Forum for qualified yoga therapists or yoga therapists-in-training

Organizer: Der Berufsverband der Yoga Vidya Lehrer/innen e.V. is a yoga teacher trade organization with the goal of helping people to become healthy, develop their personality, come to self-knowledge and broaden their consciousness by practicing classical, authentic yoga.

Venue: The Yoga Vidya seminar house is a place of high spiritual power, nicely situated in the woods, in the idyllic "Teutoburger Wald", near Paderborn. Despite its quiet location, it can easily be reached: by car (national highway B239), by train (station Horn-Bad Meinberg) or by plane (airport Paderborn, then by train to Horn). Exact travel information will be sent together with the confirmation of registration.

Prices and registration: see pages 19/20.

Yoga Therapist Forum

For trained Yoga therapists

Friday, 12 November, 8.00–11.00

The Yoga Therapist Forum at the beginning of the Congress offers both professional and student Yoga therapists a basis for mutual exchange and coaching by trainers and experienced colleagues – A special opportunity to deepen your knowledge. Use this competent circle to clarify questions arising in day-to-day interactions with clients. Be inspired for your on-going therapeutic Yoga work.



8.00–8.20 a.m. Introduction: Mahashakti Engeln, Claudia and Ravi Persche

8.25–9.55 a.m. Exchange of experience case studies, suggestions, experiences with Yoga Therapy cures

10.00–11.00 a.m. Psychological Yoga Therapy class with Shivakami Bretz

Registration and information about the forum:
mahashakti@yoga-vidya.de

Lectures by international referents will be in English (with German translation). Most of the other programmes will be in German only. All English programmes are marked: ☺
The official language of the Congress is German.

Friday, 12 November 2010

From 9.00 **Arrival, entry in the enrollment list**

9.00–14.00 **Breakfast and lunch buffet**

12.30 **Welcoming** by Sukadev Bretz, Chairman of Yoga Vidya Professional Teachers' Association (BYV)

Greeting by Sudhir Vyas, Indian Ambassador and patron of the Congress; Wolfgang Diekmann, Director of Bad Meinberg Spa; Subodh Tiwari, Manager of Kaivalyadhama Yoga Therapy Institute, Lonavla, India

Welcoming ritual (Nepal Lodh)

13.30–14.15 **Lecture Indian tradition and the contemporary West. Why do so many women practice Yoga? Isn't Yoga a manly domain?** (Rita Keller)

14.30–15.50 **8 simultaneous workshops**

Psychotherapeutic elements in Yoga and Ayurveda (Shivakami Bretz)

☺ **Yoga and stress management** (Sat Bir Khalsa)

☉ **Yoga Nidra™** – A practice derived from the Tantras, defined as psychic and dynamic sleep. Induces relaxation at all levels in a scientific and systematic manner. (Dr. Nalini Sahay)

☉ **Vedic Horoscope and Karma** Jyotish, the vedic Astrology, is intended to help us to reach Samadhi as well as to avoid possible risks. Jyotish gives us hints on our future personal projects health, fortune, spirituality, etc. (Dr. Pandit Dinesh Chandra Sati)

Characteristics of Yoga in the tradition of André von Lysebeth. Why do you practice Yoga? What benefits do you derive? Come to know more about the life and work of André von Lysebeth. With practical exercises. (Patrik Noblet)

Chakra Therapy: Therapeutic work with chakras. Working with the chakras uncovers the connection between the psyche and somatic symptoms in a fascinating way. It brings to light, for example, the mental causes of chronic discomforts. Blockages can be cleared systematically, and improvement can be achieved surprisingly fast. (Mahashakti Engeln)

Kundalini Energy – A way to enlightenment and how to deal with Kundalini Energy (Daricha Zarembo)

☉ **Yoga Therapy for Treatment of Back Problems**
(Dr. Jyoti Prabhakar Oak)

16.15–17.00 **Lecture Ayurveda – Healthy living in harmony with Nature's elements.** An introduction into the ancient ayurvedic medical system with practical tips for a healthy and joyful life. (Lakshmana Wittig)

17.10–18.00 **Lecture Mythological Stories** – The Yoga scriptures are full of wonderful, amazing, entertaining and often humorous stories, that make high wisdom and ideals readily accessible and easy to remember. Let yourself be taken away into the world of fairy tales and storytelling. (Bharata Kaspar)

16.15–17.45 **Parallel Yoga classes on different special themes**

17.00–21.00 **Dinner** – vegetarian organic buffet

18.15 **Small Puja** (Hindu Ritual)

18.30–19.00 **Kathakali "Todayam"** Prayer dance with Maria Vani Devi Niggenkemper-Watanabe

