

GEA Programme No. 425 for June 2017

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Please submit events to the programme team via email to programme@gea-muc.de.

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Your GEA Programme Team:

Ute Becker, Jim Burgess, Harald Cramer

This month's programme was sponsored by:

Felicity Nannies – Simply Quality Childcare

Felicity Nannies is an agency that provides professional and international families with qualified nannies from English-speaking countries to look after their children in the domestic sphere.




Website: <http://www.felicity-nannies.de/>

June

Sunday 4 June
Whitsun

Monday 5 June
Whit Monday

Tuesday 6 June, 20:00
Yoga Nidra

When: Tue 16 Jun, 20:00
Where: "Kriechbaumhaus," Preysingstr. 71
Transit Info:  U4/5 to Max-Weber-Platz + 5-min. walk
 Any S-Bahn to Ostbahnhof + 10-min. walk
 Tram 15/19/25 to Wörthstr.

Description: See section "[Yoga Nidra](#)" at the very end of this document

Registration: not necessary

Admission: The course is free, but donations would be appreciated to cover the cost of the room.

More Info: Call Renate.

Organizer: Renate, 280 54 50 (evenings)

Saturday 10 June
Country Walk

When: Sat 10 Jun
Description: Wolfratshausen to Kloster Schäftlarn, 12 km
More Info: Contact the organizer.


Organizer: Sunny, Sunny.GEA@GMX.de, 0170 5626 104


Saturday 10 June, 15:00


Dance Gasteig (*Tanz den Gasteig*)

When: Sat 10 Jun, 15:00

Where: Gasteig (www.gasteig.de), Rosenheimerstr. 5

Transit Info:  Any S-Bahn to Rosenheimer Platz

 Tram 16 to Gasteig + 3-min. walk

 Tram 15 or 25 to Rosenheimer Platz + 3-min. walk

Meeting Point: At 3 p.m. and again (for people joining later) at 6 p.m. on the ground floor at the foot of the escalator

Description: Gasteig offers Munich's largest dance festival, called *Tanz den Gasteig*, with salsa, swing, techno, Volkstanz and more.

Registration: Not required, *but* it would be nice if you contacted the organizer to let him know whom he should watch for.

Admission: Free

Organizer: Herbert, Herbert.Selent@web.de, 609 71 56

Sunday 11 June

Country Walk

When: Sun 11 Jun

Description: Tutzing to Kloster Andechs, 18 km

More Info: Contact the organizer.

Organizer: Sunny, Sunny.GEA@GMX.de, 0170 5626 104


Tuesday 13 June, 20:00


Yoga Nidra

When: Tue 13 Jun, 20:00

Where: "Kriechbaumhaus," Preysingstr. 71

Transit Info:  U4/5 to Max-Weber-Platz + 5-min. walk

 Any S-Bahn to Ostbahnhof + 10-min. walk

 Tram 15/19/25 to Wörthstr.

Description: See section "[Yoga Nidra](#)" at the very end of this document

Registration: not necessary

Admission: The course is free, but donations would be appreciated to cover the cost of the room.

More Info: Call Renate.

Organizer: Renate, 280 54 50 (evenings)

Thursday 15 June

Corpus Christi

Thursday 15 June

Country Walk

When: Thu 15 Jun

Description: Holzkirchen to Bad Tölz via Kloster Reutberg, Blasmusik!

More Info: Contact the organizer.

Organizer: Sunny, Sunny.GEA@GMX.de, 0170 5626 104

Sunday 18 June

Mountain Hike

When: Sun 18 Jun

Description: Schliersee to Tegernsee via Prinzenweg, 15 km

More Info: Contact the organizer.

Organizer: Sunny, Sunny.GEA@GMX.de, 0170 5626 104

Tuesday 20 June, 18:00

Orchid Walks near Andechs

Where: Erling, near Andechs

Meeting Point: Parking lot at the deer reserve just outside Erling (Andechs) (see www.steinundkraut.de/erling.jpg)

(If you come from Munich/Starnberg, turn left in Erling (Andechs) at the Hotel zur Post into Kerschbacher Weg; pass the dairy and the horse ranch until you reach a junction; cross the little bridge on the right and you are there.)

Description: The Ammersee? The Starnberger See? The beer garden in Andechs? These scenic spots in the Southwest of Munich are well known to everyone. But who really knows about the hidden botanical secrets in this area? We'll visit rare Orchids, Lillies & Co as well as one of the last known habitats of the *Gladiolus Palustris* in Germany. Let's use the long summer evenings for an interesting and enjoyable "Feierabend-Blümchen-Wanderung."

