

REBOOT RETREAT 2024

 VARKALA, INDIA

1ST TO 7TH NOVEMBER

TEACHERS:

CEYDA FATMA SALTADAL, KRISHNA TIWARI, FUNDA MONN BIRINCI, DEVVRAT

RETREAT SCHEDULE

DAY 1

11:00 – 13:00	WELCOME CEREMONY, MANTRA CHANTING AND INFORMATION
13:00 – 16:00	FREE TIME
16:00 – 18:30	FIRST PRACTICE ASHTANGA PRACTICE, "FIRE ON" TO BURN THE OLD ENERGIES AND MAKING SPACE FOR NEW ENERGIE
19:00 – 20:00	DINNER

DAY 2

07:00 – 09:30	MEDITATION & PRANAMAYA: THEME EARTH-GROUNDING HATHA YOGA: THEME HIPS AND LEGS
09:30 – 10:30	BREAKFAST
10:30 – 11:30	ANATOMY OF THE ENERGY BODY AND THE 5 ELEMENTS
11:30 – 16:00	LUNCH, FREE TIME, SWIMMING, AYURVEDA MASSAGE
16:00 – 18:30	HIP&LEGS DEEPENING ALIGNMENT IN POSES LIKE HANUMAN-GALAVASANA PARVA BHUJA DANDASANA
19:00- 20:00	DINNER AND FREE TIME

DAY 3

07:00 – 09:30	MEDITATION & PRANAMAYA: THEME CHAKRA/BODY ENERGY HATHA YOGA: HEART OPENING PRACTICE
09:30 – 10:30	BREAKFAST
10:30 – 11:30	YOGA PHILOSOPHY YAMA&NIYAMA OR FAMILY CONSTELLATION (TAKES 3 HOURS)
11:30 – 16:00	LUNCH, FREE TIME, SWIMMING, AYURVEDA MASSAGE
16:00 – 18:30	BACKBEND DEEPENING: CHAKRASANA-NATARAJASANA-USTRASANA
19:00 - 20:00	DINNER
20:00 – 21:00	SATSANG/MEDITATION WITH DEVVRAT, TEMPLE VISITATION

DAY 4

07:00 – 09:30	MEDITATION & PRANAMAYA: AIR ELEMENT AND SILENT MEDITATION AND OBSERVING THE BREATH SOMATIK YOGA: LIGHT&ENERGY
09:30 – 10:30	BREAKFAST
10:30 – 11:30	BUTEYKO BREATHING TECHNIQUES OR FAMILY CONSTELLATION (TAKES 3 HOURS)
11:30 – 16:00	FREE TIME AND TOUR DAY
16:00 – 18:30	YIN YOGA&YOGA THERAPY
19:00 - 20:00	DINNER, AFTER DINNER BEACH WALK OR WE ALL GO TOGETHER FOR THE SUNSET

DAY 5

07:00 – 09:30	MEDITATION & PRANAMAYA: FIRE WITH KAPALABHATI BREATHING HATHA YOGA: FIRE ELEMENT ON: CORE&SHOULDERS
09:30 – 10:30	BREAKFAST
10:30 – 11:30	AYURVEDA OR FAMILY CONSTELLATION (TAKES 3 HOURS)
11:30 – 16:00	FREE TIME AND TOUR TIME
16:00 – 18:30	ARMBALANCE POSES DEEPENING: HANDSTAND-PINCHA MAYURASANA BAKASANA-TITTIBASANA-SHIRSHASANA
19:00 - 20:00	DINNER AND AFTER DINNER SATSANG WITH DEVVRAT

DAY 6

07:00 – 09:30	MEDITATION & PRANAMAYA RELEASING HATHA YOGA HIP AND SHOULDER
09:30 – 10:30	BREAKFAST
10:30 – 11:30	ANSWERING QUESTIONS ABOUT ASANAS&YOGA OR FAMILY CONSTELLATION (TAKES 3 HOURS)
11:30 – 16:00	FREE TIME
16:00 – 18:30	DEEPENING AND ALIGNMENT FREE CHOICE ASANA
19:00 - 20:00	DINNER

DAY 7

07:00 – 09:30	MEDITATION & PRANAMAYA: SILENT MEDIATION, OBSERVING BODYMINDSOUL YANG AND YIN YOGA AT THE END FOR THE RESTART
09:30 – 10:30	LAST BREAKFAST
10:30 – 11:30	CLOSING CEREMONY & CHANTING AND 50 HOURS CERTIFICATION

EVERYONE HAS THE CHANCE ONE HOUR WITH ONE TEACHER TO GET ALL THE QUESTION-ANSWER SESSION.(GERMAN, TURKISH, ENGLISH & HINDI) FOUR LANGUAGES AVAILABLE.

