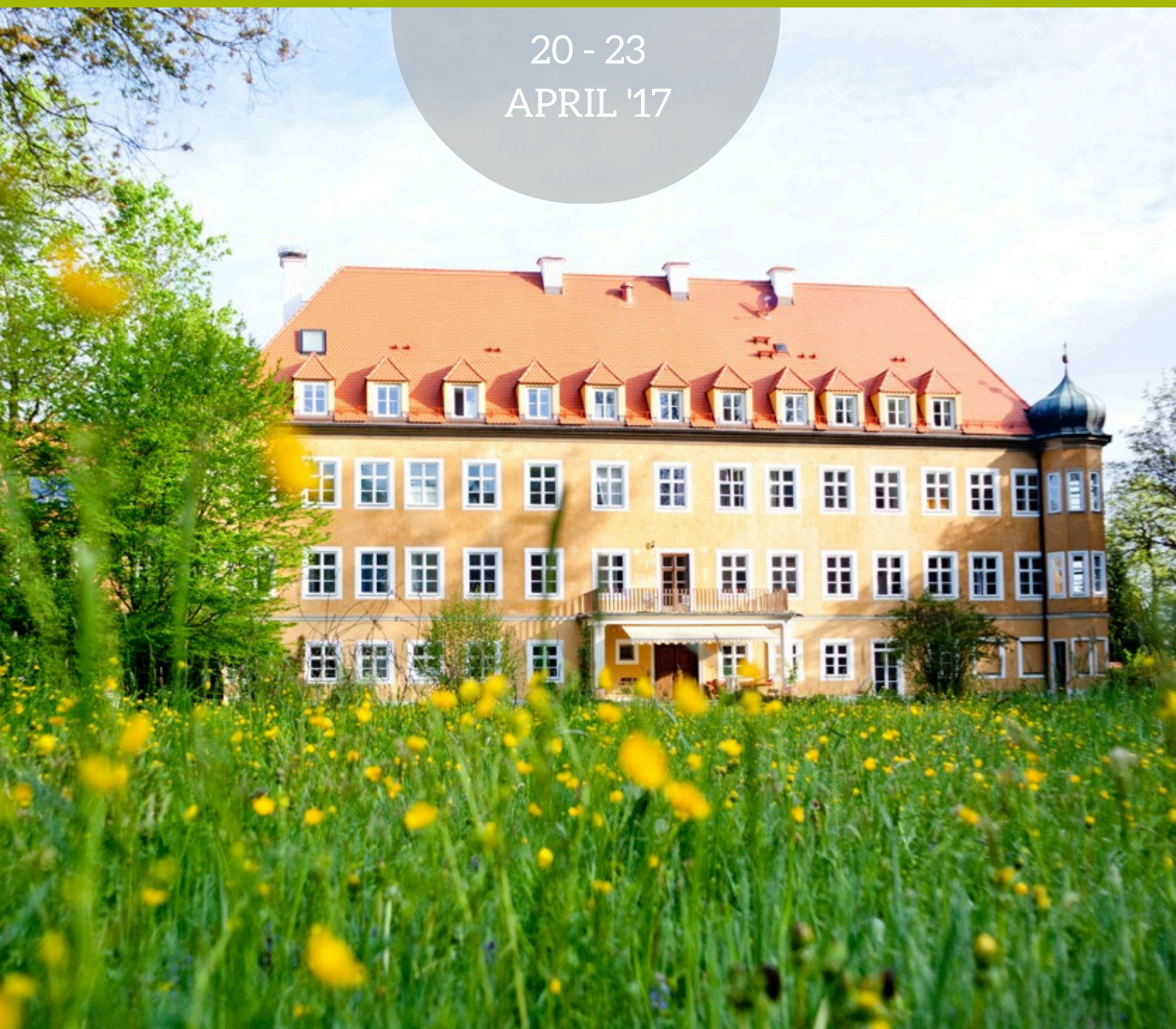


'Body Wisdom' Yoga Intensive

with Barbra Noh & David Regelin
Schloss Blumenthal, Germany

20 - 23
APRIL '17



WWW.GLOBALFLOW.ORG

barbra noh  yoga

The Intensive

During this yoga intensive Barbra Noh and David Regelin will guide you through 14 hours of yoga classes. Sharing their in depth knowledge of alignment and sequencing, the classes will allow you to develop your relationship to the innate wisdom of your body.

David and Barbra wish to stimulate your mind as they lead you into a physical experience. This allows you to integrate new concepts by moving from intellectual to embodied wisdom.

Expect solid practices and in-depth conversations with two dedicated master yoga teachers. David will teach in English.

Barbra will teach in English, providing German translation as required.

