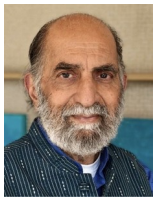
MAYA – Dr. Martina Bley · Rosenwaldhof · OT Götz · Bergstr. 2 · 14550 Groß Kreutz (Havel) · Germany
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“Pranayama and Meditation” with Dr. Shrikrishna B. Tengshe



This training series is aimed at yoga teachers and yoga practitioners, but is also open to anyone else who is interested. You can take part even without previous experience in yoga.

What It Is About

Dr. Shrikrishna specializes in teaching an intensive pranayama and meditation practice. The focus is on inner experience and on working with breath and consciousness. Our training program aims to accompany you in your own spiritual development and at the same time to strengthen your ability to accompany others on this path.

Above all, it is about anchoring yoga in your own life through pranayama and meditation, approaching breath and mind more consciously and mindfully, and experiencing an answer to the central question of all spiritual traditions: “Who am I?” – recognizing your own true Self. All the techniques and methods we practice in the seminars, all reflection and every immersion in silence serve this goal.

For yoga teachers and related professions working with the therapeutic aspects of breathing, mindfulness training, bodywork, relaxation techniques and meditation, the training is also an enrichment for their own professional practice.

What We Expect

So that the path of yoga can truly deepen and consciousness can transform, we expect all participants to maintain a regular independent yoga practice: the willingness to practice the special exercises regularly between the seminars as well, and to practice mindfulness in everyday life.

How We Work

The seminars are silent retreats with talks and room for questions. Practice periods take up more and more space over the course of the training series.

The retreat series is designed to last one and a half years in total. Intensive work in a closed group allows Dr. Shrikrishna to convey the deeper, subtle aspects of pranayama and of yoga as a whole, attuned to the group’s process.

Between the retreats we meet for an in-person seminar. There we study the theory, review the practice and practice passing it on to yoga students; we reflect on our self-experience and clarify open questions.

As a complement to the silent retreats, this seminar above all provides a setting for exchange with one another, for getting to know each other in an enriching way and for the beginning of friendships and companionship on the path.

If you would like to get to know Shrikrishna, you are warmly invited to join one of our open Sunday meetings, which take place live online at the end of each month.

Click here or scan the QR code.

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Topics and Content of the Training

- Self-experience with pranayama, mantra recitation, meditation and mindfulness exercises
- Classical Indian scriptures in relation to yoga
- Philosophical and psychological concepts of yoga and related Indian paths of practice
- The path of yoga in relation to the mystical traditions of other cultures
- Psychophysiological foundations of breathing and meditation
- Yoga and consciousness research
- Modern science and mystical wisdom
- Psychology for yoga teachers, introduction to transpersonal psychology
- Interaction of body and breath work with emotions
- Health-promoting lifestyle, coping with stress
- Therapeutic aspects of yoga
- Dealing with spiritual crises
- Pranayama for yoga teachers, methodology and didactics of yoga teaching

… and plenty of room for individual questions, concerns and wishes

Bonus

- Individual spiritual guidance through one-on-one sessions with Dr. Shrikrishna (optional)
- The complete audio files of all seminars, free of charge
- Afterwards, access to the intensive groups and the Patanjali retreats

Schedule

Year 1	• Online retreat at Rosenwaldhof (6.5 days) with Shrikrishna
Year 2	• In-person retreat in India (10 days) with Shrikrishna • In-person seminar at Rosenwaldhof (4 days) with Martina • Online retreat at Rosenwaldhof (6.5 days) with Shrikrishna

"That leads to a complete transformation of the individual consciousness through that we can experience our own inner state as nothing else but the clear and unconditioned consciousness that is not blurred by the concepts of time and space. This is the ultimate goal of any yogic practice." Shrikrishna