

GEA Programme No. 427 for August 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

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Spillane's Farmhouse

Traditional style farm cottage available for let on the Wild Atlantic Way, Dingle Peninsula (Garrywilliam, County Kerry, Ireland).

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For booking, contact Gretta on +353863727706 or by email GrettaSpillane@eircom.net

August

Saturday 5 August, 14:45

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 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 5 August, 19:00 – 21:00

Entity Theatre in the Westpark Theatron

When: Sat 5 Aug, 18:15
Where: Theatron, Westpark ([map 1](#)) ([map 2](#))
Transit Info:  U6 to Holzapfelkreuth, then a 15-minute walk to the Theatron
Meeting Point: 18:15 at exit Ehrwalder Str. (above ground) of the Holzapfelkreuth station
Description: William Shakespeare's *Twelfth Night*, presented by Entity Theatre e.V., abridged and directed by Conny Loder, co-directed by Alison Rolle and produced by Ken Lawler.
Performance begins at 7 p.m.
This leaves time for a picnic before the show starts and more importantly for getting good seats!
Don't forget blankets and warm jackets. Please don't bring glass with you.
Note: The performance takes place only in good weather. The decision about whether there will be a performance on a given evening is usually made by Entity at 5 p.m. To learn their decision, please call 0152 3614 7906 or check Entity's Facebook site for a weather update.
Registration: Contact Ute, so that she knows you're coming and what you're bringing to the picnic, if you're taking part in it.
Admission: Free
More Info: www.entitytheatre.com
Nearer the date of the performance, Ute will send out an email to clarify details about the meeting point and the picnic.
Organizer: Ute, Ute@GEA-MUC.de, 354 3035

Monday 7 August, 21:00

No Ceili at "Kilians" in August

Saturday 12 August, 19:00

Ethnic Dinner (Italian) with Sigrid

When: Sat 12 Aug, 19:00
More Info: An ethnic dinner at an Italian restaurant near the U3 Station Thalkirchen
Registration: **Required.** Contact organizer
Organizer: Sigrid, Sigrid@GEA-MUC.de, 0176 5364 5601

Tuesday 15 August
Assumption Day (Mariä Himmelfahrt)

Wednesday, 16 August, 10:00

Bus Trip to the State Garden Show (Landesgartenschau)

When: Wed 16 Aug, 10:00 – 19:00
Where: Pfaffenhofen, Ilm (but bus leaves from Thomas-Wimmer-Ring 3-5 [Isartor])
Transit Info: 🟢 Any S-Bahn
Meeting Point: at the bus at Thomas-Wimmer-Ring 3-5 [Isartor]
Description: Trip to Pfaffenhofen (Ilm) and visit to State Garden Show.
Registration: **Required.** You must book the bus trip yourself ASAP with Berr Reisen:

- by phone: 22 50 97
- in person: Bayerstr. 8 (between Hauptbahnhof and Karlsplatz (Stachus))
- online: <http://www.berr-reisen.de>

Reservation with the organizer is *not* possible.
Admission: Bus trip: 12 €; State Garden Show: 13 €
Organizer: Sigrid, 0176 53 64 56 01, Sigrid@GEA-MUC.de

Friday 25 July

Program Deadline

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

Tuesday 29 August, 18:30

Wine Evening

When: Tue 29 Aug, 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

September

Saturday 23 September, 14:15

Walk & Talk in English

When: Sat 23 Sep, 14:15 – 16:00
Where: behind the former Café Tambosi, Odeonsplatz
Transit Info: **U** 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: *The Heart of the Matter* by Graham Green

The book is available through bookshops or via on line retailers. It is also available as an E-book. **Tip:** Try www.amazon.co.uk for second hand copies.

Host this Month: Cornelia B.

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

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:  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:  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:  U2/5 to Innsbrucker Ring + 7-min. walk

 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