

## REBOOT RETREAT 2024 (English)

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Date:	1st to 7th November for European 10th to 17th November for Turkish & Indian
Location:	Varkala, India
Teachers:	Ceyda Fatma Saltadal, Krishna Tiwari, Funda Monn Birinci, Devvrat

### Retreat Schedule

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#### 1. Day - 1

11:00 – 13:00	Welcome Ceremony, Mantra Chanting and Information
13:00 – 16:00	Free time
16:00 – 18:30	First practice Ashtanga Practice, “Fire ON” to burn the old Energies and making space for new energies
19:00 – 20:00	Dinner

#### 2. Day 2

07:00 – 09:30	Meditation & Pranamaya: Theme Earth-Grounding Hatha Yoga: Theme Hips and legs
09:30 – 10:30	Breakfast
10:30 – 11:30	Anatomy of the Energy Body and the 5 Elements
11:30 – 16:00	Lunch, Free time, Swimming, Ayurveda Massage
16:00 – 18:30	Hip&legs Deepening Alignment in poses like Hanuman-Galavasana Parsva Bhujangasana
19:00- 20:00	Dinner and free time

#### 3. Day 3

07:00 – 09:30	Meditation & Pranamaya: Theme Chakra/Body Energy Hatha Yoga: Heart Opening practice
09:30 – 10:30	Breakfast
10:30 – 11:30	Yoga Philosophy Yama&Niyama or Family Constellation (takes 3 hours)
11:30 – 16:00	Lunch, Free time, Swimming, Ayurveda Massage
16:00 – 18:30	Backbend Deepening: Chakrasana-Natarajasana-Ustrasana
19:00 – 20:00	Dinner
20:00 – 21:00	Satsang/Meditation with Devvrat, Temple visitation

#### 4. Day 4

07:00 – 09:30	Meditation & Pranamaya: Air Element and silent Meditation and observing the Breath Somatic Yoga: Light&Energy
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09:30 – 10:30	Breakfast
10:30 – 11:30	Buteyko Breathing Techniques or Family Constellation (takes 3 hours)
11:30 – 16:00	Free time and Tour Day
16:00 – 18:30	Yin Yoga&Yoga Therapy
19:00 – 20:00	Dinner, after Dinner Beach walk or we all go together for the Sunset

#### 5. Day 5

07:00 – 09:30	Meditation & Pranamaya: Fire with Kapalabhati Breathing Hatha Yoga: Fire Element ON: Core&Shoulders
09:30 – 10:30	Breakfast
10:30 – 11:30	Ayurveda or Family Constellation (takes 3 hours)
11:30 – 16:00	Free time and Tour time
16:00 – 18:30	Armbalance Poses Deepening: Handstand-Pincha Mayurasana Bakasana-Tittibasana-Shirshasana
19:00 – 20:00	Dinner and after Dinner Satsang with Devvrat

#### 6. Day 6

07:00 – 09:30	Meditation & Pranamaya Releasing Hatha Yoga Hip and Shoulder
09:30 – 10:30	Breakfast
10:30 – 11:30	Answering Questions about Asanas&Yoga or Family Constellation (takes 3 hours)
11:30 – 16:00	Free time
16:00 – 18:30	Deepening and Alignment free choice Asana
19:00 – 20:00	Dinner

#### 7. Day 7

07:00 – 09:30	Meditation & Pranamaya: Silent Mediation, Observing BodyMindSoul Yang and Yin Yoga at the end for the Restart
09:30 – 10:30	Last Breakfast
10:30 – 11:30	Closing Ceremony & Chanting and 50 hours Certification

**\*Everyone has the chance one hour with one teacher to get all the question-answer session.(German, Turkish, English & Hindi) Four languages available.\***

## Reboot Retreat **RETREAT 2024 (Türkçe)**

Tarih ve yer: 10 Kasım – 17 Kasım, Varkala/Kerala Hindistan  
Öğretmenler: Ceyda Fatma Saltadal, Krishna Tiwari, Funda Monn Birinci,  
Devvrat

