MAYA – Dr. Martina Bley · Rosenwaldhof · OT Götz · Bergstr. 2 · 14550 Groß Kreutz (Havel) · Germany
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TRAINING SERIES WB-C · STARTING 2026 or alternatively 2027

Pranayama and Meditation
with Dr. Shrikrishna B. Tengshe

Dear friends interested in the new training series,

We are delighted that we can continue the training series with Dr. Shrikrishna in a new form! The live online seminars have proven to be very intense and effective. That is why Shrikrishna continues to teach even now that his long-distance travels have ended: in online retreats and in person in India.

Something very special is his personal teaching at a powerful place in the Himalayas. If you wish, you can have one-on-one sessions with him there and be closely accompanied on your spiritual path.

Participation requires one of the introductory seminars. It introduces or refreshes the theory and practice of pranayama and meditation and presents the content, structure and requirements of the training series. At the end, both sides decide together whether the training is the right thing at this time.

Alternatively, you can enter the training series through the open retreat in India.

In combination with the subsequent second retreat of the training series, this is a particularly powerful package.

Teachers

- **Dr. Shrikrishna Bhushan Tengshe:** see www.shrikrishna.de
- **Dr. Martina Bley:** yoga teacher (BDY/EYU), behavioral scientist, Gestalt therapist, licensed practitioner for psychotherapy (Heilpraktikerin); has worked with Dr. Shrikrishna for more than 30 years

Venues

- **Rosenwaldhof**, Bergstr. 2, 14550 Groß Kreutz, Germany, www.rosenwaldhof.de (live online and in-person seminar); you can also join the first online retreat from another location
- **Trip to India: Antaraal Resort in the Himalayas**, near Dharamshala, with an optional accompanying program

Dates

06.03. – 08.03.2026 or 19.06. – 21.06.2026	Introductory seminar (live online, preferably at Rosenwaldhof)
20.07. – 26.07.2026 or	1st retreat with Shrikrishna (live online, preferably at Rosenwaldhof)
07.01. – 16.01.2027	as an alternative to the introductory seminar and the first online retreat: retreat with Shrikrishna in person in India
18.01. – 27.01.2027	2nd retreat with Shrikrishna (in person in India)
25.06. – 29.06.2027	In-person seminar with Martina (Rosenwaldhof)
03.08. – 09.08.2027	3rd retreat with Shrikrishna (live online at Rosenwaldhof)

	Start	End
Introductory seminar & online retreats	**2:30 pm**	**1:00 pm (after lunch)**
Retreats in India	**7:30 pm local time**	**10:00 am local time**

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Fees

Including audio files of all events; accommodation and meals at Rosenwaldhof are charged separately.

140 euros	Online introductory seminar (reduced 95 euros) – not included in the total fee
1,580 euros	two online retreats with Shrikrishna and one in-person seminar with Martina
1,880 euros	Trip to India and 10-day retreat with Shrikrishna (accommodation and meals in a double room and shuttle included, flight not included)

Total: 3,460 euros

Reductions are possible by arrangement. Fees for participants from abroad may differ.

Language

English; German translation if there is sufficient demand

About the Trip to India



Dharamshala

We will experience our retreat with Shrikrishna in a comfortable retreat center in the Himalayas, near Dharamshala, the seat of the Dalai Lama.

The place is safe and clean, the view of the mountain range picturesque, the care warm-hearted, and the food delicious, varied and plentiful – and without any risk of an upset stomach 😉.

In 2026, the cheapest flights from Berlin cost approx. 600–700 euros for the round trip. Flights together can usually be arranged.

Excursions to Dharamshala to the seat of the Dalai Lama as well as to sights and places of power in the surrounding area can optionally be arranged. You will be well looked after before and during the trip, picked up from the airport and brought back there safely.

First impressions and inspiration: Impressions of previous journeys (PDF)

Info & details: Travel Information 2027 (PDF)

Questions and Registration

We are happy to answer any further questions. Just call or send an email to maya@rosenwaldhof.de.

We are very much looking forward to seeing you

– for us, too, it is always an intense, inspiring, joyful and fulfilling experience!

Warm regards & Namasté!

Yours, Martina