19.00 **Om Namo Narayanaya** (Chanting for world peace)

- Information on Yoga teachers training
- Information on Advanced Yoga teachers' training
- Information on Ayurveda treatments

19.30 **Evening meditation, Mantra chanting, Arati (Light ceremony)** (Sukadev Bretz)

20.30–21.15 ☉ **Lecture TriYoga® Prasara** with demonstration (Kali Ray)

21.15–22.00 ☉ **Lecture Serve, love, give, meditate and realise** – Holistic personal development in Integral Yoga (Swami Atma-swaruparamananda)

Saturday, 13 November 2010

5.00 **Pranayama** – Breathing exercise for advanced students
Homa – Indian fire ritual (purifies the mind and atmosphere, and awakens the inner fire)

6.00 **5 parallel meditations**
Silent meditation
Meditation on developing special traits
Ujjayi meditation
Meditation on expanding consciousness
Mountain meditation (Suguna Langer)

6.30–7.30 **Mantra chanting, Lecture, Arati (Light ceremony)**
(Sukadev Bretz)

7.30–8.15 **Lecture In breathing lies the secret of life.** "I denote a life to be 'normal' which is 'manifest' and characterized by a physical-material expression (Prakrti) and a non-physical conscious expression (Purusa), through a power (Ahamkara) that gives the body life. Breathing is the manifestation of these subtle energies." (Amadio Bianchi)

8.15–9.00 ☉ **Lecture Yoga – the Means and the End** The word 'Yoga' in Sanskrit can mean a means as well as an end. The usage is open and inclusive, yet somebody can make it appear very exclusive. The scope of discussion shall be to see as to how Yoga, the word, can mean a relative practice as well as the Absolute, the Freedom, the Happiness, God, the Reality and is very much all inclusive. (Swami Suddhananda)

9.15–10.45 **Parallel Yoga classes on different special themes**



9.15–10.00 **2 simultaneous lectures**
Prana Yoga from Bhajan Noam Prana, which gives us our vitality, determines our level of physical health, our psychic balance and mental state. At a deeper level, it is about

using the breath to connect up with the inner center of our being. (Bhajan Noam)

☉ **The Basic Influence of the Nine Planets on Our Life and Health** The traditional knowledge of Vedic Jyotish on the influence of the 9 planets, 12 Rashis and 27 Nakshatras on our life. (Pandit Dr. Dinesh Chandra Sati)

10.00–11.00 **4 simultaneous lectures / workshops**

☉ **Meditations from the Tantras** Practices based on long forgotten techniques in Tantras, rediscovered by Swami Sanyananda Saraswati. Learning of the following meditations: Ajapa Japa, Antar Mouna and Chidakasha Dharana. Knowledge and benefits one can obtain by practising these techniques. (Dr. Nalini Sahay)

Spiritual Crises – a Map for Yogis und Yoga Teachers. What are spiritual crises? How do they manifest? How can they be understood? How to deal with them? What dangers and opportunities do they hold? (Angelika Doerne)

First experiences with our 2-week Yogatherapy-Intensive course for special diseases (Kalima Frank)

Psychological Yoga Therapy – Help towards self-help (Shivakami Bretz)



9.30–13.30 **Brunch** – vegetarian organic buffet

11.15–12.40 **2 parallel Yoga classes**

- 12.00
 - **Meditative walk** (Meeting point at the reception)
 - **How to open a Yoga Vidya Cooperation Center**
 - **Guided Tour through the Ayurveda Oasis**
 - **Information on Yoga Therapy** (Mahashakti Engeln)

13.15–14.00 **3 simultaneous lectures**

☉ **Yoga Therapy Research** Past, Present and Future (Sat Bir Khalsa)

☉ **Dream Yoga** Interpretation and Insight, from the Yoga and Vedanta perspectives. Learn how to decipher the messages hidden in your dreams, so that you can make wiser decisions in your life and relationships. (Leela Mata)

☉ **Vedic Yoga** – To strengthen your immune system and to improve your general constitution. Techniques to develop the inner intelligence of your body for various symptoms. Special exercises to strengthen the spine and to improve the function of the inner organs. (Jadranko Miklec)

14.15–15.40 **11 simultaneous workshops**

☉ **Meditation – talks on meditation with a practical session** What is Meditation and who is the Meditator? The session on meditation will be a further elaboration with practical insight into the Knowledge of Yoga while listening to and observing one's mind. (Swami Suddhananda)

☉ **Overcome Resistance to Change.** Why is it so difficult to get rid of unwanted habits, even when we have the best intentions? What obstacles are standing in the way of our desired changes? Techniques and approaches to achieve breakthroughs and lasting change. (Shanmug Westley Eckhardt)

