

Yoga Retreat Brazil 2011



**Ecological Route. Costa Corais. Pernambuco.
9-16 March**



The ultimate get-away...

Your day starts with a yoga session in front of the beach, breathing in the exotic smells, listening to the waves crashing, the wind gently blowing, and the birds chirping. Afterwards you enjoy a delicious and healthy breakfast featuring local fruits and juices. Having refuelled, you head out to explore the surrounding beaches where snorkeling you can get your magical dose of underwater beauty: Costa Corais is the worlds second biggest coral reefs. Or you simply lie in a hammock or at the pool and watch the day pass. In the evening you deeply nurture mind and soul during meditation and reflection class. At night, you might take a stroll around the authentic town of Maragogi infusing yourself with some Brazilian taste of life, before you retire to your comfortable bungalow and enjoy a peaceful rest surrounded by complete silence.



Price: 850 € per person
EARLY BIRD BOOKING UNTIL 1 DECEMBER: 800 € per person



Price includes:

- * 7 nights in double room with garden view
- * Half board: Breakfast & Dinner Buffet, Soft Drinks
- * Transfer service: Airport Recife – Pousada Coté do Sud – Airport Recife
- * Boat trip to the natural pools of Galés
- * 1.5 h Solar Flow Yoga (mornings) and 1h Lunar Yoga (evenings) with meditation & Yoga nidra.

Flight not included. For your special group fare please contact silva@globotur.de a.s.a.p.

Refresh. Renew. Relax.

Imke teaches Spirit Yoga, a deeply rooted and dynamic Vinhasa-Flow style, which conveys the profound Yoga philosophy in a lively and modern manner. Through the combination of powerful postures and deep breathing the practice has a meditative effect. Imke is Yoga Alliance certified and teaches Yoga in Berlin.

The Yoga classes are suitable for beginners wanting to jump start their Yoga practice as well as advanced students who want to reenergize themselves and their practice.

For more information, booking details and registration please visit: www.kongruenz.net/Yoga/Retreat

We look forward to taking care of you in Alagoas!
Imke Wangerin (Organization, Yoga: kontakt@kongruenz.net)
Vinicius da Silva (Travel Management: silva@globotur.de)





POUSADA COTÉ SUD

Coté Sud: located 150 KM from Recife pretty much in the middle of nowhere hidden between lush vegetation and facing the ocean, the peaceful oasis of the Côté Sud is our interpretation of the traditional Brazilian pousada. The charming design, the refined cuisine with a tropical flavor, and various activities made to measure, all offered by Corinne and Roger Luypaert will make for an unforgettable visit.

Facilities

Swimming pool
Bar
Lounge
Direct access to beach



The rooms

Air conditioning
TV
Mini bar



[More Info Pousada Coté Sud](#)

Why this area is called “the Paradise”:

- It has a stunning coast with the most important coralline barrier in Brazil and many fine sand beaches with transparent water.
- The friendliness in the nearest, famous town of Maragogi is remarkable. Tourists will feel safe and loved by the local people.
- In the city centre you can find many handicraft shops and places where you can try the local gastronomy in terraces on the beach.



SAO MIGUEL DOS MILAGRES – THE ECOLOGICAL ROUTE - ALAGOAS

Sao Miguel dos Milagres: located on the Alagoas Coral Coast, where coral reefs form ocean pools, São Miguel dos Milagres is a tiny town (6000 inhabitants) made up of clusters of houses on pristine beaches with calm waters.

The ecological route: This route encompasses the part of the Alagoas coast between Barra de Santo Antônio and Japaratinga where the main road (AL101) goes inland. Being far off this main road, the region was saved from predatory tourism. You find almost uninhabited beaches and coconut forests until the eye can see.



BOAT TRIP TO THE NATURAL POOL OF GALÉS – MARAGOGI

One of the world's most important coral formations is found in Maragogi. Visit the 'Galés', the natural pools in the reefs of Maragogi. During low tide, natural pools are formed of crystalline water and behold the rich flora and fauna of the reefs. Nature will show its beauty at all fullness while snorkelling or swimming and you will see the most amazing types of fishes and corals. You can even do a guided dive with up to the depth of 5 meters. The reefs are formed at only 6 km off shore where you are taken by a catamaran type vessel.

VISIT THE MANATEE (PEIXE-BOI) - OPTIONAL TOUR

It is almost impossible to not to stand in wonder when you see this miracle of nature. The manatee (peixe-boi) is an animal of approximately 600kg and 3m in length. They are slow and smooth animals and you can visit them in their natural habitat, the rivers and mangroves of Porto de Pedras. Manatees reach an average age of 60 years and spend 2 years nursing their offspring. They are the only species on the planet which are herbivores and marine mammals. They were hunted by humans for centuries but are now protected by Federal Law. Be acquainted to the Manatee who is living in the Area of Environmental Protection where we gladly acquaint you with six of them: LUA (MOON), NINA, TUCA, ALDO, ARANI, and AIRA POTI.



Step into the light!

Drift into the beautiful surroundings, the special energy of this place, and the classes of this Workshop to set free all your potentials and to really and fully become the person you are! Step up! Recharge the batteries! Energize! Embrace! Relax! Lose all - to find everything! And then leave this place letting light spring from your hearts, love from your mouth and freedom from your minds...

About Spirit Yoga

Spirit Yoga promotes the ancient tradition of Yoga in a vibrant, freeing and natural way. Having its physical and philosophical roots in the Krishnamacharya Yoga line, Spirit Yoga adapts to the needs and challenges of the modern, open-minded global citizen.

