

YOGA & KABĪR

Workshop in Greece

Experience the connection of Yoga and poetry. Kabīr was the most famous nirguna bhakti poet. He was a free spirit and his songs are often provocative. Tradition doesn't have any meaning for him, his only authority is direct experience. Kabīr's songs and the Yogaphilosophy have many things in common. In this Retreat you will discover the connection between Kabīr's mysticism and Yoga. We will learn to sing several songs of Kabīr and other bhakti-poets together in a group. No prior experience in singing is necessary, it is all about joy and feeling, you will feel the beauty of this poetry in your own body. In the Yoga classes we will practice Āsanās and Prāṇāyāma and explore the connection between Yogaphilosophy and Bhakt-Poetry.



The workshop is conducted by Vipul Rikhi and Andreas Klein.



Vipul Rikhi is an author, singer, dancer, storyteller and translator. He is deeply inspired by the oral tradition of Kabīr and other Bhakti- and Sufi-Poets, he brings their timeless verses to life, explains their worldview and tells the stories behind their songs. Vipul travels widely, he gives concerts in India and Europe on a regular basis, and he shares the wisdom of the Bhakti-Poets in workshops and retreats.

Andreas Klein is a Yogateacher in the tradition of T. Krishnamacharya. He has studied Yoga for over twenty years with his teacher R. Sriram, who is a direct disciple of T.K.V. Desikachar. Andreas focuses on teaching Yoga individually, tailored to the personal needs of his students and on teaching Yogaphilosophy authentically, in an undogmatic fashion, as a practical philosophy, relevant for modern life.



The venue

This workshop takes place in Perdika, at the west coast of Greece. The hotel Agia Paraskevi is surrounded by oliveforests and offers a breathtaking view across the ionic sea to the island of Korfu. On the hotels terrace you will experience beautiful sunsets and enjoy a variety of typical Greek food, prepared with local ingredients.

The hotel has three beautiful Yogaspaces, tastefully arranged rooms and a big swimming pool. The sea is right in front of the door, three cozy beaches with turquoise water are waiting for you for swimming, or simply relaxing.

Get inspired by yoga and the poetry of the Indian mystics in this beautiful place and bring your own practice to a deeper level or, if you are a teacher, enrich your yogaclasses with a new scope.

Schedule

Saturday: Arrival

Daily schedule, starting on Sunday:

- 08.00 a.m. Yogaclass with Andreas
- 09.30 a.m. Breakfast
- 10.30 - ca. 01:00 p.m. Kabīr-Workshop with Vipul
- 06.00 p.m. Yogaclass with Andreas
- 07.00 p.m. Dinner

Saturday: Departure

On Wednesday the yogaclass at 08:00 a.m. takes place, the rest of the day is free.

Price per person, including breakfast and dinner:

- Single room: 1.470, -- €
- Double room: 1.240, -- €



Registration deadline: February 1st, 2025

For more information:

www.sukha.yoga

For your registration or if you have any questions, please send an e-mail to:

info@sukha.yoga

