

## **Kundalini Yoga Retreat October 9- 13, 2012**

-Start: Tuesday October 9th at 3 pm  
-Finish: Saturday October 13th at 11 am

### **Daily Program (with reservation) \*:**

-sadhana: 5.00-7.30 am  
-breakfast: 8.00-9.00 am  
-morning yoga: 9.30-11.00 am  
-lunch: 12.30 pm  
-afternoon program: 14.00-16.00/17.00 pm  
-dinner: 17.30 pm  
-evening yoga 19.30-21.00 pm

### **Program Contents:**

#### **Sadhana:**

Sadhana is a daily discipline starting at the crack of dawn;  
After reciting a universal yogic text, there will be a yoga set to cleanse the body and prepare it for meditation (last hour of the sadhana). This consists of chanting several mantras. You will start the day fresh, energetic, clear-minded and with a calmness that will last throughout the day.

#### **Morning yoga:**

Yoga class; there is a more or less set class structure:  
-long deep breathing and tuning in with mantras  
-warming-up and yoga set (physical exercise)  
-deep relaxation  
-meditation  
-tuning out  
-cup of tea

#### **Afternoon program:**

Yoga workshop with a specific theme, such as for instance Yogic Diet and Lifestyle, Kundalini Yoga and the mind, emotions and behavior, Breath walk in nature: a meditative walk using specific breathing patterns, mantra and mudra (hand position).

#### **Evening yoga:**

Yoga class ( see morning yoga); evening classes will be more quiet, ideal to relax and prepare for the night.

#### **Individual sessions:**

There is a possibility to book an individual yoga therapy session; this is not included in the program price. Please ask for options and prices.

\*The time schedule is based on the yogic lifestyle of rising and sleeping early. Obviously, you are free to skip parts of the program. Breakfast will be served between 8 and 9 am.

## **About Kundalini Yoga:**

Kundalini Yoga and meditation as taught by Yogi Bhanan is a complete, diverse and dynamic type of yoga with physical exercises, breathing techniques and the use of mantra, mudra (hand position) and meditation. It is also known as the yoga of awareness and experience. The effects of KY are numerous and with regular exercise there may be quick results. It's an excellent way to reduce stress and increase relaxation.

This type of yoga strongly works on the immune, endocrine and nervous system; it increases flexibility and strength. Through meditation you learn to observe yourself; physical sensations, thoughts (conditioning, assumptions, prejudice), emotions and habits. You will learn to see the difference between the one you have become (personality) and who you really are. Regular meditation calms the mind, reduces fear and increases intuition.

Awareness is an important step in the process of change. The strength, discipline and intuition that you'll develop will enable you to actually set change in motion and to go for what you really want to do with your life. Change can be good, if it enables you to grow, as a person. Acceptance, however, of who you are, in personality and soul, may be even more important. Ironically, it's often acceptance (relaxation) that creates the space for change to happen.

Kundalini Yoga is suitable for everyone, in his or her own way and level. You don't need to be flexible or in good shape. The classes and workshops will be adapted to anyone's needs. In Kundalini Yoga experience is essential; enjoy the way it relaxes you, the fun and the challenge!

**“IT’S NOT LIFE THAT MATTERS, IT’S THE COURAGE YOU BRING TO IT” – YOGI BHANAN**

About Mo Haan – Certified KRI Level I Teacher

I travel through life, fascinated and motivated by everything that moves me; I like to be amazed. Quite often this is about people and their life stories, their motivation. I'm personally driven by learning how to use your full potential, as a human being. Kundalini Yoga gives me the tools to realize this. In meditation for instance, it became clear that I should quit my job and continue professionally as a Kundalini Yoga Teacher and therapist. In working with people I have an intuitive approach, in which I more often focus on process than content: it's not about the "what" that is happening, in yourself or surrounding you, but about how you relate to your response, meaning, your thought patterns and convictions, emotions and behavior.

I was trained to be a holistic counselor, specializing in experiential body therapy. In addition I have a lot of experience with Chi Kung, Vipassana meditation and massage. At the time of writing my end thesis on body-mind awareness, I came into contact with Kundalini Yoga, which immediately felt right. It still does, every time differently. I can truly say it has been, and is, a transforming experience, which I love to share with others!