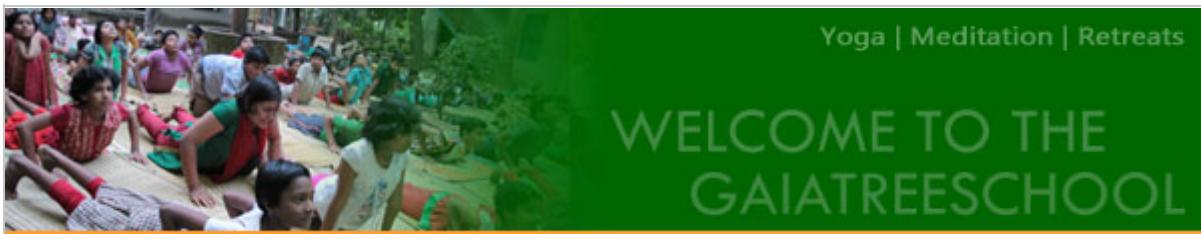


Mike Narada Wohne

Von: gaiatreeschool.org - Newsletter [mail@gaiatreeschool.org]
Gesendet: Mittwoch, 26. Oktober 2016 20:15
An: mike.wohne@gmail.com
Betreff: Newsletter Oktober 2016- Diwali



Newsletter Oktober 2016- Diwali

Happy Diwali - Festival of Light



Deepawali or Diwali is certainly the biggest and the brightest of all Hindu festivals.

Diwali is a time to turn inward and light the lamps of knowledge and truth in our hearts and minds so that we can dispel the forces of darkness and ignorance within us and allow our innate brilliance and goodness to shine forth. Goddess Lakshmi, the goddess of wealth, is the principle deity associated with this festival. During Diwali we ask her for assistance in cultivating and accumulating spiritual wealth, such as compassion, forgiveness, and loving-kindness.

Diwali is a time to reflect on and evaluate our thoughts, words, and actions over the past year. It is a time to acknowledge and better understand our prejudices, negative behaviors, and bad habits so that we may begin the process of transforming ourselves. It is a time to discover how we can be more loving, kind, respectful, and skillful towards ourselves and others.

In the words of Mahatma Gandhi, Diwali is a reminder and an opportunity to "Be the change you want to see in the world!"

