

retreat

yoga • spirituality
health • vacation

**Sept 6 - 11,
2023**

4 DAYS RETREAT
AT LAKE OHRID,
NORTH MACEDONIA

Lake Ohrid

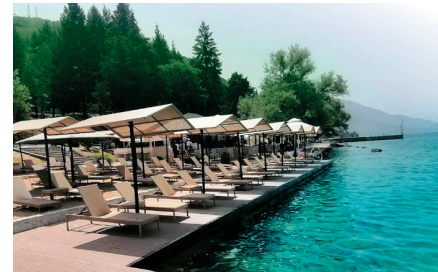
Unesco World Heritage, the picturesque historic city center, the fortress with its magnificent panoramic view, the many churches, monasteries, and mosques form the ideal ambience for an unforgettable short break in this unknown country that is rich in history! Take time to reflect and to recharge your batteries.



Our goal: to establish a firm anchor of strength in you. This retreat is open for all people. Yogis of all schools and those who want to change something but don't know exactly how. How we live is our decision with every thought and every breath. For a successful, good, long life we need knowledge about energy and other connections. The knowledge about the healing effect of yoga and pranayama, as well as regular meditation brings peace to our mind, keeps the body healthy and vital. Therefore, start now!

*Those who know
will achieve
self-fulfillment.*

Those will be successful who know their goal and use yogic discipline and energy to achieve it. We have a lot of both to pass on to you. Therefore: **FIX THE DATE!**



Lodging

Metropol Lake Resort Hotel Bellevue ****

5 nights in single or double rooms with full board

Address:

Naselba Dolno Konjsko bb
6000 Ohrid R.N. Macedonia

metropol-ohrid.com.mk

Fees

Sept 6 – 11, 2023

€ **750** in a single room

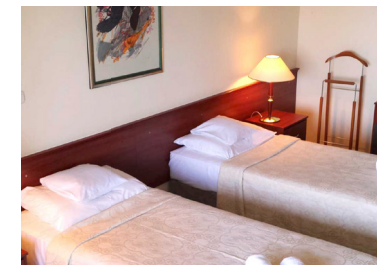
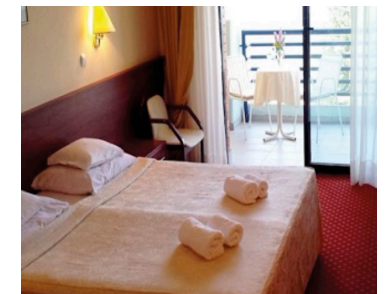
€ **680** per person in a double room

Included in the price:

accommodation with full board, all yoga units, lectures, and meetings.

Not included:

flight, transfer, entrance fees for excursions.



Schedule

Retreat in English with translation into Macedonian

The schedule is subject to modifications

Wed, Sept 6	<p>Arrival Dinner together Get-to-know-you round Information on the schedule of the retreat</p>
Thu, Sept 7	<p>07⁰⁰ - 08³⁰ Yoga and Yoga Nidra Claudia D. 08³⁰ - 10⁰⁰ Breakfast 10³⁰ - 12⁰⁰ „The meaning of Yoga“ Claudia D. afterwards breathing meditation 12⁰⁰ - 14⁰⁰ Lunch 14⁰⁰ - 18³⁰ „The Eightfold Path of Yoga“ Claudia D. afterwards breathing meditation 19⁰⁰ - 20³⁰ Dinner 20³⁰ - 21³⁰ Satsang Claudia D. und Elena A.</p>
Fri, Sept 8	<p>07⁰⁰ - 08³⁰ Yoga Claudia D. 08³⁰ - 10⁰⁰ Breakfast 10³⁰ - 12⁰⁰ „Feeling the energy“ Elena A. 12⁰⁰ - 14⁰⁰ Lunch 14⁰⁰ - 18³⁰ Sightseeing or leisure time 19⁰⁰ - 20³⁰ Dinner 20³⁰ - 21³⁰ Satsang Claudia D. und Elena A.</p>

Sat, Sept 9	<p>07⁰⁰ - 08³⁰ Yoga Claudia D. 08³⁰ - 10⁰⁰ Breakfast 10³⁰ - 12⁰⁰ Lecture: „The Great Tao“ Jana T. via Zoom 12⁰⁰ - 14⁰⁰ Lunch 14⁰⁰ - 18³⁰ Discussion: “The connection between medical, energetic and spiritual knowledge for a healthy life” Elena A. und Claudia .D 19⁰⁰ - 20³⁰ Dinner 20³⁰ - 21³⁰ Satsang Claudia D. und Elena A.</p>
Sun, Sept 10	<p>07⁰⁰ - 08³⁰ Yoga and Yoga Nidra Claudia D. 08³⁰ - 10⁰⁰ Breakfast 10³⁰ - 12⁰⁰ „How meditation and healing will change your life“ Claudia D. und Elena A. 12⁰⁰ - 14⁰⁰ Lunch 14⁰⁰ - 18³⁰ Sightseeing or leisure time 19⁰⁰ - 20³⁰ Dinner 20³⁰ - 21³⁰ Satsang Claudia D. und Elena A.</p>
Mon, Sept 11	<p>Departure</p>



*Please register
as follows:*

Registration

- 1 Register** per email to office@energie-institut.com before Dec 12, 2022
- 2 Advance payment** of € 300,- due before Jan 20, 2023*
- 3 Book your flight** (cancellation insurance recommended)
- 4 Balance amount** due before June 30, 2023

* *The advance payment cannot be refunded in case of your cancellation. But you are welcome to name a substitute.*

Team



Elena Antonovska
Professional
coach, trainer



Claudia Dieckmann
author, yogini,
yoga and pranic
healing instructor,
healer, coach



Jana Thann
Spiritual teacher,
personality coach,
author

Contact:
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Organization:

Institut für Energiearbeit
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Ars Lucida
Nord Mazedonia
arslucida.mk