Accommodation

Schloss Blumenthal is a community-owned former manor house. Situated in the countryside between Munich and Augsburg, its newly renovated hotel and seminar facilities have a unique character - each hotel room having been individually designed by an artist or member of the Blumenthal community.

The village atmosphere is enhanced by the church, beer garden, farm animals, healers' and artists' studios scattered around the grounds. Set amongst forest and farm land, Blumenthal is a wonderful place to retreat and enjoy the quite of the countryside.



The Teachers

BARBRA NOH

Barbra is a certified Anusara® yoga teacher and co-founder of an innovative and intelligent system of yoga, Ayurveda and bodywork: ThaiVedic Yoga.

Her classes are physically challenging, mentally stimulating, and emotionally uplifting. Her warmth, humour and love for yoga will inspire you to new heights.

After many years as a dancer and yoga practitioner, Barbra will be bringing you her personal ideas and insights on how to create a safe and sustainable yoga practice.



Barbra is passionate about sharing the transformational techniques of yoga and supporting students in their quest to discover and live their full potential.

Her book “Yoga – mit Kraft und Anmut Leben” (Theseus Publishers) was published in 2015.

www.barbranohyoga.com

DAVID REGELIN

A Yoga practice can refine and elevate our sense of self, harmonize and strengthen our constitution, and transcribe the body's language. Through practice and study, most notably with Nevine Michaan, I have a method of teaching that relates the depth, skill, relevancy and practicality that a mindful yoga practice has to offer. My goal is to contribute to the evolution of modern yoga practice, and inspire a revolution in the minds and hearts of its practitioners.

www.davidregelinyoga.com



Schedule

Thursday | 20 April

Arrival day
16:00 hrs Check in
17:00 hrs Group welcome
17:30 - 19:30 hrs Yoga with Barbra & David
20:00 hrs Dinner

Friday | 21 April

7:30 hrs Morning snack
8:30 - 11:00 hrs Yoga with Barbra
11:00 - 13:00 hrs Brunch buffet
16:00 - 18:30 hrs Yoga with David
19:00 hrs Dinner buffet

Saturday | 22 April

7:30 hrs Morning snack
8:30 - 11:00 hrs Yoga with David
11:00 - 13:00 hrs Brunch buffet
16:00 - 18:30 hrs Yoga with Barbra
19:00 hrs Dinner buffet

Sunday | 23 April

7:30 hrs Morning snack
8:00 - 10:00 hrs Yoga with Barbra & David
11:00 hrs Check out and Brunch buffet,
followed by departure

Value

YOGA PACKAGE

THE YOGA PACKAGE INCLUDES:

Thursday: 2 hours of yoga

Friday & Saturday: 5 hours of yoga per day

Sunday: 2 hours of yoga

(14 hours of yoga in total)

€299 per person

For yoga booking, please use this [link](#)

ACCOMMODATION PACKAGE

Triple Room: €297 p.p.

Comfort Double Room: €327 p.p.

Comfort Plus / Family Room: €357 p.p.

Standard Single Room: €384 p.p.

Comfort Single Room: €414 p.p.

The price includes:

- 3 nights' accommodation
- Free access to spring water
- Hot water and tea all day
- 2 Course lunch
- 3 Course dinner

For accommodation booking, please contact

Schloss Blumenthal directly:

hotel@schloss-blumenthal.de

www.schlossblumenthal.de

Tel: +49-82518904300

Booking & Cancellation Conditions

To secure your booking a full payment is required.

Cancellations:

You can cancel your booking at any time and notification must be given to Global Flow in writing by sending an email to: info@globalflow.org

Regardless of the reason for the cancellation, the cancellation fee will be calculated as follows:

- * Notification received more than 60 days before the start of the retreat / workshop: 30% of the full fee + €25 administration fee
- * Notification received 31-60 days before the start of the retreat / workshop: 50% of the full fee + €25 administration fee
- * Notification received less than 30 days before the start of the retreat / workshop: 100% of the full fee.

Global Flow reserves the right to cancel the intensive if fewer than 15 participants have signed up by 15 February 2017. In such circumstances the participants will be informed promptly and registration monies reimbursed. Any travel costs will not be reimbursed.



How to get there

The address of the hotel is:
Hotel Schloss Blumenthal
Blumenthal 1
86551 Aichach-Klingen
Telefon: 08251 - 8904-300

For more information on how to reach Schloss Blumenthal by public transportation, please click [here](#).

For more information on how to reach Schloss Blumenthal by car, please click [here](#).

What to bring

We suggest you bring items with the ecological friendly nature of the retreat in mind.
Here are some items to remember:

- refillable water bottle
- yoga mat
- a scarf or large shawl
- notebook and pen
- camera
- travel documentation