Registration: **Required!** See "More Info."

Admission: Free

More Info: Note the following:

- Easy walk on narrow and sometimes muddy tracks without significant ascent
- Bring solid shoes that can become wet and dirty, mosquito repellent and an umbrella
- Please make a **binding reservation** at least one day before the tour; tour may be subject to cancellation if no reservations are made
- Reservation can be made per email to kontakt@steinundkraut.de, by phone at 089 8597156 or by mobile 0151 68124494 (also SMS)
- This is a private event. The organizer assumes no responsibility or liability and has no insurance to cover this event.

Organizer: Margit, kontakt@steinundkraut.de, 089 8597156, 0151 68124494 (call or send an SMS)

Tuesday 20 June, 20:00


Yoga Nidra

When: Tue 20 Jun, 20:00

Where: "Kriechbaumhaus," Preysingstr. 71

Transit Info:  U4/5 to Max-Weber-Platz + 5-min. walk

 Any S-Bahn to Ostbahnhof + 10-min. walk

 Tram 15/19/25 to Wörthstr.

Description: See section "[Yoga Nidra](#)" at the very end of this document

Registration: not necessary

Admission: The course is free, but donations would be appreciated to cover the cost of the room.

More Info: Call Renate.

Organizer: Renate, 280 54 50 (evenings)

Wednesday 21 June, 18:00

Orchid Walks near Andechs

See Tuesday 20 June, 18:00

Wednesday 21 June, 18:30

Wine Evening

When: Wed 21 Jun, 18:30

Where: Somewhere in the area of Marienplatz – Odeonsplatz – Isartor.

Description: We go somewhere for conversation over a few glasses of wine. However, other drinks will be available for those who would prefer something else.

Registration: **Required.** Contact organizer. (You can register at any time, but the exact location will only be made known a day or two before the event.)

More Info: Please watch out for an email from UtesNest@...

Organizer: Ute, Ute@GEA-MUC.de

Saturday 24 June, 08:30

“Kaiserfest in Kufstein” with Berr Reisen

When: Sat 24 Jun, 08:30

Where: Kufstein, Austria

Transit Info:  Any S-Bahn to Isartor

Meeting Point: Isartor (technically on Thomas-Wimmer-Ring), where the Berr buses depart
Berr buses leave on time! It's best to plan on being there by **8:15!**

Description: Each year, Kufstein's traditional city festival in the summer presents new attractions in the heart of Kufstein, with numerous dance stages, Tyrolean specialties and much more. The festival, organized by the Tourism Bureau, the clubs and the city, begins at 11 a.m. with a firing of cannons (*Böllerschüssen*) from the walls of the castle and with the carving of the ox. Attractions such as brass bands (*Blaskapellen*), performances by theatre groups, youth groups and traditional-dress clubs (*Trachtenvereine*) on five stages, and a spectacular fire acrobatic show await the visitor. Just as plentiful as the musical entertainment are food and drink in the beer tent, wine bar, coffee house and juice bar, cheese counter, schnitzel restaurant or the jelly doughnut (*Krapfen*) stand. Everyone finds something to his liking. Little visitors to the festival enjoy themselves on the children's play street, pony riding and the *Hüpfburg*. (inflatable castle, bounce house).

Registration: Must be done with Berr Reisen directly:

- www.berr-reisen.de
- 22 50 97
- Bayerstr. 8 (Reisebüro Berr)

Admission: 17 € for the bus trip there and back (the festival itself is free)

More Info: <http://www.berr-reisen.de/index.php?action=r-detail&date=113993>

Organizer: Herbert, Herbert.Selent@web.de, 609 71 56

Sunday 25 June

Program Deadline

Send your suggestions for events for next month's program to Programme@GEA-MUC.de.

Sunday 25 June

Country Walk

When: Sun 25 Jun

Description: Feldafing to Tutzing via Ika Höhe, 13 km

More Info: Contact the organizer.


Organizer: Sunny, Sunny.GEA@GMX.de, 0170 5626 104


Sunday 25 June, 10:30

Kunstareal Fest 2017 – Introductory Tour

When: Sun 25 Jun, 10:30

Where: Neue Pinakothek, Barer Str. 29

Transit Info:  Tram 27 or 28 to Pinakotheken

 StadtBus 100 to Pinakotheken

Meeting Point: Neue Pinakothek information desk

Description: On June 24th and 25th, 2017, the 3rd Kunstareal Festival takes place. All 31 institutions in the Kunstareal invite you to an extraordinary experience for young and old. Under the motto DENKANSTÖSSE, there will be a diverse and comprehensive program for the citizens of Munich as well as visitors from Munich from all over the world.