Spiritual Self-Awareness for Inner Growth and Harmony Short and practical rituals for spiritual self-awareness can set us free, eliminate the feeling of hopelessness and help us practise the perception of Oneness. Please bring a large cloth/towel (100x20 cm) and a photo of yourself. (Nepal Lodh)

☉ **Yoga in the Kashmir Tradition** We work primarily with the energy body. Through listening without expectation, we allow the body-feeling to unfold. In this process we experience our Real Body as transparent and expanding through time and space. (Billy Doyle)

☉ **Integral Yoga Therapy: The 5 Sheaths and Cyclical Relaxation.** Yoga Therapy views man and woman holistically in terms of the five sheaths of existence, to cure a disease over the long term. Yoga Therapy, through its individual approach, offers an ideal solution for this. In a practice segment, Cyclical Relaxation will be demonstrated. (Acharya Harilalji)

ChiYogaFlow and the Yoga of the Bhagavad Gita How is Yoga explained in the Bhagavad Gita and its relation to my life. To what extent can this scripture be a guide in my life? The meaning of Karma Yoga and its relevance to "being in the flow" in practical exercise. (Nirmala Lucia Schmidt)

Anti Aging with Business Yoga. How do you stay fit and productive well into retirement age? According to aging research there are certain anti-aging factors that can be enhanced dramatically with Yoga. Learn special Business Yoga exercises that can be integrated effectively into your daily work and can be practised easily by anyone. (Dr. Pur-nima Elisabeth Kaiser)

Spiritual Crises - Spiritual development means that the personality becomes increasingly permeable to the Transcendent. In this workshop we will first experience in a playful way how a higher reality works through us. Then we will investigate what can hinder the union between "heaven" and "Earth", and how we can experience more connection and devotion. (Angelika Doerne)

Jyotish – Recognising the Opportunities of Life Jyotish is the best instrument to identify the unfolding and course of a human life, down into its details. You learn the reason why Jyotish functions. You learn how Jyotish supports you to act carefully, foresightfully and responsibly, whether it be in personal, familiar or business contexts. (Bernd Rößler)

☉ **Shavasana, Pranayama and Tratak** (Subodh Tiwari)

Yogaethics – Yoga program for Fitness Centers. A fusion of Integral Yoga by Swami Sivananda and dynamic elements of Vinyasa Flow and Power Yoga, specially adapted to the needs of fitness-oriented participants. (Sahar Berressem and Gudakesha Dr. Kurt Becker)

14.15–17.15 ☉ **Workshop TriYoga® with Kaliji** Asana, Pranayama, Mudra, Meditation, Jnana, Chant Club® (Kali Ray)

16.00–17.30 **Parallel Yoga classes on different special themes**

16.00–16.45 **2 simultaneous lectures**

☉ **Karma Yoga and Modern Life** 'There are no menial jobs, only menial attitudes' (William Bennett) One has to work to live. It's an essential aspect of Yoga. We tend to think that work cannot be integrated with or even have anything to do with Yoga. Karma Yoga is not merely work. It means to perform work to the best of our ability and with awareness, without being overly attached to the outcome. Work is an end in itself. (Mohit)

☉ **The Empirical Aspect of Yoga** – the Eightfold Yoga Path of Patanjali will be discussed showing how each level can be experienced. (Dr. Jyoti Prabhakar Oak)

16.55–17.40 ☉ **Lecture Yoga in Schools and for Students** – a Collective Approach (Subodh Tiwari)

17.00–21.00 **Dinner** - vegetarian organic buffet

17.45–19.05 **2 parallel Yoga classes**

18.15 **Small Puja** (Hindu Ritual)

18.30 **Om Namo Narayanaya** (Chanting for world peace)

- 19.00
- **Information on the professional association of Yoga Vidya Teachers e.V (BYV)**
 - **Information on Yoga Therapy training**
 - **Information on Ayurveda training**

19.30–22.15 **Evening program:**

19.30–20.00 **Asana Dance** with Indrayani and Lars Kellermann

20.00–20.40 ☉ **Satsang – Japa Meditation** with Swami Yogaswarupananda, Mantra chanting, Short talk, Arati (Sukadev Bretz)

20.45–21.30 ☉ **Lecture The Meaning of Yoga in Everyday Life** (Swami Yogaswarupananda)

21.30–22.10 ☉ **Lecture The International Yoga Conference as Satsang** The idea of Satsang will be developed (Narayani Rabinovich)

