

# Yoga Zentrum Amberg

cordially invites you to join in the following seminars

- Workshop with Dean Lerner (from USA) for 3 days and an additional day for advanced practice at Junior Intermediate Level
- Workshop with Usha Devi (from Indien) 3 or 5 days

## **Dean Lerner**

Join us for an exciting weekend of Yoga in the traditional of B.K.S. Iyengar that will inspire your practice and enlighten your understanding of the depth of Yoga. Dean Lerner, longtime student of B.K.S. Iyengar and past president of the Iyengar Yoga National Association of the U.S., blends keen perception and insight with his delightful sense of humor to present classes that will satisfy and stretch you – body, mind and spirit. Dean resides and teaches in Pennsylvania and teaches workshops around the world. He was awarded an Advanced level certification from Shri B.K.S. Iyengar and is co-director of the Iyengar Yoga Institute of Central Pennsylvania.

He will get assisted from his wife Rebecca Lerner. Rebecca is certified on a high Senior Intermediate I Level and is teaching since the 70's. Also she is very well known, conducts in the USA teachertrainings and is teaching many workshops on an national and international level.

## **When:**

Junior Intermediate: Thursday, 18.05.2017 from 15.00 – 18.00

Workshop with Dean Lerner: 19.05.2017 – 21.05.2017

Friday: 18.00 – 20.00

Saturday: 9.30 – 12.30 and 15.30 – 17.30

Sunday: 9.00 – 12.00

## **Where:**

Relax & move, Marienstrasse 8, 92224 Amberg, Germany ([www.iyengaryoga.de](http://www.iyengaryoga.de))

## **Price:**

Junior Intermediate: 55,- Euro with registration before 20.3.17, afterwards 65,- Euro

Workshop: 185,- Euro with registration before 20.3.17, afterwards 210,- Euro

## **Language of Instruction:**

English

**Registration** please see below form

## **Usha Devi:**

Usha Devi has been living in India since 1985, serving at Omkarananda Ashram Himalayas in Rishikesh. In 1993, she began to study yoga with the world famous Yoga master B.K.S. Iyengar "Guruji". She spends several months each year at the Iyengar Institute in Pune. In her teaching, Usha Devi is very precise and strict. As a result, her students are often astonished by the level of personal application and awareness that they are able to achieve during her classes. For many, the first impression is of a hard, demanding teacher; but students quickly realize that Usha Devi's disciplined approach arises from a genuine love for others and a natural selflessness which enables her to form a unique relationship with her students. Under her continual guidance, students reach a deeper level of their yoga practice. Her ironic sense of humor and her forthright common sense contribute to making her something of a legend in the Yoga community.

In 1998, Usha Devi was involved in a serious road accident in which she suffered severe injuries. After six months in the hospital, multiple operations, and over a year confined to bed; she spent the following two years in plaster casts, undergoing constant medical treatment. Five years later, while on the way to recovery, a second car accident fractured both her femurs and brought her back into the hospital for yet more operations. The full story of her experiences can be found on the webpage Yoga Rahasya. Usha Devi has no doubt that her recovery has occurred through the blessings and yoga instruction of Guruji, B.K.S. Iyengar.

## **When:**

Part 1: 29.9.2017 – 1.10.2017

Friday: 18.00 – 20.00  
Saturday: 9.30 – 11.30 and 16.00 – 18.00  
Sunday: 9.30 – 11.30 and 16.00 – 18.00

Part 2: 2.10.2017 – 3.10.2017

Monday: 9.30 – 11.30 and 16.00 – 18.00  
Tuesday: 9.30 – 11.30 and 15.00 – 17.00

**Part 2 can be booked only together with Part 1!**

## **Where:**

Workshop with Usha Devi Musikomm, Fleurystr. 1, 92224 Amberg, Germany

## **Price:**

Part 1: 220,- Euro with registration before 1.07.17, afterwards 240,- Euro  
Part 1 a. 2: 380,- Euro with registration before 1.07.17, afterwards 420,- Euro

**Language of Instruction:** English

**Registration:** please see below form

## Registration for

### Junior Intern. Kurs with Dean Lerner:

on 18.05.2017 \_\_\_\_\_

### Workshop with Dean Lerner:

from 19.05.17 – 21.05.17 \_\_\_\_\_

### Workshop with Usha Devi:

Part 1 from 29.9.17 – 1.10.17 \_\_\_\_\_

Part 1 and 2 from 29.9.17 – 3.10.17 \_\_\_\_\_

I hereby register for the above-marked workshop(s). I agree to the following:

- a) I assume all risk of injury and all risk of damage to or loss of property arising out of my participation in this program; and
- b) that I have consulted my physician in order to determine my physical ability to participate in the program.