Come and explore the masterpieces in one of the finest collections of paintings in the world. With a different focus every month, our guide will introduce you to works from across the collection and bring them to life in discussion with you.

John offers a guided introductory tour in English.

Registration: Registration for all activities is required at www.kunstareal.de. Remaining places will be given on site.
Admission: Free
Organizer: John, John@GEA-MUC.de, 6975 8880

Monday 26 June, 18:00
Orchid Walks near Andechs
See Tuesday 20 June, 18:00

Tuesday 27 June, 20:00
Yoga Nidra

When: Tue 27 Jun, 20:00
Where: "Kriechbaumhaus," Preysingstr. 71
Transit Info:  U4/5 to Max-Weber-Platz + 5-min. walk
 Any S-Bahn to Ostbahnhof + 10-min. walk
 Tram 15/19/25 to Wörthstr.
Description: See section "[Yoga Nidra](#)" at the very end of this document
Registration: not necessary
Admission: The course is free, but donations would be appreciated to cover the cost of the room.
More Info: Call Renate.
Organizer: Renate, 280 54 50 (evenings)




Wednesday 28 June, 18:00
Orchid Walks near Andechs
See Tuesday 20 June, 18:00

July

Saturday 1 July
Country Walk

When: Sat 1 Jul
Description: Holzkirchen to Aying, 3 hrs
More Info: Contact the organizer.
Organizer: Sunny, Sunny.GEA@GMX.de, 0170 5626 104

Tuesday 11 July, 20:00
Yoga Nidra

When: Tue 11 Jul, 20:00
Where: "Kriechbaumhaus," Preysingstr. 71
Transit Info:  U4/5 to Max-Weber-Platz + 5-min. walk
 Any S-Bahn to Ostbahnhof + 10-min. walk
 Tram 15/19/25 to Wörthstr.
Description: See section "[Yoga Nidra](#)" at the very end of this document
Registration: not necessary
Admission: The course is free, but donations would be appreciated to cover the cost of the room.
More Info: Call Renate.
Organizer: Renate, 280 54 50 (evenings)



Saturday 15 July, 15:45
Summer Art Tours with John Langton



John Langton is again undertaking tours in the Pinakotheken in the context of the *Kunst International*, a program sponsored by the Bayerische Staatsgemäldesammlungen. The tours are in English and are a good opportunity to become better acquainted with the permanent collections.



The tours are without charge and last about 90 minutes. However, each person must pay the applicable entrance fee for the gallery.

Please meet 15 minutes in advance of the tour in the lobby of the gallery.

The dates and times are as follows:

When: Sat 15 Jul, 16:00 – 17:30
Where: Neue Pinakothek
Transit Info:  Tram 27 or 28 to Pinakotheken
 StadtBus 100 to Pinakotheken
Meeting Point: Lobby of the Neue Pinakothek at 15:45
Registration: not required; just show up
Admission: 7 € (concessions 5 €)



When: Sat 5 Aug, 15:00 – 16:30
Where: Alte Pinakothek
Transit Info:  Tram 27 or 28 to Pinakotheken
 StadtBus 100 to Pinakotheken
Meeting Point: Lobby of the Alte Pinakothek at 14:45
Registration: not required; just show up
Admission: 4 € (concessions 2 €)

When: Sat 16 Sep, 16:00 – 17:30
Where: Neue Pinakothek
Transit Info:  Tram 27 or 28 to Pinakotheken
 StadtBus 100 to Pinakotheken
Meeting Point: Lobby of the Neue Pinakothek at 15:45
Registration: not required; just show up
Admission: 7 € (concessions 5 €)

Organizer: John, John@GEA-MUC.de, 6975 8880

Saturday 29 July, 14:15

Walk & Talk in English

When: Sat 29 Jul, 14:15 – 16:00
Where: behind the former Café Tambosi, Odeonsplatz
Transit Info:  U3/4/5/6 to Odeonsplatz
 StadtBus 100 to Odeonsplatz
Meeting Point: Under the Colonnade behind the former Café Tambosi at Odeonsplatz at 14:15 for a start at 14:30.
Description: Munich Walking Book Group – The Alternative Book Group
Have you ever thought of joining a book club but been put off by the idea of being cooped up with a group of people in a strange house and possibly having in return to host such a gathering yourself? Or maybe you are reluctant because your experience tells you that one or two people tend to dominate the discussions or because you do not want to commit yourself to regular attendance?
Then the Munich English Walking Book Group (The Alternative Book Group) may be the answer for you.
From the meeting point, we shall then walk through the English Garden, whatever the weather, for about one hour and a half. There will be pauses but no stops.

