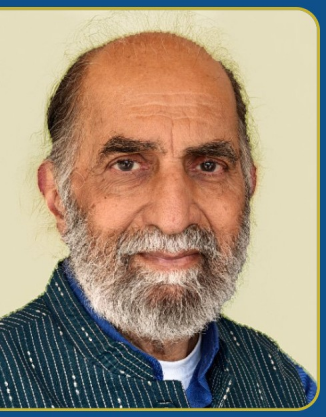
PRANAYAMA & MEDITATION
DR. SHRIKRISHNA 2027



Dr. Shrikrishna B. Tengshe grew up at the Kaivalyadhama Yoga Institute in India and earned his PhD in pranayama at AIIMS, New Delhi. For many years he served as medical director of a yoga therapy clinic in Mumbai. For over forty years he has taught yoga in India, Latin America and Europe, guiding people on their spiritual path. His teaching centres on pranayama, meditation, mantra recitation and the classical Indian scriptures – precise and humorous, full of wisdom and loving kindness. Personal questions can be explored both in the group and in one-to-one conversations with him. He is one of those rare teachers who can guide processes of spiritual transformation from deep personal experience.

09–11 Apr 2027	Open Weekend (translation possibly available)
15–18 Apr 2027	Intensive Group Retreat (English)
19–25 Apr 2027	Intensive Group Retreat (with German translation)
02–04 Jul 2027	Open Weekend (translation possibly available)
19–25 Jul 2027	Open Retreat (translation possibly available)
26 Jul – 01 Aug 2027	Training Series D, Retreat 1
03–09 Aug 2027	Training Series C, Retreat 3
10–16 Aug 2027	Intensive Group Retreat (English)
18–24 Aug 2027	20th Patanjali Retreat (with German translation)





HIMALAYA RETREATS

WITH OPTIONAL ACCOMPANYING PROGRAMME

07–16 Jan 2027	Open Retreat (with German translation)
18–27 Jan 2027	Training Series C, Retreat 2 (English)
29 Jan – 07 Feb 2027	Intensive Group Retreat (English)

TRAVEL IMPRESSIONS

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