

# MILL RETREAT

MAY 22<sup>nd</sup> - 26<sup>th</sup>, 2010

MONDSEE AUSTRIA



# YOGA & MEDITATION

with **NICKY KNOFF** and **FLORIAN PALZINSKY**

The intensive YOGA-Workshop is targeted at **EXPERIENCED STUDENTS** and **YOGA TEACHERS**. It's concept is based on the **Foundation Level** Knoff Yoga Teacher Training Course: Level 1 & 2 (Discovery & Foundation) syllabus, plus **Yoga Therapy**.

**THE WORKSHOPS** will introduce the **Discovery and Foundation Level Teacher Training** Program including pranayama, and emphasizes working with individual body proportions, instead of a 'one size fits all' approach. The students will have the opportunity to ask and explore questions and problems on asanas, meditation, teaching and yoga-therapy, and will receive extensive workshop notes.

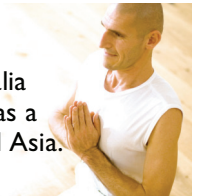


Master Yoga Teacher **NICKY KNOFF** is based in Cairns, Australia, and offers Teacher Training and Workshops internationally. She began her yoga study in 1970, became a Senior Iyengar Yoga Teacher and learned 4 Series of Ashtanga Vinyasa Yoga. Nicky developed an integrated and progressive teaching system based on nearly 40 years of study and offers Teacher Training to students of any style of yoga.

[www.knoffyoga.com](http://www.knoffyoga.com) | [nicky@knoffyoga.com](mailto:nicky@knoffyoga.com)

**FLORIAN PALZINSKY** has attended three levels of Nicky Knoff's Yoga Teacher Training in Australia and has also been studying with other teachers inspired by BKS Iyengar. From 1992 to 2004 Florian was a Buddhist Monk in Asia and is presently holding Yoga-Meditation-Workshops and classes in Europe and Asia.

[www.simple-wisdom.net](http://www.simple-wisdom.net) | [simplewisdom@gmx.at](mailto:simplewisdom@gmx.at)



**THE RETREAT PLACE** Oedmühle, Kasten 31, A-4893 Zell am Moos, Phone: +43-6234-8350

"The Mill" is an old building surrounded by meadows and creeks and in the hilly countryside near the marvelous Alps and in walking-distance from the lake Irrsee. The city of Salzburg (and of "Sound of Music") is only 25 km away and can be reached easy by car or train. The closest railway station ([www.oebb.at](http://www.oebb.at)) is Oberhofen – Zell am Moos (35 min. from Salzburg). The closest airports are Salzburg (25 km), Munich (210 km).

## ACCOMMODATION & MEALS

Close to the Mill are **guesthouses** with tidy, simple rooms for approx. € 15,- / night. Details will be sent on request or assist you with finding a place to stay. Vegetarian brunch, dinner, tea and snacks will be provided at the retreat place. (Costs: € 25,- / day – payment at the retreat).

## TIMETABLE

Morning: 6.00 Meditation (silent) | 6.30 Pranayama | 7.15 Tea | 7.45 Asana | 10.30 Brunch & break  
Afternoon: 15.00 Talk/Discussion on Yoga | 16.00 Asana or Yoga Therapy | 17.45 Meditation (lead) | 18.30 Dinner

**WORKSHOP COSTS** € 400,- (accommodation and meals not included)  
10 % early bird discount on payment before April 2010

**BOOKING & INFO** Gabriele I. Haslinger  
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**Payment** per bank transfer or CreditCard directly to Knoff Yoga.  
Details will be provided with booking confirmation.