Walking in small groups of 4 or 5 will give everyone a chance to speak or give an opinion – and of course you are not bound to any particular group of people and movement between groups is welcomed and encouraged.

There will be no pre-registration and this will be a ‘turn up and go’ event.

The only commitment is that everyone taking part has read the chosen book.

Hope that you can join us.

Book: *All Passion Spent* by Vita Sackville-West

The book is available in both English and German through bookshops or via online retailers. It is also available as an E-book. **Tip:** Try www.amazon.co.uk for second hand copies.

Host this Month: TBD

Organiser: John, John@GEA-MUC.de, 6975 8880

NEXT EVENTS:

***** September *****

Date: 30 September 2017

***** November *****

Date: 25 November 2017

Regular Events

(Always check with the organizer before setting off for an event!)

Monday

English Conversation with Hanzi

When: From 18:00

Where: ***Change of venue:*** Restaurant “Trumpf oder Kritisch”, Feilitzstr. 14 (while Restaurant “Drugstore”, Feilitzschstr. 12, is closed for renovations)

Transit Info: **U** U3/6 to Münchner Freiheit

Meeting Point: Inside the restaurant

Description: English speakers of all levels can join in with this established group to have fun, drink coffee, a cocktail or perhaps a glass of wine, and join us for some scintillating conversation, every Monday after work.

Registration: **Required.** Contact organizer

Organizer: Hans Field, 0171/649 2641 or hansfield@yahoo.de.

Pool with Tony Sanderson

When: 19:00

Where: “Spielsalon Royal”, Boschetsriederstr. 136-138

Transit Info: **U** U3 Machtlfingerstr. + 5 min. walk

Reservation: **Required.** Contact organizer

Organizer: Tony Sanderson, 9973 7086, ajs39@web.de

Tuesday

Bridge with Rodney

When: From 18:30

Where: “Zum Wilden Mann”, Anzinger Str. 40 (Lots of parking available on the street)

Transit Info: **U** U2/5 to Innsbrucker Ring + 7-min. walk

U U2 to Karl-Preis-Platz + 5- to 6-min. walk

Description: Play cards with fun people.

Organizer: Rodney, 168 9894 (home), 2016 0901 (work)

Charlie’s Table

When: Every even Tuesday from 19:00

Where: “Altmünchner Gesellenhaus” (Kolpinghaus), Adolf-Kolping-Str. 1


Transit Info:  U-Bahn to Stachus
 S-Bahn to Stachus
 Tram to Stachus

Description: English conversation on every even Tuesday.
The schedule of meeting dates for 2017 is (no meetings on dates in light grey):




Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
10	7	7	4	2	13	11	8	5	3	14	12
24	21	21	18	16	27	25	22	19	17	28	26
				30					31		

Organizer: Uschi, 0163 571 8728 or CharliesTable@Yahoo.de

Conversation française avec l'Amicale Francophone


When: À partir de 19 h 30
Where: “Crêperie Cabus”, Isabellastr. 4 au coin Neureutherstr.
Transit Info:  U2 to Josephsplatz
Description: Vous êtes invités à des causeries détendues dans une atmosphère agréable.
Organizer: Michael, 2781 7829 or 0171 749 1414.

Grupo Saudade e Alegria with Christopher (verified 2015-11-11)

When: From 20:30 to 23:00
Where: “Café Lebenslust”, Schwabing, Erich-Kästner-Str. 14 (corner of Herzogstr.)
Transit Info:  U2 to Hohenzollernplatz + 4 min. walk
 Trams 12 or 27 to Hohenzollernplatz + 4 min. walk
 MetroBus 53 or StadtBus 144 to Hohenzollernplatz + 4 min. walk
Description: Brazilian-Portuguese conversation group
Organizer: Christopher, 0160/9853 3620, chr.hak@gmail.com.

Wednesday

Archery

When: Wednesdays, 18:30 – 20:30
Where: Sherwood Forest Family Shooting in the Riemensperger Halle, Eching
48° 17.710 N 011° 37.676 E ([map](#))
Transit Info:  If you have arranged to be picked up, take S1 to Eching and then ring 0171 649 2641 to be picked up.