20.00–22.00 ☉ **Parallel Classical Yoga Vidya Satsang with Leela Mata**



Sunday, 14 November 2010

5.00 **Puja** – Hindu Ritual

5.00 **Homa** – Indian fire ritual

5.00 **Devotional hour in Yoga Sutra** (Sigmund Feuerabendt)

6.00–6.55 **Pranayama** - Breathing exercise for advanced students

6.00–6.50 **2 parallel Yoga classes**

7.00–7.20 **6 parallel meditations**

Vedantic meditation

Silent meditation

Maitri Bhavana Meditation

Chakra meditation

Mantra meditation

Heart meditation (Suguna Langer)

7.20–7.45 **Mantra chanting, Lecture, Arati (Light ceremony)** (Sukadev Bretz)

7.50–8.35 **3 simultaneous lectures**

The Yoga Teacher as an Ambassador of Joy and Silent Revolutionary – Yoga and Marketing in Transformation.

What changes can be expected from Yoga? Which basic needs and developments can we seize upon in Yoga, to ignite a loving, nourishing fire of excitement? What benefits does your offer bring? (Ilona Strohschein)

☉ **Positive psychology and Yoga** Both positive psychology and Yoga help us to face life's challenges with clarity and courage and create meaning. (Shanmug Westley Eckhardt)

Expanding Consciousness with Yoga and Gestalt Work (Shivakami Bretz)



8.45-9.55 **9 simultaneous workshops**

Pranayama – Srotas – Purification techniques for the energy channels (Amadio Bianchi)

Yoga and Healing Techniques after Experiencing Trauma
If next of kin die or there are accidents, violence, operations and discrimination, we experience shock. The effects of such shocks often stay in one's energy system an entire lifetime. The repercussions of traumas and various healing approaches are introduced along with instructions on healing techniques. If desired, participants can observe a comprehensive healing treatment. (Jutta Qu'ja Hartmann)

☉ **Yoga and Pregnancy** Exercises for Mother and Baby. Bodily, psychological and spiritual aspects of exercise. Asanas that prepare for an active and natural birth. Breathing exercises during pregnancy and birth and afterwards. (Agnieszka Grin-Walaszek)

Prana Yoga, Conscious Breathing – Actively enhanced quality of life and transformation. Workshop for lecture (Bhajan Noam)

☉ **Yoga Therapy Research** (Sat Bir Khalsa)

Hormone Yoga a Chance of Menopause Free of Complaints in association with Individual Growth. How do men/women

confront these typical problems? With specific exercises. The workshop will help you to better recognise the meaning of personal experiences and to integrate them into your development process. (Shivapriya Angela Große-Lohmann)

Yoga after Breast Operations. Asanas for women with breast amputations, after chemotherapy and radiation treatments. The role of relaxation and breathing exercises. The physical, psychological and spiritual aspects of exercises. Asanas for breast-opening and relaxation of the lower back. (Maria Czubala)

☉ **Steps to Spiritual Development in Hatha Yoga Pradipika.** Practical instruction for a lived spirituality in day-to-day life (Swami Atma-swaruparamananda)

Yoga – Now – Experience how you can center within yourself with Yoga and let your daily concerns fall away. For Yoga practitioners and Yoga teachers alike. (Uwe Staroske)

10.15-11.45 **Simultaneous Yoga classes on different special themes**

10.15-11.45 ☉ **Workshop Japa Meditation**
(Swami Yogaswarupananda)

10.15-12.45 **Brunch** – vegetarian organic buffet

12.45-13.25 **Lecture Yoga in the View of Modern Brain Research** In modern brain- and consciousness research, the new science and ancient Yoga wisdom encounter one another in a special way. Considering how old Yoga is, it is amazing to see the many similarities between science and Yoga. Several of the similarities are described, that are especially important in our practice and help sustaining us in our development. (Anna Trökes)

13.30-14.15 **Lecture The International Importance of Yoga in the Rise of a World Culture:** Holistic Health, Peace Movement, Global Spirituality. (Sukadev Bretz)

14.30 **End**

14.45 **Yoga Vidya Teachers' Association (BYV) Meeting**



Asana classes

Will be led by referents and experienced Yoga Vidya teachers. Up to 10 multiple classes will be offered simultaneously. You may choose between Yoga classes for beginners, intermediate and advanced, as well as special themes, e.g.:

TriYoga® with Yogini Kaliji • **Asana Bodywork** with Narayani • **From Outwards to Within – The task of Karmaindrijas** with Rita Keller • **Breath – The way to a strong back** with Jutta Qu'ja Hartmann • **Yoga in the Kaschmir Tradition** with Billy Doyle • **Pawanmuktasana** with Dr. Nalini Sahay • **Vedic Yoga** with Jadranko Miklec • **Yoga of André van Lysebeth** with Patrik Noblet • **Yoga Therapy for stress-related problems** with Dr. Jyoti Oak • **Yoga for Profis** with Mohit • **Business Yoga Masterclass** • **Yoga after Breast Operations** with Maria Czubala • **ChiYoga** with Nirmala Schmidt • **Shiva und Shakti–Energy–Flow** with Ilona Strohschein • **Yoga – Feeling to Be** • **Yoga Music of the Spheres and Lyre** • **Asana and the Karma of Rebirth** with Sigmund Feuerabendt • **Subtile Exercises from the Kathakali** • **Kundalini Yoga** • **Chakrathrapy** • **Yoga and Pregnancy** with Agnieszka Grin Walaszek • **Letting Go Day-to-Day** with Uwe Staroske • **Heart-opening Bhakti Yoga lesson** • **Hormone Yoga** • **Yogaethics** • **Bandhas** • **Children's Yoga for Adults** • **Yoga and Dance** • **Spring Variations in the Sun Salutation** • **Laughing Yoga**

Peace Oasis *“Let your soul swing”*

Re-fill your tank with energy during the Congress through deep relaxation and Yoga Nidra™. Guided imagery and sound meditations to power down, to relax and discover new inner realms. Directed, effective relaxations at regular intervals, so that you can enjoy the Congress both concentrated and relaxed.

- Yoga Nidra™ • Concentrated relaxation from Swami Vishnu-devananda • Sound relaxations • Guided imagery relaxations • Progressive Muscle Relaxation from Jakobson • Autogenic Training from Schultz • Chakra Relaxation • Brahmari Relaxation • Laya Yoga relaxation



Sukadev Bretz – Founder and Director of Yoga Vidya e.V., with three Yoga seminar houses as well as over 70 associated and cooperation town centers. Business Admin. Degree (Study of Economics with a minor in Psychology). Association of Yoga Vidya Teachers (BYV). With 30 years experience in Yoga and meditation practice and extensive further education, he imparts his knowledge and wisdom clearly, in a structured, practical way. Author of “The Wisdom of Patanjali for People of Today”, “Yoga Stories”, “The Yoga Vidya Asana Book”, “Kundalini Yoga” and “Bhagavad Gita” (Commentary).



Shivakami Bretz – Yoga teacher and trainer of Yoga teachers since 1993, natural health professional (Psychotherapy) and Ayurveda health consultant. For years active in social work, she has found joy in supporting people in their physical and mental development. Shivakami loves to create bridges between different traditions, such as physical exercises and self reflection, or Yoga and western psychology.

Speakers in alphabetical order by surname:



Swami Atma-swaruparamananda – Long-time disciple of Swami Vishnu-devananda. Rich experience in the training of Yoga teachers and direction of Yoga centers. Founder and Director of AYA (Advaita Yoga Ashram) in the U.S. He is a humorous and sensitive Yoga teacher, teaching the wisdom of Yoga worldwide.



Claudia Bauer – State Certified Gymnastic Teacher, Deaconess and Yoga Teacher (BYV). Extensive professional experience in the areas of adult- and movement pedagogics, for four years active in Business Yoga, in which capacity she offers courses, seminars and Yoga coaching.



Dr. Kurt Gudakesha Becker – Integrative Yoga Psychological Counselor (BYVG), Yoga Teacher (BYV). Independent business consultant for organisation- and information technology in healthcare. In his work he combines Western academic knowledge with the age-old wisdom of Yoga. Directing the Yoga Vidya Center in Aachen.



Sahar Berressem – Yoga courses in Vinyasa Flow and Power Yoga with Bryan Kest adapted from K. Pattabhi Jois. Training with Erich Schiffmann and YogaWorks. Internationally registered Power Yoga Teacher of the Yoga Alliance®. She successfully teaches the Power Yoga- und Yogaethics lines. Director at the Yoga Vidya Center in Aachen.



Amadio Bianchi – President of the World Movement for Yoga European Yoga Federation, International Yoga and Ayurveda School C.Y. Surya, Milano (Italy), Vice-president of the International Yoga Confederation (New Delhi), General Coordinator of the Ayurveda World Movement.



Maria Czubala – Certified Yoga Teacher and body fitness instructor. Works together with the oncological association UNICORN. Continuous work for the past six years with women who have had breast amputations. Co-founder of the Krakow Healing Center in Poland, where she offers various courses such as Hormone Yoga, Yoga for Health, and Yoga for professional athletes.