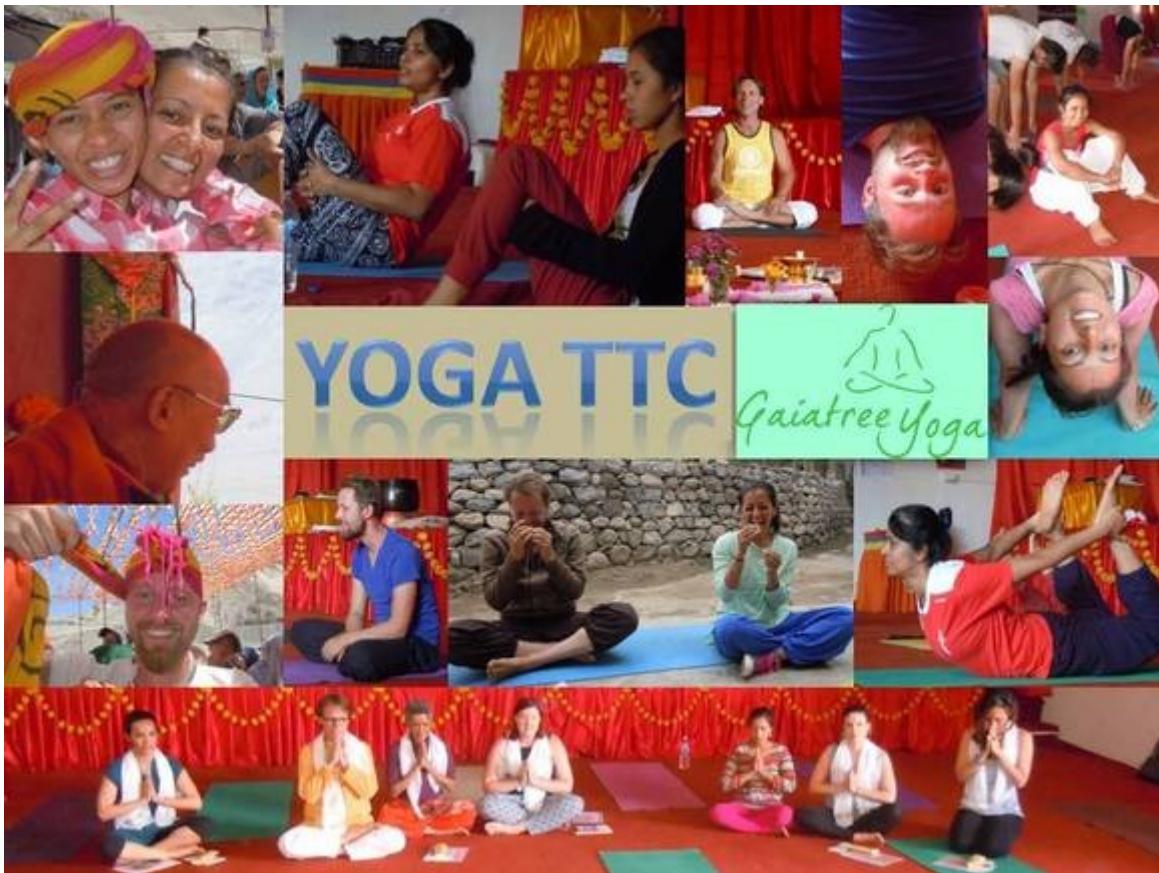
Happy Diwali. Your Mike Narada

Today News.

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- [**Gaiatree School: Offers +++ Courses +++ Training 2017 Germany | India | Thailand**](#)
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Revies summer Yoga saiason Leh/ Ladakh/ Northindia



Also this year, more than 3000 students use the yoga and meditation programs in our Yoga HIGhschool in Leh from May to the end of August. The Gaiatree TTC completed a total of twelve graduates. Congratulations to all yoga teachers.

Revies and Feedbacks here [Revies](#)

Gaiatree School: Offers +++ Courses +++ Training 2017 Germany | India | Thailand

Yoga TTC Banbourtong/ Norththailand 2017

28-day Yoga & Meditation TTC

Thailand/ Ban Bourtong/ Doi Saket / one hours drive from Chiang Mai

from 08. januar to 05. februar 2017

www.gaiatreeschool.org

More Details and Applikation www.gaiatreeschool.org
mike.wohne@gmail.com or www.facebook.com/mikenarada

Mike Narada (Germany/ India)

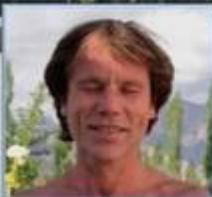
The intense 200 hours training in all aspects of yoga (philosophy, asanas, kriyas, pranayama, meditation, mudra, bandha, anatomy and physiology) is the foundation for a practical-methodical teacher training. This TTC is an unique transformative and powerful training course for all yoga teachers and those who want like to become one.

Gaiatreeschool organizing a unique transformative and powerful training course for all yoga teachers and those who want to become one. During the intense sadhana practice you will be sensitive to feel the Earths energy and take within. Breathing the fresh and clean forest air and practicing pranayama as an integral part of yoga have a deep and practical significance here. You will be living in an Ashram. Practicing the asanas under these conditions helps to a better understanding of yoga and meditation.

[Yoga & Meditations TTC](#)

Yoha Holiday & Retreats Banbourtong/ Norththailand

Yoga Holiday & Detoxification



Mike Narada (Germany/ India)

Experienced yoga teacher and meditation instructor.

