



SIMPLE WISDOM



5. – 11. July
2010



WORKSHOP

with **FLORIAN PALZINSKY**

in **OUDDORP** / Holland

VENUE

YOGAPRAKTIJK DE EIK

Broekweg 13 | 3253 XB
Ouddorp, Netherlands

PRICES

Classes € 18
1 Day € 80 / 2 Days € 150
3 Days € 210 / 4 Days € 260
Full Course: € 300

Daniela Wolff, specialised on traditional Ayurvedic cooking, will create special **vegetarian lunch + teas**: Cost: € 15 / day
On **July 10th**, € 25 (incl. talk on Ayurveda from 17:30 – 19:00)

BOOKING (Required!)

Bellatrix van Wingerden
deeik@hccnet.nl
+31 642 349 972

Capacity: 13
(Priority given to longer bookings)

INFORMATION

www.simple-wisdom.net
www.yogapraktijk-deeik.nl



FLORIAN lived as a Buddhist monk in Asia for 12 years. His alignment based style has been influenced by teachings in the tradition of BKS Iyengar, i.e. Aadil Palkhivala (India), Nicky Knoff (Australia).

The **WORKSHOP** and **CLASSES**, suitable for students of different levels, present yoga in a mindful, challenging and alignment-based style. Classical and unusual Asanas are combined with Meditation and Pranayama to provide inspiration for your own practice. Florian's enthusiastic teaching takes care of each student's necessities and abilities.

SCHEDULE

WORKSHOP: 09 – 17:00 (2 h lunchbreak)

July 8th: Beginners / Intermediates / Teachers

July 9th / 10: Intermediates / Teachers

July 11th: Only for Teachers

CLASSES: 19 – 21:00

July 5th + 7th: Yoga + Meditation for all levels

July 6th: Meditation & Pranayama for all levels

YOGA & MEDITATION