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone and email:** \_\_\_\_\_

**Props needed: Yes** \_\_\_\_\_ **No** \_\_\_\_\_

### Cost:

Dean Lerner Intermediate: 55,- € registration and payment till 20.3.17, afterwards 65,- €

Dean Lerner Workshop: 185,- € registration and payment till 20.3.17, afterwards 210,- €

Usha Devi Part 1: 220,- € registration and payment till 1.7.17, afterwards 240,- €

Usha Devi Part 1 a. 2: 380,- € registration and payment till 1.7.17, afterwards 420,- €

Please bring the following props to the workshop: 3 blankets, 2 blocks and 2 straps. A limited number of props are available for an extra rental fee of 15 Euro. Please include the rental fee in your payment. Registration is on a first-come, first-served basis. A written confirmation will be sent upon receipt of payment and registration.

### Registration:

Post: relax & move – Iyengar Yoga Amberg, Marienstrasse 8, 92224 Amberg, Germany

email: iyengar-yoga@email.de

Fax: 0049 9621 602565

For further questions feel free to contact Martin Zilbauer by email: iyengar-yoga@email.de

### Cancellation Policy:

A 40 Euro fee will be applied for cancellation prior to 6.4.2017 (to Dean Lerner) and for cancellation prior to 15.8.2017 (to Usha Devi)

No refunds will be given for cancellations after these dates unless a substitute and/or participant from the waiting list is available to attend.

**Date and Signature:** \_\_\_\_\_

Money transfers can be made to: relax & move—Sparkasse Amberg Sulzbach

IBAN: DE48 7525 0000 0021 3162 52 BIC: BYLADEM1ABG - subject: Usha Devi or Dean Lerner/name

## Hotels in Amberg

### Allee Parkhotel Maximilian

Pfalzgrafenring 1  
92224 Amberg  
telephone number +49 9621 3300  
email: info@allee-parkhotel-maximilian.de  
Homepage: [www.allee-parkhotel-maximilian.de](http://www.allee-parkhotel-maximilian.de)

distance Musikomm: 10 min  
distance relax and move center: 12 min  
price:  
single room 73,00 € / night with breakfast  
double room 91,00 € / night with breakfast

---

### Arcadia Hotel

Schießstätteweg 10  
92224 Amberg  
telephone number +49 9621 4830  
email: info.amberg@vi-hotels.de  
Homepage: [www.vi-hotels.com/arcadia-amberg](http://www.vi-hotels.com/arcadia-amberg)

distance Musikomm: 20 min  
distance relax and move center: 15 min  
price:  
single room 70,20 € / night with breakfast  
double room 94,50 € / night with breakfast

---

### Hotel zur gold'nen Krone

Waisenhausgasse 2  
92224 Amberg  
telephone number +49 9621 9170170  
email: info@hotel-zur-goldnen-krone-amberg.de  
Homepage: [www.kates-amberg-hotel.de](http://www.kates-amberg-hotel.de)

distance Musikomm: 15 min  
distance relax and move center: 10 min  
price:  
single room 65,00 € /night with breakfast  
double room 85,00 € /night with breakfast

---

### Altstadt Hotel

Batteriegeasse 2  
92224 Amberg  
telephone number +49 9621 788230  
email: hotel@altstadt-hotel-amberg.de  
Homepage: [www.altstadt-hotel-amberg.de](http://www.altstadt-hotel-amberg.de)

distance Musikomm: 15 min  
distance relax and move center: 8 min  
price:  
single room 57,00 € / night with breakfast  
double room 82,00 € /night with breakfast

---

### Hotel Brunner

Batteriegeasse 3  
92224 Amberg  
telephone number +49 9621 4970  
email: info@hotel-brunner.de  
Homepage: [www.hotel-brunner.de](http://www.hotel-brunner.de)

distance Musikomm: 15 min.  
distance relax and move center: 8 min  
price:  
single room 51,00 € /night with breakfast  
double room 85,00 € /night with breakfast

---

### Hotel in Amberg

Regensburger Str. 14  
92224 Amberg  
telephone number +49 9621 475717  
email: info@hotel-in-amberg.com  
Homepage: [www.hotel-in-amberg.com](http://www.hotel-in-amberg.com)

distance Musikomm: 5 min  
distance relax and move center: 5 min  
price:  
single room 39,00 € /night without breakfast  
double room 69,00 € /night without breakfast

---

### Hotel Fronfeste

Fronfestgasse 8  
92224 Amberg  
telephone number +49 9621 179552  
email: info@hotel-fronfeste.de  
Homepage: [www.hotel-fronfeste.de](http://www.hotel-fronfeste.de)

distance Musikomm: 10 min  
distance relax and move center: 15 min  
price:  
single room 59,00 € /night without breakfast  
double room 79,00 € /night without breakfast

---

### Holiday apartment Fam. Jäger-Kühner

Kaiser-Wilhelm-Ring 27  
92224 Amberg  
telephone number. +49 9621 14832  
email: ferienwohnung.jaeger@yahoo.de  
Homepage: [www.fewo-jaeger.jimdo.com](http://www.fewo-jaeger.jimdo.com)

distance Musikomm: 5 min  
distance relax and move center: 20 min  
price:  
2 pers. 36,00 € / night without breakfast  
any further person 11 € / night

---

see also [www.couchsurfing.com](http://www.couchsurfing.com)