

Retreat Program:

Yoga-Philosophy

- Human Life: Meaning, Art of life, life according yoga & Ayurveda tradition.
- What is yoga. Past, nowadays, future
- Patanjali's Yoga Sutras and their role in health of individual and society.
- 8 Limbs of Ashtanga Yoga – Yama, Niyama, Asana, Pranayama, Dharana, Dhyana, Samadhi. Their role in support of healthy lifestyle.
- Three bodies in disease and health. When & what get impaired.
- What is Karma Yoga, Raja Yoga. Meaning.
- Role of Karma in disease and is there any chance to change it.
- Kosha concept, its role in health and cancer disease management
- 5 Koshas
- Main Nadis - Ida, Pingala, Sushumna. Their role in practice. How they can help to increase the lifespan?
- Chakras, its impairment and role in disease management.
- Panch-Klesha (Five Causes Of Pain & Miseries) / causes of success and failure in Yoga
- Earth, Water, Fire, Air, Space elements in Hatha yoga.
- How to manage elements according to health issues
- What is Kundalini energy
- Is it safe to activate kundalini in cancer disease?
- Kundalini & Chakra
- Gunas and their role in cancer diseases
- Prakriti & Purusha. What from both can be changed to fight with disease
- Obstacles in the path of yoga and treatment
- Yin and Yang in DAO philosophy
- What is a best way to understand YIN and YANG Meridians
- Difference in Hatha and Yin Yoga
- Posture and therapy in Yin Yoga

Yoga practical aspects:

Asana (beginner, intermediate and advanced level):

- Natural Relaxation Asana.
- Natural standing Asana with External Rotations.
- Forward bending Asana.
- Backward Extensions.
- Spinal Twisting Asana.
- Inverted Asana.
- Balancing Asana.
- Surya-Namaskara.
- Meditation Asana.
- Thunder-Bolt (vajrasana) Group Asana.

- Lotus (Padmasana) Group Asana
- Yoga Posture for Kidney & urinary bladder meridian
- Yoga Posture for Spleen & Liver meridian
- Yoga Posture for Lungs & Bowel
- Yoga Posture for Heart & Bowel Meridian
- Upper and Low Body meridians

Pranayama & Mudras:

- Introduction to Pranayama.
- Basic Pranayama Techniques & Benefits (Abdominal breathing, Preparational breathing, Kapalabhati, Nadi Shodana with/without retention, Ujjayi breathing, Bramari, Bhastrika, Shitali, Shitkari, Surya Bheda & Chandra Bheda, Ujja).
- The pranic body.
- Parana and lifestyle.
- Breathe, health and pranayama.
- Breathing and life span.
- Sitting Positions for Pranayama
- Kriyas (Body Cleansing Methods): (Neti, Kapalabhati, Trataka, Shanka Prakshalana)
- What is mudra and bandha
- What is Ashwini Mudra, its role in energy body
- Dyana, Ajali, Prithvi, Varuna, Shakti, Gyana, Chin, Shambhavi, Khechari Mudra, Hansi mudra, Vayu mudra, akash Mudra, Shunya Mudra, Surya mudra, Jalodarnashak mudra, Apan mudra, Pran Mudra, shankh mudra, Apan Vayu Mudra, Ling Mudra, Dhyan Mudra, Lotus Mudra)
- Moola, Uddyana Bandha, Jalandra
- .Shatkarma (concept, aim, safety, performance)
- Obstacles in Pranayama practice

Meditation

- Meditation Practice and Theory (Om Meditation, Trataka, Yoga Nidra, Nada meditation, Mantra meditation, Nadis Meditation, 5 elements meditation, Breath meditation, Ham-so, So-ham meditation, Ajapa/japa, Ida/Pingala spinal rotation, Hridayakasha Dharana, Panchaprana Dharana, Pranava Dhyana)
- Visualisation & concentration
- Obstacles in meditation
- Concept of meditation Step by step
- Postures for meditation practice
- How to integrate meditation in yoga class?
- How to choose object for meditation?

Mantra

- Standard Mantras (Guru, Ganesh Mantra, Shakti Mantra, Gayatri Mantra, Shanti Mantra, Shiva Mantra, 5 elements mantra, So Ham, AUM, Lakshmi Mantra, Vishnu Mantra, Mantra for health, business, children)

Yoga therapy/Ayurveda

- Using of number of yogic/ayurvedic methods in supporting and treatment of some diseases
- What is ayurveda
- 3 Dosha vata, pitta, kapha
- How to identify the dosha
- 6 tastes and their function for balance of body and mind
- Ayurveda and its role in cancer

Ayurvedic cooking

Explanation of Pancha Mahabhuta – five elements.

Explanation of Sapta Dhatu – five body elements.

Explanation of Srotas – body channels and their role in digestion.

Explanation of Ama – toxins and it's influence on digestion.

Explanation of Agni – digestive fire and it's influence on digestion.

Explanation of Prakriti – constitution.

20 Main ayurvedic herbs for cooking and their qualities

Six main tastes and how to combine them during the cooking

Postdigestion and role of ayurvedic spices

Ayurvedic food compatibility

Menu planning

What is pranic food, how to find and prepare it

Healthy lifestyle with food habits

Main ayurvedic vegan & vegetarian recipes

Ayurvedic dishes for different health issues – when & what

Healthy eating habits according to season