Angelika Doerne – Certified Family Counselor, Psychotherapeutic Healer, Yoga Teacher (BYV), training in gestalt therapy, integrative systemic constellations, student in Diamond Approach (Almaas); Advanced training in nonviolent communication; years of psychotherapeutic work in the Heiligenfeld Clinic, with emphasis on spiritual crises.



Billy Doyle – Teaches in London and leads intensive courses (retreats) in England and other countries. Learned Yoga in the Kashmir Tradition with Jean Klein and feels a deep connection with the teachings of Advaita Vedanta. Author of "The Mirage of Separation".



Shanmug Westley Eckhardt – Director and Head of Training at the Sananda Yoga Center Madrid. He is a certified psychologist, Co-Founder and Board Member of the Spanish Yoga Teacher Association A.I.P.Y.S. As a direct disciple of Swami Vishnu-devananda he led the ashrams in Canada and in the Bahamas for 17 years. He possesses deep knowledge of Indian philosophy and tradition and has more than 30 years of Yoga teaching experience. He studied Indian tradition and culture at the University of Toronto, Canada.



Mahashakti Engeln – Is Yoga Vidya Acharya, Yoga Therapist, Meditation Teacher and Healer, with long-time experience in Yoga Therapy sessions, instructions and training. She designs and leads the Yoga Therapy program at Yoga Vidya.



Sigmund Feuerabendt – 82 years old. Age researcher, relaxation specialist, Sacharow student and successor. Kundalini Yoga Master.



Kalima Frank – Yoga Teacher (BYV), Yoga Therapist, Doctor of Orthopedics. "A special concern of mine is to point out self-help strategies and to mobilise the self-healing energies in individuals."



Agnieszka Grin-Walaszek – Yoga Teacher with over 20 years of personal practice and 14 years of teaching experience. Body fitness instructor. Author of various publications. Co-founder of the Krakow Healing Center, where she specialises in offering courses for pregnant women, Baby Yoga for mothers with their children, Yoga for Children. Founder of the Institute for Conscious Parenting in Krakow.



Shivapriya Angela Große-Lohmann – Yoga Teacher (BYV), Teacher and Lecturer. For years she has been concerned with the place of women in society. Her own intensive Yoga practice with a focus on Hormone Yoga, long-time seminar experience.



Harilalji – A Yoga Teacher and Yoga-Acharya in the Sivananda tradition. At the well-known VYASA Yoga University in Bangalore, India, he completed his Yoga Therapy training. Harilalji conveys Yoga wisdom as a traditional integral system.



Jutta Qu'ja Hartmann – She directs the Kheyala Institut e.V. and has worked as a shaman and Yoga Teacher for 20 years. She offers training courses in Germany and abroad.



Dr. Purnima Elisabeth Kaiser – A former bank manager, Yoga business partner (yogabiz) and Director of the Yoga Vidya Center in Munich-Unterhaching (Business Yoga Competence Center). She trains Yoga teachers, and instructs, among other subjects, Back Yoga and Hormone Yoga (Training with Dinah Rodrigues).



Bharata Kaspar – Yoga Vidya Acharya, a beloved teacher of Yoga (BYV) and spiritual advisor. In addition to his long-time teaching and training experience, many have been inspired both by his Mantra singing, which he often lets flow into Yoga classes, and his inspiring stories.



Rita Keller – Over 40 years of Yoga practice, Senior Teacher and Director of the Iyengar Yoga Institut in Rhein-Ahr and Cologne; Certified Interpreter, healer and coronary therapist. Training and advanced education in Ayurveda. Advanced courses annually at the Ramamani Iyengar Memorial Yoga Institute in Puna, India. For many years she has been training students at her Institute and throughout Europe to become teachers in the Iyengar Yoga tradition. Together with Geeta Iyengar she wrote "Iyengar Yoga for Motherhood"; her new book: "Iyengar Yoga for Menopause – a gateway to transformation".



Indrayani Inga Kellermann – Independent Yoga Teacher with training in sport and gymnastic teaching, with a therapeutic emphasis; Ayurveda Marma Masseur; Reiki



Lars Kellermann – Independent Yoga Teacher and Pilates Trainer with training in sport and gymnastic teaching; Initiation in Reiki and Qi Gong Course Instructor (in training)



Sat Bir Singh Khalsa, PhD – Assistant Professor of Medicine, Harvard Medical School; Neuro scientist, Sleep Research Department, Brigham and Women's Hospital, Boston, U.S.



Nepal Lodh – Indian Yoga master and Chairman of the German-Indian Hindu Society Bremen. Qualified social scientist, lecturer, therapist and author. He has practiced Yoga since his youth. He works as a Yoga Therapist in a psychiatric clinic and lectures in colleges and universities. His lecture themes include personal development, Indian healing arts, Hinduism, Ayurveda, intercultural communication, Mahatma Gandhi's philosophy of peace and nonviolent communication.