By car:




1. Take the A9 to Exit 69, Eching.
2. Head left (onto Untere Hauptstr.) toward the village.
3. At the first crossroads/lights, turn left into Dietersheimer Str.
4. After 400 meters (just after having passed the village football field) turn right.
5. Continue to the right, toward the lake; do not follow the road going left.
6. 100 meters later, you'll see our sign. Turn into the drive and park at the end.

Description: Indoor and Outdoor Archery. All are welcome. If you have your own bows and arrows, you are welcome to bring them. We also have a small selection of bows and arrows for loan if you want to try out. We shoot over three lanes at various targets, including circles and 3D animals.
If the weather is good, we shoot at our new outdoor site at the Hollerner See in Eching.

For more information, contact Hans.





Registration: **Required.** Contact organizer to book a place and time.
Cost: 5 € for the day plus a small charge for use of bow and arrow. (Broken arrows are charged at 4 €)
More Info: Contact organizer.
Organizer: Hans Field, 0171 649 2641, HansField@Yahoo.de

Russian-German Conversation with Alina Feofanova



When: ???
Where: Hofbräukeller, Innere Wiener Straße 19
Transit Info:  U4/5 to Max-Weber-Platz + 5 min. walk
 Tram 16 to Wiener Platz (tram stop is right in front of the door)
 Tram 19 to Maxmonument + 4 min. walk
Description: Russian-German conversation
Organizer: Alina Feofanova, 4352 9908 / 0177 653 6489.

Thursday

Thursday Talking Table



When: From 19:30
Where: *Change of venue:* During renovation of the “Altmünchner Gesellenhaus,” Adolf-Kolping-Str. 1, Thursday Talking Table will meet at: EineWeltHaus, Schwanthalerstr. 80, Rückgebäude
Transit Info:  U4/5 to Theresienwiese + 5-min. walk
 S-Bahn to Stachus + 10-min. walk
 Tram 19 to Hermann-Lingg-Str. or Holzkirchner Bahnhof + 6-min. Walk
 MetroBus 58 to Holzkirchner Bahnhof + 6 min. walk
Description: Multi-cultural English-speaking meeting in a traditional Bavarian Wirtshaus. Just turn up or contact the organizers.
Organizer: Maike, 448 1467, Maike.Doll@GEA-MUC.de
Chris, 6349 7835, TTT_English@T-Online.de

Tertulia de Hispano-Parlantes





When: From 19:30
Where: “El Mirador”, Clemensstr. 83
Transit Info:  U2 to Hohenzollernplatz + 3-min. walk (250 m)
 Tram 12 or 28 to Clemensstr. + 3-min. walk (250 m)
Description: Spanish conversation
Info: www.tertuliamunich.de

Friday

Friday Fun Playgroup for Children from 0 – 4 years old

When: From 10:00 until noon
Where: Friedenskirche, Frauenlobstr. 5 (near Sendlinger Tor)
Transit Info:  U1/2/3/6 to Sendlinger Tor
 Tram to Sendlinger Tor
Description: English speaking playgroup for children from 0 – 4 years old
Organizer: Leanne Blowing, 2324 1539, leanneblowing@yahoo.co.uk.

Deutsch mit Freunden mit Michael

When: Ab 19:30
Where: Rechthaler Hof, Arnulfstr. 10, right part of the room, under the metal sign *Stammtisch*, in front of the large beer mug, near the kitchen. Ask for the *Musikstüberl*.
Transit Info:  U1/2/4/5 to Hauptbahnhof
 Any S-Bahn to Hauptbahnhof
 Trams 16, 17, 18, 20 or 21 to Hauptbahnhof Nord
 Tram 19 to Hauptbahnhof
Description: Die Sprache üben, den Wortschatz erweitern bei guten Gesprächen und interessanten, erschwinglichen „Events“. Jede(r) ist willkommen!
Organizer: Michael, 2781 7829, 0171 749 1414.

Würmtal Stammtisch

When: On the second-last and fourth-last Friday of each month, from 7 p.m.
The schedule of meeting dates for 2017 is:

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
6	3	10	7	5	9	7	4	8	6	3	8
20	17	24	21	19	23	21	18	22	20	17	22

Where: “Heide Volm”, Bahnhofstraße 51, Planegg, very near the S-Bahn station.
If the weather is fine, outside in the beer garden; otherwise, of course, indoors.

