



Isha Angamardana Retreat

18 -21. May. 2023 | Brandenburg Germany

Day 1

18 May (Thu)

14:00 – 15:30

Arrival

16:00 – 17:30

Review/ Correction Surya Kriya

17:30 – 18:30

Surya Shakti

19:00 - 19:45

Dinner

20:00 - 21:30

Opening circle

Day 2

19. May (Fri)

5:30

Guru Pooja

5:40 - 6:45

Supported individual yoga practices

7:00 - 10:30

Angamardana Session 1

10:40 - 11:30

Brunch

12:30 - 13:30

Lecture on Food & Body

13:30 - 15:30

Free time

15:30 - 19:00

Angamardana Session 2

19:15 – 20:15

Dinner

20:30 – 21:00

Evening Session



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Day 3

20. May (Sat)

5:30

Guru Pooja

5:40 - 6:45

Supported individual yoga practices

7:00 - 10:30

Angamardana Session 3

10:40 - 11:30

Brunch

12:00 - 13:00

Pranayama & Nada Yoga

13:30 - 16:30

Visit local organic farm

17:00 - 18:30

Guided Angamardana Session

19:30 - 20:30

Dinner

20:30 - 22:00

Party

Day 4

21. May (Sun)

5:30

Guru Pooja

5:40 - 8:00

Supported individual yoga practices

8:00 - 9:00

Smoothie Workshop

9:30 - 11:00

Closing Circle

11:00 - 12:00

Brunch

12:00 - 14:00

Farewell