Leela Mata – Well known and beloved Yoga master from Florida. Has practiced Yoga and Ayurveda since her childhood. She has taught with love and compassion for over 20 years and offers seminars around the world. Leela Mata is a spiritually intuitive teacher. She has the ability to make complex teachings easy to understand, adaptable and tangible.



Jadranko Miklec – Consultant for Yoga and Sport in the Justice Ministry in Zagreb, Responsible for the legal regulations of non-conventional medicine. Has practiced Yoga for 30 years. Master in martial arts (Karate), teacher of Transcendental Meditation and Maharishi's Vedic Science.



Mohit – Close disciple and vigorous supporter of Swami Nityananda, who himself is a direct disciple of Swami Sivananda and runs a school for the poor in the slums of Dehli. Mohit works as a coach and has been involved in social work for many years for children and the needy.



Maria Vani Devi Niggenkemper-Watanabe – Licensed MD, Nutrition and Health Advisor (BYVG), Meditation and Yoga Instructor (BYV), stress management techniques, A/B certification in acupuncture, writing a current dissertation on withdrawal from smoking.



Bhajan Noam – Has completed a five-year breathing therapy training at Ilse-Middendorf Institute in addition to a large amount of advanced training in body- and energy work, as well as meditation. For six years he has led numerous training seminars at Yoga Vidya on alternative treatment methods, PRANA-YOGA and others.



Patrik Noblet – Born in Paris, where he studied law and practiced Yoga in the tradition of André von Lysebeth. Co-founder of the Yoga Center in Brussels (2004) and the André-van-Lysebeth Foundation (2009).



Dr. Jyoti Prabhakar Oak – Doctor of Psychology. Has done Yoga-therapeutic work for 30 years in the Kaivalyadhama - Yoga Institute in Lonavla, India, in the areas training, research, diagnostics and clinical applications.



Claudia Persche – Yoga Teacher and Yoga Therapist, Lecturer in the Yoga Therapy Program at Yoga Vidya.



Ravi Thomas Persche – Independent Healer, Yoga Teacher (BYV), Yoga- and Ayurveda Therapist. He leads the Yoga Vidya one-year Yoga Therapy Training Program and other courses in the city centers.



Amba Popiel Hoffmann – Yoga Teacher (BYV) with 18 years of continuous teaching experience. Founder of the Yoga Vidya Center in Darmstadt, Director of Training, Deputy Chairperson of BYV, NLP Master from Bandler-Grinder. Organizer of the Congress.



Narayani Rabinovich – Long-time direct disciple of Swami Vishnu-devananda. From her extensive and intense practice in asanas and 20 years of teaching experience, Narayani can give very good tips. Her gentle, quiet and joyful personality is simply an inspiration.



Kali Ray – The Founder of TriYoga®. TriYoga® came out of Kaliji Ray's direct experiences and intuitive knowledge that awakened through the inner flow of the Kundalini Shakti. Based on these experiences, she completely systematized Hatha Yoga – from Basics up to Level 7. Kaliji Ray is a master of the Yoga, and she has been an inspiration for innumerable students. Many have been changed through her teaching, her mastery "in the flow of being" and the timeless wisdom, reflected in TriYoga®. She brings the spirit of the original Yoga into the 21st century.



Bernd Rößler – Own counselling practice in Jyotish (Vedic Astrology). Next to his consulting activity he holds lectures and leads seminars. Further areas of activity: Hasta Samudrika (palm reading) and Vastu.



Dr. Nalini Sahay – Psychologist, Yoga Acharya, Disciple of Swami Satyananda Saraswati and Director of TORCH, a charitable society that works with street children and AIDS-stricken people in New Dehli. Earlier she taught therapeutic Yoga in schools and hospitals.



Dr. Pt Dinesh Chandra Sati – Director of the Himalaya Research Institute, trains experts, gives highly acclaimed seminars on Jyotish. He received the Acharya Grade (First Class) from the S.S.B. University, Varanasi. He earned his doctorate in Jyotish from Lala Bahadur Shastri and was chosen by Maharishi Mahesh Yogi as a representative to spread the knowledge of Jyotish.



Nirmala Devi Lucia Schmidt – Movement Trainer, Yoga Teacher BDY/EYU, Breathing Therapist as well as Counsellor for Psychosomatic Medicine (from Rüdiger Dahlke) and author. Her main areas include Vinyasa Yoga, ChiYoga, ChangeYoga – Yoga for hormonal balance and Pranayama. Nirmala Devi offers seminars worldwide, and gives workshops and retreats and teaches at her training institute BodyMindSpirit in Zurich.