He is known for his inspirational yoga classes, as well as its vivid and clear knowledge of the theory. Taught for years in Leh / Ladakh in northern India and has lived 5 years in India and was able to gain experience in Buddhist meditation. He guides you gently and lovingly to the pure perception.



Daily Start: Chiang Mai

3.30 p.m. by bus. More Details and Applikation www.gaiatreeschool.org

**during 8.januar
and 05. februar
2017**

www.facebook.com/milenarada

Mike.wohne@gmail.com



Enjoy a yoga holiday and wellness week at Gaiatree Yoga, in the wild forest of North Thailand near Chiang Mai. Near the hot spring Doi Saket. Your empty energy tanks will be quickly filled again thoroughly! This yoga holiday is for the whole family, for singles and couples as well. Relax getting into yoga - with daily yoga classes for beginners and advanced, guided and silent meditations, introductory lectures into holistic yoga and meditation, walks, excursions, massage workshop - not to mention the extensive vegetarian-biological buffet - no shopping, no cooking, without dishwashing ... just relax and let it happen.

Link to for more details [Yoga & Vipassana Retreat](#) & [Yoga Holiday](#)

Yoga teacher training summer 2017 Leh / India together with Mahabodhi



More infos and registration: [India](#) and [Yoga Teacher Training](#)

200 hours / year 2 Block Yoga Teachers` Training Germany / India / Thailand



Yoga- Lehrer- Baustein -Ausbildung



Combination of weekend workshop and intensive training

200 hours / 29 days Module Yoga Teacher Training in Germany / India / Thailand as a combination of six weekend workshops and two weeks intensive training.

Thus, we offer all those the possibility of a certified yoga teacher training which can not participate for four weeks at a time. You decide where you want to complete the TTC with an intense internship (Sadhana) in the origin of yoga in mountains at India Himalaya or in the rainforest in Northern Thailand.

The intense 200 hours training in all aspects of yoga (philosophy, asanas, kriyas, pranayama, meditation, mudra, bandha, anatomy and physiology) is the foundation for a practical-methodical teacher training. Our brand new dual training concept includes the teaching from first moment onward.

Germany & Yoga Teacher Training

Our charity project : Do good for yourself and help others



Current developments in Europe and the world show that we need more private and independent initiatives that tackle on-site with expertise and heart. Government-oriented development aid, oriented to political and economic interests, can be regarded as a failure.

We also want to support people who would like to actively take their fate into their own hands in order to improve their situation and thus help others.

This year, our Gaiatreeschool has consolidated itself and found a "home". In Hartau, directly in the political triangl GER/ POL/ CZ, we acquired a ashram, where a yoga & meditation center is gradually being built up. It is a place where people of different opinions, religions, nationalities and convictions meet for exchange and togetherness. With the income from the courses, we want to support our projects in India. Under the motto "Do good for you and help others", we donate 10% directly to our aid projects from all revenues in the Gaiatree Yoga Center.

charity projects & Shashi- become a teacher & Gopinathpur- modelschool



[Gopinathpur- modelschool](#)

Test: Mario Heinke of the SZ tested yoga for himself ...

