



Serpent Power retreat with Michael Dunn

May 18th 1PM to May 24th 1PM

Bussang – Ferme des 4 vents

1. Teacher and program. (All classes will be taught in English).



➤ **Teacher:** Atma Yoga invites Michael Dunn, a teacher known for his commitment to the Yoga path and to be a knowledgeable specialist of Hatha, Kundalini and Tantra Yoga, both in practice and theory. Through the last 20 years, he supervised lots of students in advanced stages and is able to guide each one to the next step.

“Having been a ardent spiritual seeker for the past two decades I am passionate about sharing the wealth of inspiration and wisdom contained in the yogic and tantric teachings. I specialize in the practice of Kundalini based Hatha yoga and non-dual Tantric philosophy. For over a decade I have taught students from all over the world, focusing primarily on the advanced practices of Hatha Yoga related to Kuṇḍalinī. I offer retreats, workshops and private classes to students of all levels.”

➤ **Program:** each day will be an intensive blend of practice, theory and meditation to make this retreat a turning point in participants sadhanas.

- * Consecration and Intention setting
- * Asana practice for balancing and harmonizing
- * Pranayama & mudra's for purifying and energizing
- * Meditation
- * Break for brunch
- * Lecture + Questions and Answers
- * Music Meditation
- * Pranayama
- * Meditation

This retreat is designed for intermediate practitioners, advanced ones, Yoga teachers and anyone who wants to deepen his practice. The level will be adapted to each participant.

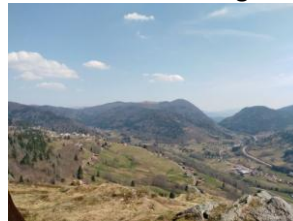
Michael advices (it is not required!) to prepare the retreat:

1. Daily practice of nadishodana/sukha purvak.
2. Shankaprakshalana the week before.

2. Venue, food and accommodation. (Gîte des 4 vents – Bussang)



The farm is situated in Bussang, northeast France, in the middle of little green mountains, with a nice view and rustic/cosy shared rooms. In the middle of nature, it have a luminous Yoga hall and a direct access to tracks to immerse in nature.



- Participants will be hosted in shared rooms & bathroom independent spaces. (Maximum 4 people), special price for the double room for a couple. [Photos on request] Towel & bed linen are provided. [Please bring some extra towels just in case]
- 2 delicious vegetarian meals a day will be served, as the breakfast doesn't fit with the morning practice, it will be an intermittent fasting time from dinner to lunch (good for body & mind!). Meals will be prepared with organic vegetables and ingredients, by an experienced cook. Tea, coffee & fruits will be at disposal. [For special diet request, please contact Atma Yoga.]

3. Practicalities. The retreat is limited to 12 participants.

- Mats, blocks, straps are provided, feel free to bring a pillow if needed and a light blanket for meditation.
- Transfers can be arranged from the train station (Remiremont) to the center. Contact us for any concern about transportation.
- Bring: Yoga clothes, bath suit (in case you wanna go to the sauna) & layered clothes. Weather in France in May is usually nice and lukewarm.
- Contact us, we'll be happy to answer any question (about teachings / venue / meals...)