Transit Info: 🟡 S6 Tutzing or Starnberg to Planegg (about 20 mins from Hauptbahnhof)

Description: A predominantly English-speaking gathering of Würmtalers and friends, regulars, irregulars, and newcomers

Organizer: Catherine Lodge, 853 669, Catherine@GEA-MUC.de

Saturday

Tennis

When: May to October, weather permitting, from 15:00 to 17:00

Where: “Tennis Hirschau”

Transit Info: 🟡 U3/6 Dietlindenstraße

Description: Average level of play is Intermediate (3.0 – 3.5). *** Sorry, no beginners! ***
Cost is approximately 8.00 € per player for doubles play.
To join, contact the organizer.

Organizer: Brigitte Schürmann, 272 3353, 0170 321 3835, brigitte.schuermann@web.de.

Sunday

Archery

When: Sundays, 11:00 – 14:00

Where: Sherwood Forest Family Shooting in the Riemensperger Halle, Eching
48° 17.710 N 011° 37.676 E ([map](#))

Transit Info: 🟡 If you have arranged to be picked up, take S1 to Eching and then ring 0171 649 2641 to be picked up.
By car:

1. Take the A9 to Exit 69, Eching.
2. Head left (onto Untere Hauptstr.) toward the village.
3. At the first crossroads/lights, turn left into Dietersheimer Str.
4. After 400 meters (just after having passed the village football field) turn right.
5. Continue to the right, toward the lake; do not follow the road going left.
6. 100 meters later, you’ll see our sign. Turn into the drive and park at the end.

Description: Indoor and Outdoor Archery. All are welcome. If you have your own bows and arrows, you are welcome to bring them. We also have a small selection of bows and arrows for loan if you want to try out. We shoot over three lanes at various targets, including circles and 3D animals.
If the weather is good, we shoot at our new outdoor site at the Hollerner See in Eching.
For more information, contact Hans.

Registration: **Required.** Contact organizer **by Friday** to book a place and time.

Cost: 5 € for the day plus a small charge for use of bow and arrow. (Broken arrows are charged at 4 €)

More Info: Contact organizer.

Organizer: Hans Field, 0171 649 2641, HansField@Yahoo.de

Yoga Nidra

Hello everyone,

If you ask people what Yoga is, most will mention sitting with your back straight and many other Yoga poses. Some of them difficult for many of us without those flexible joints.

There is a ***totally different*** form of Yoga (called Yoga Nidra) which focuses on very deep relaxation in which the position of your body, whether lying on a mat or sitting in any position comfortable for you, is ***your*** choice. Since you are free to choose your own posture this is ideal for anyone in pain!

The original Yoga Nidra from India was adapted for the west by Dr. Richard Miller (you can find more information on www.irest.us) in such a way that it is easier and more accessible in our culture; it has been used extensively in the USA, UK and more and more in other parts of the world like here.

He uses the name iRest Yoga Nidra because its essence is Integrative Restoration; the word Restoration is used here in its widest possible sense, encompassing more than just rest and regeneration, in fact iRest Yoga Nidra really boosts innate joy, peacefulness, empathy, forgiveness, patience and loving kindness towards yourself and others, and supports you to resolve issues such as insomnia, anxiety, fear, depression and more, which you can read about on www.irest.us.

It is quite amazing how this happens ***without effort***, rather you are letting go of any inhibitions or lack of freedom which may be part of us and we have got so used to, that we only notice when we are free of it and new feelings of well-being set in we never thought were possible.

If you happen to be a psychologist or professionally interested in any kind of psychotherapy or the medical basis of what I am doing, I would be glad to (also privately by email) explain how this form of meditation fits in.

I am now offering a 5-week course in English. Even GEA members whose mother tongue is not English should be able to follow it. And of course there will be time for anyone to ask me questions.

My own qualifications are “Level 2 iRest Teacher,” which I earned last year in Oxford.

The course runs every Tuesday from June 6th to July 11th except that there is ***no*** class on 4 July.


Time: 8 – 9 p.m.

Venue: Kriechbaumhaus, easy to find as it is the wooden house in Preysingstr. 71.

Getting there:

 U4/5 to Max-Weber-Platz + 5-min. walk

 Any S-Bahn to Ostbahnhof + 10-min. walk

 Tram 15/19/25 to Wörthstr.

At the beginning of each session we will explore different aspects of the practice a little deeper and there will be time for discussions and questions.

- Please bring:
 - your own Yoga mat,
 - ***at least*** two blankets, and
 - an eye pillow if you can.
- The course is free, but any donations will be most welcome to cover the cost of the room.
- If you have any questions, you're welcome to phone me in the evenings 280 5450.

Warmest wishes,
Renate