In this special form of Hatha Yoga, powerful, rigorous, deep-reaching positions are synchronized with focused, intense breathing techniques. The dynamic and flowing movements of the Vinyasa Flow are at once energizing, transforming, healing, challenging and meditative. Through the transformative experience of the body postures and meditation techniques it is the aim of this Yoga style to quiet the mind and open up to our most inner Self and Being. This enables practitioners to be in contact with themselves and the world in a healthy, joyful and sustainable way.

Spirit Yoga classes include careful individual assistments and neck massages at the end.

Class program:

Cutting through custody

Why do we sometimes hold ourselves back? Why do we always doubt ourselves? How can we fight the ego and still strengthen and love ourselves?

A crazy class really reaching out to work with our barriers and go beyond our limits. Finding out who we are on a deeper level. Reaching out.

Giving all, sacrificing nothing. (Day 1 and 4)

Trotting into trance

Learn to really let go and listen to your subconscious.

A class of smooth, long sitting and lying asanas, peaceful music and mantra combined with Hypnotherapy talk by Milton Erickson and visualisation techniques. We will leave the realm of the busy consciousness and surrender our body and minds to the powers of the unconsciousness.

In a more extended meditation at the end we will begin experiencing our mind and awareness beyond thoughts. You will come out trusting, treasuring and transmitting the power of now. (Day 2)

Breaking through the bullshit

In Yoga, the experiences that formed us in the past and that determine our present thinking - often in a limiting or painful way, are called samskaras. Diminishing samskara helps us to clean our filter so that our perception becomes vaster and less selective.

In this powerful class we want to leave behind what is not ours anymore, we want to forgive what other people have done because of experiences they have had and we want to break free of emotion and behaviour that hold us hostage inside our own being.

Be ready to sweat. (Day 3)

Inventing with Inversions

We are not the work we do, or the roles we play, the success or defeat we have had. We are not even our life-story, that social ladder we have climbed, reaching desperately for that short moment of fame or societal recognition! Understanding and cultivating the meaning and content of our lives in these terms is reducing the possibilities of our existence. Being alive and a human being is much more than that. So why not leave identity to the moment that happens... And while doing that - letting

go of this frenzy impulse of holding on to what comes our way (“oh my god! I need to define who I am!”) and letting life flow through us like a quirky river we might as well turn up side down and invent ourselves new with every inversion, every new perspective and each breath from the big Being!
TRY TRUST. (Day 5)

Exploring epiphany

Often we don't feel complete or at ease because we can't see the light or we search for it outside. Backbends, bakthi, breathing and mantras will help us to open up, liberate all the channels, kindle the flame inside ourselves, show it all, give beauty its way and radiate out more love, light, and lifeliness we ever thought we had, to save our souls, to nurture our neighbour and to expand into universe.
(Day 6 and 7)

I look forward to meeting you! Namaste, Imke

Teacher Imke Wangerin



Through the many changes in her biography and after having grown up in London, lived and worked in France, Israel, Italy and Brazil, Imke felt like a homeless global gatherer. She had studied the mind (university degree in social anthropology, cultural studies and literature), the body (competitive gymnastics, dance and Capoeira), life (every day) and people (as a journalist). The search for something that would unite and give meaning to this all brought Imke to Yoga in 2002, to the Spirit Yoga Teacher Training of Patricia Thielemann in 2007, and to the origins of Yoga – to India. What Imke learned from great teachers and self-exploration around the globe set inside her the ground for a life philosophy of constant change. This doesn't look for the „known“ and for the „roles“ people take on, but reveals the unfathomable wholeness and beauty of being through its striving for simplicity, genuineness and compassion.

In Yoga, Imke could find a place of peace and a home. Passing this treasure on to others and assisting students to become emotionally, mentally and physically more free is a great honour for Imke.

Imke also integrates Yoga in her work as an Integral Coach. She lives on a houseboat in Berlin.

REGISTRATION
YOGA RETREAT BRAZIL FEB 2011



Name: _____

Address: _____

Telephone: _____

Email: _____

Nationality: _____

I would like to book Yoga Retreat Brazil:

- ☐ per person (850,-€) DBL room
- ☐ per person Early Bird (800€)
- ☐ single room (1.018,-€)
- ☐ single room Early Bird (968,-€)

My level of Yoga experience: _____

My health conditions are: _____

I am a Vegetarian: ☐ yes ☐ no

Flights:

To book your special flight fare contact Vinicius da Silva: Reisebüro Globotur. Joachim-Friedrichstraße 3, 10711 Berlin. Tel: 030 21964823. silva@globotur.de, www.globotur.de and quote "Yoga Retreat Brazil". You can book a flight cancellation insurance (Reise-rücktrittsversicherung Flug) up 42€.

Payment:

All costs (flight, insurance, participation fee) are payable to the following bank account: José Da Silva - Deutsche Bank BLZ 100 700 24 Kto. 6542393 - Steuer-Nr. 13/534/60786 Finanzamt Charlottenburg. Your place will then be guaranteed for you.

Please send this sheet signed to kontakt@kongruenz.net or post it to Imke Wangerin, Hausboot 5, Tiergartenschleuse, 10623 Berlin.

I take part at Yoga Retreat Brazil on my own responsibility.

Name, Date

We look forward to meeting you and taking care of you!

Imke Wangerin (Organization, Yoga kontakt@kongruenz.net), Vinicius da Silva (Travel silva@globotur.de), Corinne e Roger Luybaert (Pousada pousadacotesud@uol.com.br)

Cancellation Policy: In case minimum number of participants is not met until 1st of February Globotur together with Kongruenz Yoga can cancel the Retreat. In this case participants will be informed and the full participation fee will be refunded to you. In case you have to cancel until 1st of February you are refunded 80% of participation fee. After February 1st 50% of participation fee is charged. In case of absence on 9th of March full fee is being charged. Cancellation is possible only in written letter or by email and needs confirmation of the retreat organizer. You may provide a substitute participant.