



# Bad Antogast Event Calendar 2012



Dear Friends  
Browse our events calendar for some inspiration on all the latest events in Bad Antogast over the next months.  
With Lots of Love,  
Your Bad Antogast Team



**Art of Breathing (Part I Course)**  
Practical tools to deal with daily challenges. Interactive sessions and relaxation exercises: yoga, stretching, meditation, and a powerful breathing technique – the Sudarshan Kriya®. Rejuvenate body, steady breath, calm mind, transcend intellect, sharpen memory and increase joy in your life.  
Dates: Every weekend from Friday 3pm to Sunday 5pm



**Art of Silence (Part II Course)**  
The Art of Silence Course provides a wonderful opportunity to quieten the mental chatter and go deep within oneself. The practice of silence allows us to renew the physical, mental, and spiritual dimensions. An ideal vacation for body, mind, and spirit.  
Pre-requisite for Part 2 Course: - Completion of one Part 1 Course.  
Dates: Feb. 8th (7 p.m.) – Feb. 12th (1 p.m.) 2012, March 7th (7 p.m.) – March 11th (1 p.m.) 2012, April 5th (7 p.m.) – April 9th (1 p.m.) 2012, April 27th (7 p.m.) – May 1st (1 p.m.) 2012, June 6th (7 p.m.) – June 10th (1 p.m.) 2012



**Special 10 Day Silence Course with Christopher Kiran Byrt**  
A journey from head to heart through love, silence and humor. Enjoy healthy vegetarian food, gentle stretches, breathing techniques, singing, dancing, laughter and advanced meditation techniques. The course has been designed so beautifully that the silence, inner peace and tranquility will also be carried home.  
Pre-requisite for 10 Day Silence Course: - Completion of three Art of Silence (Part 2 or Part 3) Courses  
Dates: March 31st (7 p.m.) to April 9th (1 p.m.) 2012, October 19th (7 p.m.) to October 28th (1 p.m.) 2012



**Art of Meditation (Sahaj Samadhi Meditation)**  
A natural, effortless system of meditation which allows the conscious mind to settle deeply into the Self, giving deep rest and bringing greater peace and depth in one's daily life.  
Dates: Feb. 6th (7 p.m.) – Feb. 8th (1 p.m.) 2012, March 5th (7 p.m.) – March. 7th (1 p.m.) 2012, April 3rd (7 p.m.) – April 5th (1 p.m.) 2012, April 25th (7 p.m.) – April 27th (1 p.m.) 2012, June 4th (7 p.m.) – June 6th (1 p.m.) 2012



**DSN – “Do Something Now”**  
DSN is a rigorous and transformational course with a powerful combination of dynamic physical exercises, breathing techniques and intense group processes. The program empowers participants to break through personal barriers and inspires in them great activism and responsibility.  
DSN makes you powerful, unshakeable and one-pointed! It will generate power in you that will transform not only you, but also everyone who comes in contact with you.  
Dates: March 15th (7 p.m.) – March 18th (1 p.m.)



**Patanjali Yoga Sutra Retreat with Mata Urmila Devi**  
Maharishi Patanjali Yoga Sutras show in detail the different modulations and impurities of the mind and the means to free oneself from those modulations. These sutras are meant for all aspirants of yoga to grow to the full human potential by the simple understanding of yama and niyama (Golden Rules of Social Ethics). The insightful commentaries by Sri Sri Ravi Shankar combined with the powerful meditations included in Mata Urmila Devi's workshop will provide great orientation to the genuine spiritual seekers.  
Date: March 23rd (7 p.m.) – March 25th (1.30 p.m.) 2012



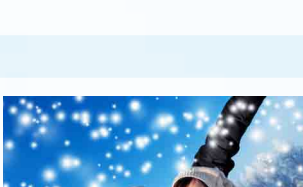
**Bhakti Sutra Retreat with Mata Urmila Devi**  
This work on the Mysteries of Love revealed by the sage Narada speaks about the true meaning of unconditional divine love, the path of Bhakti Yoga. The clear and insightful commentaries and explanations of Mata Urmila Devi along with her soulful singing make this workshop an unforgettable experience.  
Join us for a weekend of culture, wisdom and the beautiful and deeply meditative voice of the renowned Indian singer and spiritual teacher Mata Urmila Devi.  
Date: April 27th (7 p.m.) - April 29th (1 p.m.)



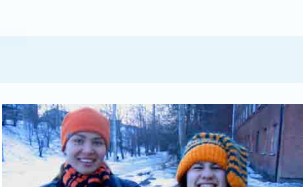
**„5 Elements in Harmony“ vegetarian cooking according to ayurvedic principles with Mata Urmila Devi**  
Ayurveda has three main focuses: healing, prevention and health care. This medical science is a method of personalizing food for each person's healing process. Ayurvedic style cooking is a rational way to prepare food keeping in mind the dietary need of an individual based on different body types. "What Mother Earth gives us is nourishing and healing. In Ayurveda spices and herbs are not only taste encores but in perfectly integrated mixing ratios and combinations, they achieve curative effects."  
Date: April 21st (10 a.m.) - April 22nd (4 p.m.) 2012



**Mantra Sacred Chants Workshop with Mata Urmila Devi**  
"Mantras are the impulses or rhythms of consciousness..." Sri Sri Ravi Shankar  
Singing mantras is a festival. They awaken the devotion in the heart, quieten and relax the mind, activate the holistic right-brain hemisphere, bring emotional stability and cleanse our aura, chakras and environment. They can penetrate the body, mind and spirit uplifting one to the highest plane of awareness.  
Date: May 12th – May 13th, 2012



