

REGISTRATION FOR MODULE 2 OF THE PRACTICE TEACHER TRAINING ONLY FOR

Philosophy, Hatha Yoga Pradipika and Sanskrit with Harshvadan Jhaveri
Morning practice Mysore style with Sandra and Gunny
Daily Satsang in the evening with Sandra, Gunny and Harshvadan
and a 2,5h workshop with Muni on Harmonium!

(NO CERTIFICATE)

Name:

Street:

City:

Postal Code:

Country:

Telephone number:

Email:

Date of birth:

How did you hear about this training?

Do you have any acute or chronic injuries/diseases?

Do you have any addictions?

Are you on regular medication?

If yes, what medication and for what purpose?

PREPARATION

BOOKS:

Please read the following books before the training:

- "HYP" by Swatmarama (read some of the book)
- "Yoga Sutras"

PRACTICE:

Please learn the Sequence for the morning practice by heart
(will be send to you after registration)

WHAT TO BRING:

- Yoga mat
- Journal and pens for meditation and practice
- Something white to wear
- Neti pot
- Body brush
- Tongue scraper

COSTS:

Accommodation with three plant-based meals per day for 13 days:

Double room: €1300

TUITION:

13 day program (one off day): €1008

EARLY BIRD:

If you book before August 1st, you will receive a discount of €108.

Registrations will be processed in the order they are received.

Please send the completed form to the following email address: info@practice.de

We are looking forward to dedicating this time together to these ancient and sacred practices.

Sandra & the Practice Team

Arrival on your own:

Seminarhaus Breienteicher Mühle

Breienteicher Mühle 2

16278 Frauenhagen

Directions:

<https://www.breienteicher-muehle.de/anfahrt.html>