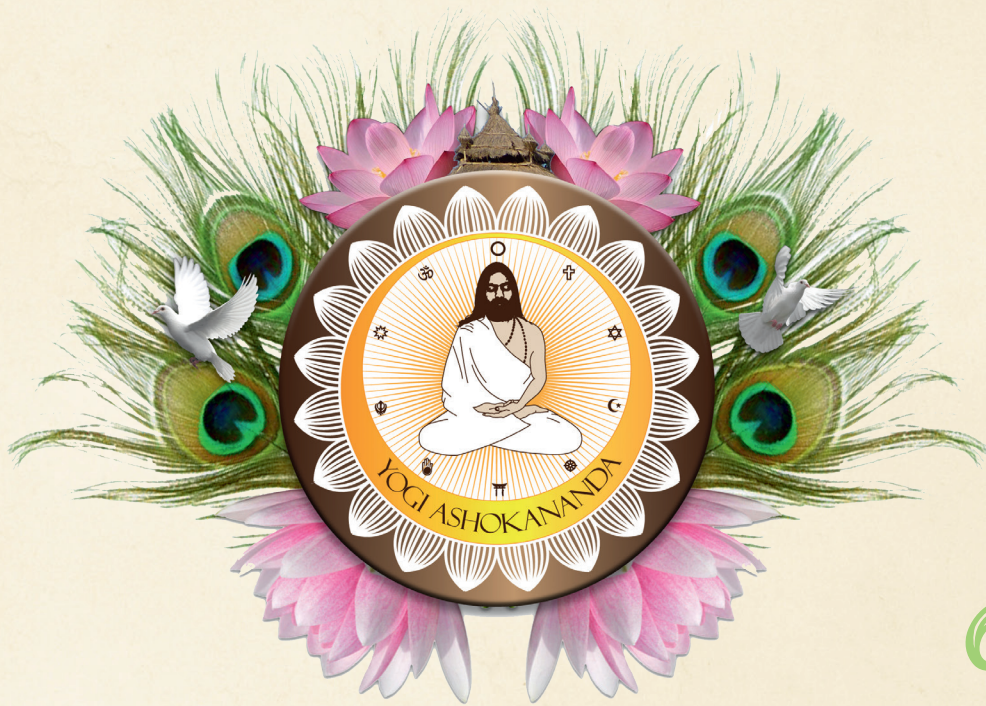




FESTIVAL

DISCOVER YOUR LIGHT



05.09. – 07.09.2014

Lentzke near Fehrbellin



Invitation

We are happy that this invitation has reached you and that together with us you will create a place of encounter, opening and being ... Be yourself and be a part of this project: Discover your light.

The festival will take place on a beautiful farmyard in Lentzke. In this romantic idyllic farmyard a place for different spiritual activities will be created by setting up a yurt and a roofed yoga platform.

Festival Place:

Blaues Haus, Dorfstr. 44, DE- 16833 Lentzke (72 km Northwest of Berlin, 13 km South of Neuruppin)

Admission Fee:

Please register until latest 31st Aug 2014 including number of participants via phone or email.

1st day: 20 € 2nd day: 40 € 3rd day: 40 € (50% discount for children on fee)

- All of the above mentioned prices include three meals daily. (vegetarian/vegan/raw)
- Accommodation fees are extra.
- After participating in the programs, you can give a donation of your choice.

Accommodation:

If accommodation is needed please contact one of the following organisers via phone or email

- Approx. 60 places for tents (5.00 € per night/per person)
- Holiday flats in Lentzke and the neighbouring village (double room 40.00 € per night and single room 30.00 € per night)
- Guesthouse in the neighbouring village (from 40.00 € per night)

Dates:

Friday 05.09.2014 arrival time 12.00 pm · program 3.00 pm – 10.00 pm
Saturday 06.09.2014 program 7.00 am – 10.00 pm
Sunday 07.09.2014 program 7.00 am – 6.00 pm

Organisers:

Yasmin Dietl yasmin.dietl@gmx.de · 0176 - 271 77 626

Alexandra Stajkoski kontraste@gmx.de · 033932 - 734 30 · 0151 - 21 309 096



Development of the project

„Discover your Light“

Everything started with Alexandra's desire to bring more life to her property in Lentzke. The desire slowly took shape when Yasmin had the idea to plan a yoga workshop with Yogi Ashokananda.

She had met Yogi Ashokananda in India 7 months ago. He fascinated her with his way of living and acting and helped her to start various inner processes.

Wouldn't it be exciting to offer a workshop in which you have the opportunity to try Prana Kriya Yoga, Hatha Himalayan yoga, breathing and meditation technics to find out which technic helps you best on your way?

When the thought grew, a feeling of one-sidedness came up in Yasmin and her thoughts started to reorganise: Why offer a yoga workshop which aims in just one direction?

Why not offer many different opportunities on one platform which add up to a big orchestra with a variety of instruments. Everybody can try and then in the end choose their personal favourite instrument that will help on their way to inner peace, harmony, relaxation and self-love. This thought strengthened and felt right. So it was decided to turn the yoga workshop into a three days festival.

Within one week people came together who wanted to contribute to this project to create a colourful program allowing everyone to try and to get to know the one thing and the other. Our big orchestra with many different instruments and many-faceted sounds consists of: Prana Kriya Yoga, Hatha Himalayan Yoga, breathing and meditation technics, Ashtanga Yoga for adults and children and much more ...
(See last page)

To add the final touch to the festival, it was decided to organise it as a charity project. A charity project in India will be supported with the raised money (admission and donations). We will give further information about this charity project at the information desk at the festival to create trust and transparency.

You and many others will make this event to a wonderful experience of living and being. Be a part of it and share your energy with us in a healing space.

The highest precept during these three days will be to show awareness towards others and oneself -nature, animals and humans.

We are looking forward to your light and energy ...
Namaste ... Sat Nam ... OM ...

Love
Alexandra and Yasmin





PROGRAM

- Whole day childcare
- Prana Kriya Yoga
- Hatha Himalaya Yoga
- Ashtanga Yoga for adults and children
- Tai Chi and Qi Gong
- Breathing and meditation technics
- Creative painting (soul painting)
- Healing sound journey in a yurt
- Ayurvedic massages (and other massages)
- Yoga philosophy
- Reiki
- Physiotherapie
- Native American Indian healing work
- Dream journeys (find your inner strength)
- Fire ceremonies

Workshops and speeches:

- 'Create better relationships' with Mangala Puta
 - 'Creative homoeopathy' with Antonie Pepler
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