Dr. Uwe Staroske – An economist at the University of Bremen and Yoga teacher at the Hindu Academy Bremen. He has written numerous articles and given many lectures on various aspects of Yoga philosophy. In his soft and gentle Yoga classes, relaxation has a special place.



Ilona Strohschein – Began in 1991 as one of the first Yoga teachers to work east of Dresden and founded the E.max.Seminar and Yoga Center in Neustadt, Saxony in 1995. Many advanced techniques characterize her unique, energised style of Yoga teaching.



Swami Suddhananda – is an internationally recognised master of Vedanta. Head of the Suddhananda Foundation for Self Knowledge. Regularly lectures in many countries around the globe. Was invited by the United Nations to join the Millennium Peace Conference in New York in 2000.



Subodh Tiwari – Manager of the Kaivalyadhama Yoga Therapy Institute in Lonavla, southern India, where for over 80 years Yoga therapy and research in hospitals have been developed and Yoga therapists trained.



Anna Trökes – Since 1974 she has taught a complete range of Yoga lines, especially Hatha Yoga. She has worked in Yoga teacher training since 1983. Presently she is directing two training courses at "TRIKA - Academy for Hatha Yoga" in Berlin. Up to the present day she has written 24 books, CDs and DVDs on Hatha Yoga and Yoga Meditation.



Lakshmana Wittig – Yoga Vidya Ayurveda Acharya, Health Consultant and Therapist. Lakshmana directs the Ayurveda Oasis. His wide knowledge and experience comes from his intensive work and the cooperation with Ayurvedic doctors in various therapeutic approaches.



Swami Yogaswarupananda – From legendary Rishikesh. As Vice-president of the Divine Life Society, the supporting organisation of the Sivananda Ashram, he is one of the second generation successors of Swami Sivananda. He has been on the spiritual path for 40 years. He has a wonderfully simple, clear, memorable manner, with many examples and stories to impart his insights. His whole personality radiates love, goodness, peace and wisdom.



Daricha Zaremba – Yoga Teacher (BYV), Breathing- and Relaxation Instructor (BYVG), Instructor for advanced Pranayama and Kundalini Yoga. He most of all loves to teach Kundalini Yoga through demanding classes and courses.

Congress fees:

Flat rate prices with overnight stay: Fr–So: Multiple bed room (MR) 159 €, Double room (DR) 187 €, Single room (SR) 215 €, SR without Balcony/WC/Shower 187 €, Dormitory/Tent (D/T) 137 €. Additional overnight stays: MR 43 €, DR 57 €, SR 71 €, D/T 32 €.

Price without overnight stay:

Price without overnight stay: Fr. and So. each 35 €, only Sa. 60 €.

10% Reduction for BYV-, BYVG-, BYAT-Members.

Subject to short-term changes. For some workshops there is only limited seating space. It is therefore recommended to arrive early and enroll in the workshop lists. Includes vegetarian natural food catering.

Registration: see back side.

Please register early.



I hereby commit to registration for the

Yoga Congress in Bad Meinberg 12.-14. November 2010

Please by post or fax to: Yoga Vidya Bad Meinberg
Wällenweg 42, D-32805 Horn-Bad Meinberg, Fax: +49 (0) 5234 / 87-1875
Registration by e-mail: rezeption@yoga-vidya.de

Name

Street, House number.....

Postcode, City.....

Tel. days evenings

Fax E-Mail

I am member in BYV, BYVG, BYAT

I'd like accommodation in:

SR DR DR together with

(if no room mate can be found, booked as ...)

D/T SR without balcony, Shower/WC

DR without balcony, Shower/WC

without accommodation

I will attend only on

I will arrive already Thursday I will stay until Monday (Prices, pg. 19)

Deposit (Minimum 25 €)

Balance (transfer due in 2 weeks, cancellations 8 days before seminar)

Debiting from Account-Nr.

Account holder

Bank code number

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Transfer to the account of "Yoga Vidya e.V. Bad Meinberg", Account-Nr. 2150078400, Postcode 47260121, Volksbank Paderborn-Höxter-Detmold e.G. Please write the seminar name and date on payment form. Please also bring a receipt.

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City, Date, Signature

Cancellation and refund until 2 weeks before: 25 € Cancellation fee.
Cancellation and refund later than two weeks before: 50% Refund.
Changes of registration until 2 weeks before Congress start: no charge.
Changes of registration or cancellation less than 2 weeks before Congress start: no refund. 15€ Administration fee.