

## **Yoga and Ayurveda have been going hand in hand for many generations**

You are cordially invited to feel grounding and connection with Yoga and Ayurveda!

We combine the old wisdom of yoga in practical action with the culinary enjoyment of Ayurveda cuisine, because grounding and connection are two fundamental aspects in yoga and also in Ayurveda. Yoga means connection - connection of breath, movement, body & mind. Ayurveda teaches health and promotes inner balance. Food becomes a remedy that - if used - leads to well-being, vitality and joie de vivre. The goal of these two old teachings is a healthy body with a calm, clear mind. The most direct method for bringing about positive changes is a conscious and type-related diet and a conscious and type-appropriate practice.

### **Peter Bligh, Yoga Teacher from New Zealand**

After a few years of political work, Peter decided to devote his life to yoga and meditation. He led the Mandala Yoga Ashram in Wales / England for 4 years. Peter has spent the last few years with intensive meditation practice in India and Sri Lanka, where he also taught at the same time.

“Yoga and meditation provides me with respite and repair from the madness of the world. With a class in front of me it seems easy to be spacious and teach from there - that is to be free from the head. Hopefully this wonderful feeling transmits to those present. Generally the madness of the world and personal problems stop at the door for a yoga/meditation class. And there is similar experience when giving Reiki. And all of this yoga, meditation, reiki does no harm and is often immediately helpful physically, mentally, emotionally and spiritually for all involved. Magic.”

### **Karin Schuller, Ayurveda nutrition and health consultant, Ayurveda cook**

As a cook and Ayurveda nutritionist, Karin follows her calling in a cooking and advisory capacity. Above all, she likes to share her love for Ayurveda with other people.

“I wish that nutrition and the preparation of food have an important place in the daily routine. I am happy to present freshly harvested ingredients to the Ayurvedic seasonal kitchen and share practical instructions to give you an insight into this realistic and up-to-date health education. The pleasure of eating is the top priority of the Ayurvedic dietary recommendation! ”

**Dates: 20. – 23.08.2020** (see scedule)

**Prices Accommodation: Single room 350 €/ Shared double room 330 €/**

**Shared 4-bedroom 290 €/ Bring your own tent 280 €**

**Services: Accommodation, meals, yoga, meditation and cooking events**

**Place: Gesundheitshaus am Wiehengebirge, Wiehengebirgsweg 274, 32609 Hüllhorst-Oberbauerschaft**

**Registration and further information at Karin Schuller, phone 02262-7076113 or via my website: [www.gesundheit-aus-dem-kochtopf.de](http://www.gesundheit-aus-dem-kochtopf.de)**

August 2020 Yoga & Ayurveda Retreat with Peter Bligh & Karin Schuller