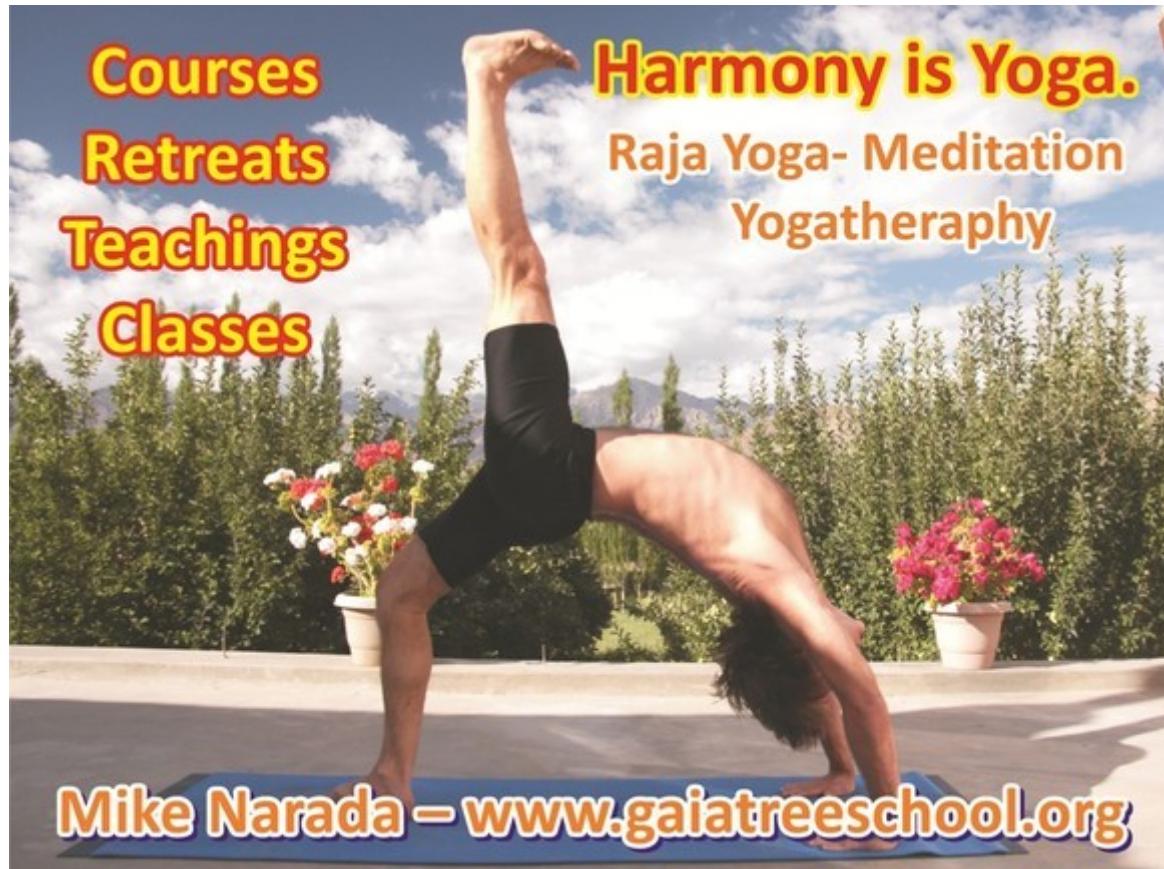


Concentrated and striving to take the correct body posture, I find myself on a rubber mat in the Birkenhof again. Because in Hartaus former day-care center a Yogazentrum is being built, I take part in a Yoga lesson to find out how that feels. "Pushing the legs, sitting straight, walking to the body," says Mike Narada Wohne patiently, pressing his hand on my feet as I continue to bend the upper body. The thighs of the knee burn, the upper and lower musculature muscles are tense. "Inhale, exhale," growling quietly. The forward flexion, which my own immobility shows me painfully, is one of twelve figures, which the Yogamaster mediates in his beginners courses. At the beginning of such a course is always the relaxation. In the death position, the palms facing upwards, I lay motionless with closed eyes - like a corpse in "crime scene" - on the floor. The silent song of a singer and the sonorous voice of the master are heard in the background. He tells me, starting with the toes, which body parts I should feel and feel. The concentration on the many body parts is hard

for me. "Yoga is the peace of thought in the mind," says Wohne. To let oneself in, to take time, at the beginning the least the least. A typical beginner problem. "We are constantly under power. Relaxing, the mind is the most important thing".

<http://www.gaiatreeschool.org/cms/de/76/Berichte-in-der-Regionalpresse>

Yoga * Travels *** Meditation ... Offers and Information [Yoga-Meditation-Retreat & TTC](#)**



<http://www.gaiatreeschool.org/cms/en/85/Yoga-Meditation-Retreat-&-TTC>

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