Iyengar Yoga Amberg

Cordially invites you to join in the following Iyengar Yoga workshops with Usha Devi (India) and Martin Zilbauer (Germany)

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: 30.09.16 – 02.10.16

Friday: 18.00 – 20.00
Saturday: 9.30 – 11.30 and 15.30 – 17.30
Sunday: 9.30 – 11.30 and time for self-practice at the Center 15.00 – 18.00

Part 2: 03.10.16 – 05.10.16

Monday: 9.30 – 11.30 and 15.30 – 17.30
Tuesday: 9.30 – 11.30 and 15.30 – 17.30
Wednesday: 9.30 – 11.30

Part 2 can be booked only together with part 1!

Where:

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

Self-Practice and part 2 with Usha Devi, Relax & move, Marienstr. 8, 92224 Amberg, Germany

Price:

Part 1: 175 Euro with registration before 30.07.16, afterwards 195 Euro
Part 1 and. 2: 380 Euro with registration before 30.07.16, afterwards 420 Euro

Language of Instruction: English

After the workshop with Usha Devi you can join the yoga wall seminar with Martin for a lower price.

Module 1: 07.10.16 – 09.10.16: 175 € with registration before 30.07.16, afterwards 195 €

This offer is valid only for participants of Usha Devi!

More informations about the yoga wall seminar are available in the following text.

Registration please see below form

Martin Zilbauer:

Founder of relax & move and cofounder of the Center for physical therapy Zilbauer. He spent more than 6 years in Asia and India in order to intensively study Iyengar Yoga. Martin continues to train and teach on an international level and visits India annually once or twice to further his practice.
He is also the leading training supervisor in Europe for the yogawall, a wall rope system which is based on the use of wall ropes by Guruji, B.K.S. Iyengar.

Yoga wall training for (future) yoga teachers and interested practitioners

These workshop with Martin Zilbauer about the use of the yogawall contains 3 inter connected modules which can be booked separately. Module 2 can be booked only when module 1 got finished and module 3 only with participation in module 2.

When and where:

Module 1 in Brussels: 29.01.16 – 31.01.16 in English
Module 2 in Brussels: 15.04.16 – 17.04.16 in English
Module 3 in Brussels: 02.12.16 – 04.12.16 in Englisch

Module 1 in Amberg: 07.10.16 – 09.10.16 in Germain
Module 2 in Amberg: 11.11.16 – 13.11.16 in Germain

For more information and registration:
http://www.yogawall.eu/en/content/66-yoga-wall-training-for-yoga-teachers-2016

Your relax & move Team

Registration for

the workshop with Usha Devi:

Part 1 from 30.09.16 – 02.10.16 _____

Part 1 and 2 from 30.09.16 – 05.10.16 _____

the Yoga Wall Seminar with Martin:

Module 1 from 07.10.16 – 09.10.16 _____

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:

Usha Devi part 1: registration and payment till 30.07.16 175€, afterwards 195€
Usha Devi part 1 a. 2: registration and payment till 30.07.16 380€, afterwards 420€
Yoga Wall part 1: registration and payment till 30.07.16 175€, afterwards 195€

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 mobile +49 151 70845837 or email: iyengar-yoga@email.de.

Cancellation Policy:
A 40 Euro fee will be applied for cancellation prior to 15.08.16
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: DE03 7525 0000 0021 2629 36—BIC: BYLADEM1ABG subject: Usha Devi/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

distance yoga–class Usha Devi part 1: 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

distance yoga–class Usha Devi part 1: 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

distance yoga–class Usha Devi part 1: 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

Batteriegasse 2
92224 Amberg
telephone number +49 9621 788230
email: hotel@altstadt-hotel-amberg.de
Homepage: www.altstadt-hotel-amberg.de

distance yoga–class Usha Devi part 1: 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

Batteriegasse 3
92224 Amberg
telephone number +49 9621 4970
email: info@hotel-brunner.de
Homepage: www.hotel-brunner.de

distance yoga–class Usha Devi part 1: 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

distance yoga–class Usha Devi part 1: 5 min
distance relax and move center: 5 min
price:
single room 39,00 € /night without breakfast
double room 69,00 € /night without breakfast