

Registration and Reservation

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Minimum number of participants 15

Group size max. 20 persons

A deposit of 200 € is required
to secure a place.

More Informations:

www.yeti-verlag.de
www.wiu-wiu.com

**The course will be held
in English language.**

Chumba Lama learned the practice of Tibetan
Breathing Yoga at the Buddhist Monastery
Swayambhu.

Tibet has its own yoga tradition. This is Tibetan
yoga, which is hardly known in Europe and
should not be confused with the exercises of the
„5 Tibetans“.

In Tibetan Breathing Yoga,
Shey Tsum Yoga,
the breath is consciously directed
through the body and through
its various organs.
This cleans the inner energy channels.
Through conscious deep breathing
one finds more peace in the mind
and the body is filled with fresh Qi
and oxygen and thus supplied with power .

The Breathing Yoga exercises include
about 34 different techniques.

After the course there is a certificate.

Tibetan Breathing ~ Yoga

June 2023



given by Chumba Lama

in Sweden

Sweden

Travel and course information



Costs:

Course costs: 650 €

Accommodation about 260 €

- 7x im Triple room
- 7x im Double room
- 7x im Single room

Food costs 250 €

- 7x Breakfast
- 7x Dinner
- 6x Lunch

1x Cooking class (3 hours) 20 € optional

Travel expenses:

Each participant bears their own travel expenses.
Flight Frankfurt - Stockholm about 200 € - 250 €

Course and itinerary

Date: Sa. 10.06.2023 - Sa. 17.06.2023

Place: Svedlanda/Mariannelund (Sweden)



Sa. 10.06.	Arrival; 18 Uhr welcome dinner
Su. 11.06.	8:00 breakfast; 9:00-12.00 Yoga; 12-14 Uhr lunch break; 14:00-17:00 Yoga; 19:00 dinner
Mo. 12.06.	8:00 breakfast; 9:00-12.00 Yoga; 12-14 Uhr lunch break; 14:00-17:00 Yoga; 19:00 dinner
Tu. 13.06.	8:00 breakfast; 9:00-12.00 Yoga; 12-14 Uhr lunch break; 14:00-17:00 Yoga; 19:00 dinner
We. 14.06.	8:00 breakfast; 9:00-12.00 Yoga; 12-14 Uhr lunch break; 14:00-17:00 Yoga; 19:00 dinner
Th. 15.06.	8:00 breakfast; 9:00-12.00 Yoga; 12-14 Uhr lunch break; 14:00-17:00 Yoga; 19:00 dinner; 20:00 tibetian evening
Fr. 16.06.	8:00 breakfast; 9:00-12.00 Yoga; 12-14 Uhr lunch break; 14:00-17:00 Yoga; 19:00 dinner; Cooking class about 3 hours
Sa. 17.06.	9:00 breakfast; Departure