### Reboot Retreat Programı

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#### 1. Gün - Cuma Başlıyor

11.00 – 13:00 Karşılama Töreni, Mantra ve Bilgi Verme  
13:00 – 16:00 Boş zaman  
16:00 – 18:30 İlk uygulama Ashtanga Uygulaması  
“Ateş AÇIK” Enerjiler ve yeni enerjilere yer açmak için  
19:00 – 20:00 Akşam yemeği

#### 2. Gün Cumartesi

07:00 – 09:30 Meditasyon&Pranayama - Toprak  
Hatha Yoga: Kalça ve Bacakların Teması  
09:30 – 10:30 Kahvaltı  
10:30 – 11:30 Enerji Bedeninin Anatomisi ve 5 Element  
11:30 – 16:00 Öğle yemeği, Serbest zaman, Yüzme, Ayurveda Masajı  
16:00 – 18:30. Hanuman gibi pozlarda Kalça ve Bacaklar Hizalamasını Derinleştiriyor  
Galavasana-Parsva Bhuj Dandasana  
19:00- 20:00 Akşam yemeği ve serbest zaman

#### 3. Gün Pazar

07:00 – 09:30 Meditasyon&Pranayama - Tema Çakra/Enerji Dengeleme  
Hatha Yoga: Kalp Açma uygulaması  
09:30 – 10:30 Kahvaltı  
10:30 – 11:30 Yoga Felsefesi Yama&Niyama veya  
Aile Dizimi (3 saat sürer)  
11:30 – 16:00 Öğle yemeği, Serbest zaman, Yüzme, Ayurveda Masajı  
16:00 – 18:30 Arkaya Bükülme Derinleştirme: Chakrasana-Natarajasana-Ustrasana  
19:00 – 20:00 Akşam yemeği  
20:00 – 21:00 Devvrat ile Satsang/Meditasyon, Tapınak ziyareti

#### 4. Gün Pazartesi

07:00 – 09:30	Meditasyon&Pranayama: Hava Elementi ve sessiz Meditasyon Somatik Yoga: Işık&Enerji
09:30 – 10:30	Kahvaltı
10:30 – 11:30	Buteyko Nefes Teknikleri veya Aile Dizimi (3 saat sürer)
11:30 – 16:00	Serbest zaman ve Tur Günü
16:00 – 18:30	Yin Yoga ve Yoga Terapisi
19:00 – 20:00.	Akşam yemeği, Akşam yemeğinden sonra Sahilde yürüyüş veya hep birlikte Gün Batımına gideriz

#### 5. Gün Salı

07:00 – 09:30	Meditasyon&Pranayama: Kapalabhati Nefesiyle Ateş Hatha Yoga: Ateş Elementi - Core ve Omuzlar
09:30 – 10:30	Kahvaltı
10:30 – 11:30	Ayurveda veya Aile Dizimi (3 saat sürer)
11:30 – 16:00	Serbest zaman ve Tur zamanı
16:00 – 18:30.	Derinleşen Kol Dengesi Pozları: Amut-Pincha Mayurasana-Bakasana Tittibasana-Shirshasana
19:00 – 20:00	Akşam Yemeği ve Akşam Yemeği Sonrası Devrat ile Satsang

#### 6. Gün Çarşamba

07:00 – 09:30	Meditasyon&Pranayama: RELAX Hatha Yoga Kalça ve Omuz
09:30 – 10:30	Kahvaltı
10:30 – 11:30	Asanalar ve Yoga ile ilgili Soruları Yanıtlamak veya Aile Dizimi (3 saat sürer)
11:30 – 16:00	Boş zaman
16:00 – 18:30	Derinleşme ve Hizalama herkes
19:00 – 20:00	Akşam yemeği

#### 7. Gün Perşembe

07:00 – 09:30	Meditasyon: Sessiz Meditasyon, BodyMindSoul'u gözlemlemek, Yang ve Yin Yoga eve dönmeden Restart dersi
09:30 – 10:30	Son Kahvaltı
10:30 – 11:30	Kapanış Töreni ve Mantralar