REBOOT RETREAT 2024

TÜRKÇE



VARKALA/KERALA HINDISTAN

10 KASIM - 17 KASIM

ÖĞRETMENLER:

CEYDA FATMA SALTADAL, KRISHNA TIWARI, FUNDA MONN BIRINCI, DEVVRAT

REBOOT RETREAT PROGRAMI

GÜN - CUMA BAŞLIYOR

11:00 - 13:00	KARŞILAMA TÖRENI, MANTRA VE BILGI VERME
13:00 - 16:00	BOŞ ZAMAN
16:00 - 18:30	İLK UYGULAMA ASHTANGA UYGULAMASI "ATEŞ AÇIK" ENERJILER VE YENİ ENERJILERE YER AÇMAK İÇİN
19:00 - 20:00	AKŞAM YEMEĞİ

GÜN CUMARTESİ

07:00 - 09:30	MEDITASYON&PRANAYAMA - TOPRAK HATHA YOGA: KALÇA VE BACAKLARIN TEMASI
09:30 - 10:30	KAHVALT
10:30 - 11:30	ENERJİ BEDENİNİN ANATOMISI VE 5 ELEMENT
11:30 - 16:00	ÖĞLE YEMEĞİ, SERBEST ZAMAN, YÜZME, AYURVEDA MASAJI
16:00 - 18:30	HANUMAN GIBI POZLARDA KALÇA VE BACAKLAR HIZALAMASINI DERİNLEŞTİRİYOR GALAVASANA-PARVA BHUJA DANDASANA
19:00 - 20:00	AKŞAM YEMEĞİ VE SERBEST ZAMAN

GÜN PAZAR

07:00 - 09:30	MEDITASYON&PRANAYAMA - TEMA ÇAKRA/ENERJİ DENGELEME HATHA YOGA: KALP AÇMA UYGULAMASI
09:30 - 10:30	KAHVALT
10:30 - 11:30	YOGA FELSEFESİ YAMA&NIYAMA VEYA AİLE DİZİMİ (3 SAAT SÜRER)
11:30 - 16:00	ÖĞLE YEMEĞİ, SERBEST ZAMAN, YÜZME, AYURVEDA MASAJI
16:00 - 18:30	ARKAYA BÜKÜLME DERİNLEŞTİRME: CHAKRASANA-NATARAJASANA-USTRASANA
19:00 - 20:00	AKŞAM YEMEĞİ
20:00 - 21:00	DEVVRAT İLE SATSANG/MEDITASYON, TAPINAK ZİYARET

GÜN PAZARTESİ

07:00 - 09:30	MEDITASYON&PRANAYAMA: HAVA ELEMENTİ VE SESSİZ MEDITASYON SOMATİK YOGA: IŞIK&ENERJİ
09:30 - 10:30	KAHVALT
10:30 - 11:30	BUTEYKO NEFES TEKNİKLERİ VEYA AİLE DİZİMİ (3 SAAT SÜRER)
11:30 - 16:00	SERBEST ZAMAN VE TUR GÜNÜ
16:00 - 18:30	YİN YOGA VE YOGA TERAPİSİ
19:00 - 20:00	AKŞAM YEMEĞİ, AKŞAM YEMEĞİNDEN SONRA SAHİLDE YÜRÜYÜŞ VEYA HEP BİRLİKTE GÜN BATIMINA GİDERİZ

GÜN SALI

07:00 - 09:30	MEDITASYON&PRANAYAMA: KAPALABHATI NEFESİYLE ATEŞ HATHA YOGA: ATEŞ ELEMENTİ - CORE VE OMUZLAR
09:30 - 10:30	KAHVALT
10:30 - 11:30	AYURVEDA VEYA AİLE DİZİMİ (3 SAAT SÜRER)
11:30 - 16:00	SERBEST ZAMAN VE TUR ZAMANI
16:00 - 18:30	DERİNLEŞEN KOL DENGESİ POZLARI: AMUT-PINCHA MAYURASANA-BAKASANA TITTIBASANA-SHIRSHASANA
19:00 - 20:00	AKŞAM YEMEĞİ VE AKŞAM YEMEĞİ SONRASI DEVVRAT İLE SATSANG

GÜN ÇARŞAMBA

07:00 - 09:30	MEDITASYON&PRANAYAMA: RELAX HATHA YOGA KALÇA VE OMUZ
09:30 - 10:30	KAHVALT
10:30 - 11:30	ASANALAR VE YOGA İLE İLGİLİ SORULARI YANITLAMAK VEYA AİLE DİZİMİ (3 SAAT SÜRER)
11:30 - 16:00	BOŞ ZAMAN
16:00 - 18:30	DERİNLEŞME VE HIZALAMA HERKES
19:00 - 20:00	AKŞAM YEMEĞİ

GÜN PERŞEMBE

07:00 - 09:30	MEDITASYON: SESSİZ MEDITASYON, BODYMINDSOUL'U GÖZLEMLEMEK, YANG VE YİN YOGA EVE DÖNMEYEN RESTART DERSİ
09:30 - 10:30	SON KAHVALT
10:30 - 11:30	KAPANIŞ TÖRENI VE MANTRALAR

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REBOOT RETREAT 2024

DEUTSCH



VARKALA/KERALA INDIEN

1. NOVEMBER – 7. NOVEMBER

LEHRER:

CEYDA FATMA SALTADAL, KRISHNA TIWARI, FUNDA MONN BIRINCI, DEVVRAT

REBOOT RETREAT WOCHENPAN

TAG 1

11.00 – 13:00	BEGRÜSSUNGSZEREMONIE, MANTRA CHANTEN, BESPRECHUNG UND INFORMATIONSVERTEILUNG
13:00 – 16:00	FREIZEIT
16:00 – 18:30	ASHTANGA-PRAXIS „FIRE ON“, RAUM SCHAFFEN FÜR NEUE ENERGIEN
19:00 – 20:00	ABENDESSEN

TAG 2

07:00 – 09:30	MEDITASYON&PRANAYAMA: THEMA ERDUNG, VERWURZELN HATHA YOGA-THEMA HÜFTE UND BEINE
09:30 – 10:30	FRÜHSTÜCK
10:30 – 11:30	ANATOMIE DES ENERGIEKÖRPERS UND DER 5 ELEMENTE
11:30 – 16:00	MITTAGESSEN, FREIZEIT, SCHWIMMEN, AYURVEDA-MASSAGE
16:00 – 18:30	VERTIEFUNG DER HÜFT- UND BEINAUSRICHTUNG IN POSEN WIE HANUMAN, GALAVASANA-PARSAVA BHUJA DANDASANA
19:00- 20:00	ABENDESSEN UND FREIZEIT

TAG 3

07:00 – 09:30	MEDITASYON&PRANAYAMA: THEMA CHAKRA/KÖRPERENERGIEAUSGLEICH HATHA YOGA: HERZÖFFNUNGSÜBUNG
09:30 – 10:30	KAHVALT
10:30 – 11:30	YOGA-PHILOSOPHIE YAMA&NIYAMA ODER FAMILIENAUFSTELLUNG (DAUERT 3 STUNDEN)
11:30 – 16:00	MITTAGESSEN, FREIZEIT, SCHWIMMEN, AYURVEDA-MASSAGE
16:00 – 18:30	VERTIEFUNG DER RÜCKBEUGE: CHAKRASANA-NATARAJASANA-ÜSTRASANA
19:00 – 20:00	ABENDESSEN
20:00 – 21:00	VERTIEFUNG DER RÜCKBEUGE: CHAKRASANA-NATARAJASANA- USTRASANA

TAG 4

07:00 – 09:30	MEDITASYON&PRANAYAMA LUFTLEMENT UND STILLE MEDITATION UND BEOBACHTUNG DES ATEMS MIT VERTIEFUNG
09:30 – 10:30	FRÜHSTÜCK
10:30 – 11:30	BUTEYKO-ATEMTECHNIKEN ODER FAMILIENAUFSTELLUNG (DAUERT 3 STUNDEN)
11:30 – 16:00	FREIZEIT UND TOURTAG
16:00 – 18:30	YIN YOGA UND YOGA-THERAPIE
19:00 – 20:00	ABENDESSEN, NACH DEM ABENDESSEN STRANDSPAZIERGANG ODER WIR GEHEN ALLE ZUSAMMEN ZUM SONNENUNTERGANG

TAG 5

07:00 – 09:30	MEDITATION&PRANAYAMA: FEUER MIT KAPALABHATI-ATMUNG HATHA YOGA - FEUERELEMENT - CORE UND SCHULTERN
09:30 – 10:30	FRÜHSTÜCK
10:30 – 11:30	AYURVEDA ODER FAMILIENAUFSTELLUNG (DAUERT 3 STUNDEN)
11:30 – 16:00	FREIZEIT UND TOURZEIT
16:00 – 18:30	VERTIEFUNG DER ARMBALANCE-POSEN: HANDSTAND-PINCHA MAYURASANA BAKASANA-TITTIBASANA-SHIRSHASANA
19:00 – 20:00	ABENDESSEN UND DANACH SATSANG MIT DEVVRAT

TAG 6

07:00 – 09:30	MEDITATION&PRANAYAMA RELAX HATHA YOGA - HÜFTEN UND SCHULTERN
09:30 – 10:30	FRÜHSTÜCK
10:30 – 11:30	BEANTWORTUNG VON FRAGEN ZU ASANAS & YOGA ODER FAMILIENAUFSTELLUNG (DAUERT 3 STUNDEN)
11:30 – 16:00	FREIZEIT
16:00 – 18:30	FREIE WAHL PRAXIS-VERTIEFUNG UND ALIGNEMENT DER ASANAS NACH ABSPRACHE MIT DEN LEHRERN
19:00 – 20:00	ABENDESSEN

TAG 7

07:00 – 09:30	MEDITATION: STILLE MEDIATION, KÖRPER,GEIST UND SEELE BEOBACHTEN YANG- UND YIN-YOGA ZUM ABSCHLUSS FÜR DEN RESTART
09:30 – 10:30	LETZTES FRÜHSTÜCK
10:30 – 11:30	ABSCHLUSSZEREMONIE UND MANTRA

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