

Yoga and Dance

with the elements

31.7. – 4.8.2019 Summer retreat in Burgenland, Austria
with Peter Fejer (HU) and Marion Knotzer-Meir (AT) dancefejer.org yogandance.at

Earth Fire Water Air Ether

We offer this Yoga and Dance Summer Retreat in the midst of nature in Burgenland to spoil all your senses and treat yourself in a nice Hotel on a spacious area with a private swimming pond and delicious food! As you pull out from every day life, there is more space to treat yourself with love and care and to resource yourself from within with the power of the fundamental Elements.

Each day we will have two 3-hours sessions with first Yoga followed by 5Rhythms. Each session one of the elements will guide us to explore and maintain the power of it within us.

- * **Earth** gives us support. It lets us feel held and trustful.
- * **Fire** is the element of life force. As we embody Fire we practice how to receive energy, and how to share it.
- * **Water** is connected to fluidity, change and curiosity.
- * **Air** shows us the light and playful side of nature.
- * **Ether** invites us to explore the Divine inside and around us.

Through Yoga we dive deeply into our bodies and create a mindful connection to ourselves. We breathe, we move, we will awaken our bodies, minds and hearts for the dancing with the elements.

5Rhythms is an invitation to improvise our movements through the map of Flowing, Staccato, Chaos, Lyrical and Stillness – and these rhythms are closely connected to the fundamental elements.



Marion Knotzer-Meir was born and brought up on a farm in Burgenland. She has been very connected to the Elements all her life. For ten years she has been working intensely as a Yoga and Dance teacher with several groups and organizations, leading retreats in Austria and abroad. Her approach of a gentle and heart-full connecting to the body in her teaching allows a deep dive and brings a fresh sense of authenticity to her classes.



Péter Fejér was born and raised in Budapest. He has degrees in pedagogy, philosophy and economics. He finished 5Rhythms teacher training in 2011.

"I believe in the fundamental freedom of human beings. I believe in the importance of deep relationships. I believe in the far reaching effects of body movements. I wish to contribute to a more full and more peaceful world through teaching and spreading conscious dance."

Location: Seminarhotel Friedrichshof
Römerstraße 2, 2424 Zurndorf, Austria
office@hotel-friedrichshof.com, www.hotel-friedrichshof.com
tel: 02147/7000-333

Retreat Price: € 250,- or € 210,- early bird till 31st May (not including accommodation and food)

Date: Wednesday, 31st July at 16:00 till Sunday, 4th August 13:00 and lunch

There are several accommodation options in the Hotel and around.

For more information and registration see:
marion@yogandance.at, 0650/3803242

www.yogandance.at