**YES!+ HOLIDAY**  
Enjoy challenge & adventure while you relax & detox! Our Sport & Spiritual Holidays offer something totally new. An innovative approach which offers practical tools that can improve personal and professional relationships and give you greater focus for both study and work... plus offering a variety of outdoor sports that will strengthen the body, refresh the mind and be so much fun!!!!  
Regular: Feb. 5th (02.00pm)- Feb. 11th (05.00pm) 2012, Feb. 19th (02.00pm) - Feb. 25th (05.00pm) 2012, March 4th (02.00pm) - March 10th (05.00pm) 2012, March 25th (02.00pm) - March 31st (05.00pm) 2012  
Weekend Special: Jan. 27th (05.00pm) - Jan. 29th (05.00pm) 2012, March 16th (05.00pm) - March 18th (05.00pm) 2012



**YES! (Ages 14-18)**  
Innovative games and interactive processes as a fun way to learn how to skilfully handle emotions and life situations. Yoga, breathing techniques and meditation to help teenagers to become powerfully centred. For a happy life and bright future!  
Dates: April 5th (7.30 p.m.) – April 9th (1 p.m.)



**Art Excel (Ages 8-13)**  
Presented in a practical and fun format, it appeals to children of all backgrounds aged between 8 and 13 years. The ART Excel course helps them gain good personal skills and gives way to their best natural potential. In order to be successful in life children need not only academic skills, but skills in friendship, leadership and teamwork.  
Dates: March 9th (3 p.m.) – March 11th (4 p.m.), April 5th (7.30 p.m.) – April 9th (1 p.m.)



**Sri Sri Yoga Course**  
The Sri Sri Yoga Course is dynamic workshop based on ancient wisdom that allows for a healthier, happier and more peaceful way of living. Experience the essence of a yoga practice. The course is designed to give a true experience of the bliss of yoga, creating an in-depth personal understanding and solid foundation for you to practice at home.  
During the course you learn the essentials of yoga:  
• breathing techniques  
• stretching postures, asanas to purify & strengthen the body  
• meditation and relaxation  
• yogic knowledge  
In 2012 courses will be held every two weeks from Thursday 4 pm to Sunday 1 pm



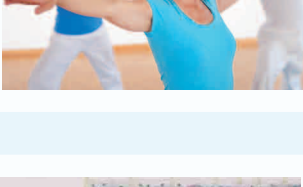
**RE-CREATE**  
Discover the Artist in you and recharge your batteries with this NEW combination Sri Sri Yoga PLUS course. Tap into your creative potential in this innovative course led by artist and AOL creative instructor Bettina Semmer.  
Dates: April 12th (6 p.m.) - April 15th (4 p.m.), June 21st (6 p.m.) - June 24th (4 p.m.)



**The Art of Living Course for Couples**  
The Art of Living Course for couples is a new unique 3-day program designed especially for couples to add a new dimension to living. Introducing this course for the very first time in Europe! Conducted by International trainers Santosh & Bhamini Rao.  
• Uncover relationship your self & your spouse better  
• Uncover relationship potential  
• Clear communication & managing changing expectations  
• Preserve & enhance commitment & friendship  
Dates: March 9th (3 p.m.) – March 11th (4 p.m.)



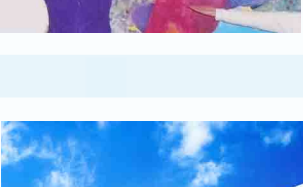
**Sri Sri Ayurveda**  
Experience deep relaxation and rejuvenation through traditional Ayurvedic treatments at the Sri Sri Ayurveda Center in Bad Antogast, which is open all year round.  
Ayurvedic therapies eliminate toxins from the body, increase immunity and soothe the senses thereby enhancing general physical and mental well-being.  
Email: info@srisriayurveda.de, Tel. 0049(0)7804 9136961



**Marma Training**  
Guided by Dr. Raturi Kumar Lokesh (B.A.M.S.), specialist in Naadi Pareeksha - the knowledge of ancient pulse diagnosis. The Training will include ancient knowledge about Marma therapy, as well as the basic knowledge on Ayurveda. Marma is an ancient technique of activating energy points on the physical level to energize and relax the whole system.  
Dates: March 24th – 30th, 2012 | Email: info@srisriayurveda.de, Tel. 00049(0)7804 9136961



**Workshop Natural COSMETICS and facial treatment LIZ LUEDEMANN Art of Living Cosmetics**  
• Basic information about our natural cosmetics • Details about our organic ingredients  
• The individual skin type, functions of the skin • Personal beauty and individual radiance  
• Short Facial treatment • Sharing of experiences, networking  
Dates: 19. Feb, 18. March, 22. April, 20. May, 24. June  
Tel +49-7804-910 956, mail@lizluedemann.com, www.lizluedemann.com



**Sri Sri Tango Courses**  
New to The Art of Living, Sri Sri Tango is a moving experience, that combines the magic of Tango to Dance with practical and deep knowledge on how to stay balanced in your daily life. In three days together, we will walk the path of movement and stillness, dynamism and deep rest, enthusiasm and learning. Music will be our honorable guest and art and meditation will meet hand in hand. Book yourself for an unforgettable experience!  
Dates: April 14th -15th, Check in on 13th



**Full Moon Meditation and Mantra Chanting**  
It is very good to meditate on a full moon day. The full moon has an effect on water and our body contains a lot of water. Hence on the day of full moon it is beneficial to do meditation.  
Dates: from 7 p.m. till 8.15 p.m. on March 8th, April 6th, May 6th, June 4th, July 3rd

Contact us for more information and prices.  
We look forward to hearing from you and seeing you in Bad Antogast soon!

