

# **TAUNA online in English or German – with Milena Gartler Practices for body, soul, mind and spirit from the Tradition of the Andes/Yachay**

## **Wednesday course: 7.30 – 8.30**

Yachay, the tradition of the spiritual path of Mother Earth, offers us physical and spiritual practices that allow us to face life in these times with more courage and strength. We will also learn rites and salutations, and how we can better approach Mother Earth, something we need so urgently these days.

- Salutation to the sun, salutation to the Earth
- Natural gymnastics
- Relaxation
- Vocalisation
- Respiration practices that strengthen all our invisible bodies
- Meditations with the energies, forms and colours of Mother Earth

**Information and inscription:** Milena Gartler 069910750125, [milena.gartler@gmx.at](mailto:milena.gartler@gmx.at)

After inscription you will be sent a zoom link via email. The first time is free of charge, afterwards the participation fee is 50 Euros for 5 units. 20 % goes to the project Paqarina in Peru/Cusco/Yanahuara.

Milena Gartler is studying and practicing the Tradition of the Andes with Master Juan Camargo Huaman since more than 25 years. She is responsible for Yachay in Austria.

She is also translator, Shiatsu-practitioner and rhythm pedagogue.