## REBOOT RETREAT 2024 (Deutsch)

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Datum und Ort: 1. November – 7. November, Varkala/Kerala Indien  
Lehrer: Ceyda Fatma Saltadal, Krishna Tiwari, Funda Monn Birinci,  
Devvrat

### Reboot Retreat Wochenpan

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#### 1. Tag – Beginn

11.00 – 13:00 Begrüßungszeremonie, Mantra chanten, Besprechung und Informationsverteilung  
13:00 – 16:00 Freizeit  
16:00 – 18:30 Ashtanga-Praxis „Fire ON“, Raum schaffen für neue Energien  
19:00 – 20:00 Abendessen

#### 2. Tag

07:00 – 09:30 Meditasyon&Pranayama: Thema Erdung, Verwurzeln  
Hatha Yoga-Thema Hüfte und Beine  
09:30 – 10:30 Frühstück  
10:30 – 11:30 Anatomie des Energiekörpers und der 5 Elemente  
11:30 – 16:00 Mittagessen, Freizeit, Schwimmen, Ayurveda-Massage  
16:00 – 18:30 Vertiefung der Hüft- und Beinausrichtung in Posen wie Hanuman, Galavasana-Parsva Bhujasana  
19:00- 20:00 Abendessen und Freizeit

#### 3. Tag

07:00 – 09:30 Meditasyon&Pranayama: Thema Chakra/Körperenergieausgleich  
Hatha Yoga: Herzöffnungsübung  
09:30 – 10:30 Frühstück  
10:30 – 11:30 Yoga-Philosophie Yama&Niyama oder Familienaufstellung (dauert 3 Stunden)  
11:30 – 16:00 Mittagessen, Freizeit, Schwimmen, Ayurveda-Massage  
16:00 – 18:30 Vertiefung der Rückbeuge: Chakrasana-Natarajasana-Ustrasana  
19:00 – 20:00 Abendessen  
20:00 – 21:00 Vertiefung der Rückbeuge: Chakrasana-Natarajasana- Ustrasana

#### 4. Tag

07:00 – 09:30	Meditasyon&Pranayama Luftelement und stille Meditation und Beobachtung des Atems mit Vertiefung Somatik Yoga: Licht und Energie
09:30 – 10:30	Frühstück
10:30 – 11:30	Buteyko-Atemtechniken oder Familienaufstellung (dauert 3 Stunden)
11:30 – 16:00	Freizeit und Tourtag
16:00 – 18:30	Yin Yoga und Yoga-Therapie
19:00 – 20:00	Abendessen, nach dem Abendessen Strandspaziergang oder wir gehen alle zusammen zum Sonnenuntergang

#### 5. Tag

07:00 – 09:30	Meditation&Pranayama: Feuer mit Kapalabhati-Atmung Hatha Yoga - Feuerelement - Core und Schultern
09:30 – 10:30	Frühstück
10:30 – 11:30	Ayurveda oder Familienaufstellung (dauert 3 Stunden)
11:30 – 16:00	Freizeit und Tourzeit
16:00 – 18:30.	Vertiefung der Armbalance-Posen: Handstand-Pincha Mayurasana- Bakasana-Tittibasana-Shirshasana
19:00 – 20:00	Abendessen und danach Satsang mit Devvrat

#### 6. Tag

07:00 – 09:30	Meditation&Pranayama RELAX Hatha Yoga - Hüften und Schultern
09:30 – 10:30	Frühstück
10:30 – 11:30	Beantwortung von Fragen zu Asanas & Yoga oder Familienaufstellung (dauert 3 Stunden)
11:30 – 16:00	Freizeit
16:00 – 18:30	Freie Wahl Praxis-Vertiefung und ALIGNEMENT der Asanas nach Absprache mit den Lehrern
19:00 – 20:00	Abendessen

#### 7. Tag

07:00 – 09:30	Meditation: Stille Mediation, Körper, Geist und Seele beobachten Yang- und Yin-Yoga zum Abschluss für den Restart
09:30 – 10:30	Letztes Frühstück
10:30 – 11:30	Abschlusszeremonie und Mantra