



## Program "The art of non-reaction" - 22.01.15. - 25.01.15

Seminar is for beginners and advanced

### Thursday 22.01.15

from 14h00	Check-in to the accommodation
19h00	Welcoming/Information – Dinner
20h00	Introduction to the seminar

### Friday 23.01.15

07h00-08h30	Asanas
08h45	Breakfast
10h00-12h30	Lecture
13h00	Lunch
14h00-17h00	Own time
	Activities can be organised (own cost) / Options: Game Drive / Boat ride / Canoeing / Aqua-Cycle etc.
17h00	Relaxation and Mediation
19h00	Dinner
20h00	Question/Answer – time for exchange

### Saturday 24.01.15

07h00-08h30	Asanas
08h45	Breakfast
10h00-12h30	Lecture
13h00	Lunch
14h00-15h00	Own time
	Activities can be organised (own cost) / Options: Game Drive / Boat ride / Canoeing / Aqua-Cycle etc.
15h00	Drive to the Bush Camp – Dinner at the "Bush Camp"
17h00	Relaxation and Mediation
19h00	Dinner at the Bush Camp
20h00	Question/Answer – time for exchange at the Bush Camp (in the nature)

### Sunday 25.01.15

07h00-08h30	Asanas
08h45	Breakfast
10h00-12h30	Lecture
13h00	Lunch
14h00-15h30	Lecture with exchange
16h00-17h00	Relaxation and Mediation
17h15	Good bye fruit cocktail

### „The art of non-reaction“

In the terminology of Yoga "bondage" means the compulsion in us to react. The word "liberation" means the change of one's reaction according to the situation. This leads to the highest freedom, which means to observe the happenings without any reaction. This freedom is the natural result of awareness and relaxation, which one can learn to apply in Yoga, at first under ideal conditions and then in daily life. This practical application will be the main topic in theory and practice of this seminar.

In the lectures and questions and answers, we try to awake a knowledge within us which is already present. Through a very simple and relaxed practice of Yoga and meditation we will touch calmness within us. This relaxed state of mind allows openness and receptiveness to this teaching.