

## Unutrašnji svijet stvara spoljašnji svijet

Letni kamp Kremna 17.-24. jula 2020. godine



Vreme napornog rada na sebi i dugotrajnih procesa je prošlo i pozivam vas da s lakoćom krenete na ovo putovanje i otkrijete nova rešenja za Vas.

Čakra sistem je prekrasna karta vašeg tela na fizičkom i energetskom nivou i svojim dahom možete učiniti ovu kartu izuzetno dostupnom. Oboje vam je dano od rođenja, samo ih morate naučiti svesno koristiti. To je sadržaj ovog šestodnevnog seminara.

Mi ne vidimo svet kakav jeste, već ga posmatramo kroz filtere naših uverenja.

Ako počnete otkrivati svoja uverenja kroz svesna iskustva, vaša se perspektiva menja, a samim tim i vaš mentalni i fizički stav. Tako razvijate nove filtere kroz koje doživljavate svet.

U ovih 6 dana pozivam vas da se svesno povežete sa svojim telom i da svesno dišete. To će vam pružiti nova iskustva. Otkrivamo sistem čakri zajedno i razumevamo poveznice u našim telima, fizičkom, mentalnom, emotivnom i duhovnom.

Događaji u našem životu koji su do sada bili besmisleni ili čak uznemirujući dobivaju novi smisao. Svesno

boravimo u prirodi i opažamo kako ona utiče na nas, meditiramo, povezujemo se srcem, dolazimo u kontakt sa sobom i svetom koji nas okružuje.

Naše se telo regeneriše. Promene se događaju iz našeg srca s lakoćom.

Radimo 3-4 sata dnevno, a vi nakon toga vodite računa o ostatku dana. Uživajte, razmišljate, ponavljate, integrirate i odmarate.

Ovaj seminar se održava na engleskom jeziku.

Ponesite prostirku, jastuk za sedenje i pokrivač

Radujem se ovom predivnom putovanju sa Vama, ovde u Kremnima u podnožju Tare.

Kremna je posebno mjesto u pogledu energetskog rada a naročito za disanje zbog svog položaja na nadmorskoj visini od 800 metara i prirode sa svojom raznolikošću koja ima čudesan balansirajući učinak.

Wolfgang

Explore your inner world with your breath

Summer Camp 17.-24. July 2020

The inner world creates the outer world

Your chakra system is a wonderful map of your body on both a physical and an energetic level and with your breath you can make this map very accessible. Both are given to you from birth, you just have to learn to use them consciously. That is the content of this 6 day seminar. The time of heaviness and long proceses is over and I invite you to take this journey lightly and to discover new solutions for you from this ease.

From now on, it continues together!

We don't see the world as it is, but through the filters of our beliefs.

If you start to discover your beliefs through your conscious experiences, your perspective changes and thereby your mental and physical attitude. Associated with this you develop new filters through which you perceive the world.

In these 6 days I invite you to consciously inhabit your body and to breathe consciously. This will give you new experiences. We discover the chakra system together and understand the connections in our body. Events in our life which so far have been meaningless or even disturbing are given a new meaning.

We consciously go into nature and perceive how it affects us physically and mentally! We meditate! We connect with our hearts! We come into contact with the world that surrounds us.

Your body regenerates. Changes happen out of your heart and therefore easily.

We work 3-4 hours a day and you take care of the rest of the day. You enjoy, reflect, repeat, integrate and rest.

This seminar takes place in English

I'm looking forward to this wonderful journey with you, here in Kremna at the foot of Tara.

Please bring a mat, a seating cushion and a blanket to this seminar.

Kremna is a special place in terms of energetic work and especially for breathing seminars due to its location at 800 meters altitude. It's intensive experience and history with energy (Kremna Prophecy of the Tarabitsch family) and nature with all its diversity which has a wonderfully balancing effect.

Wolfgang

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Smeštaj je u odmaralištu "Camping-Zip" koji se prostire na oko 1 ha površine i smešten je u selu Kremna u podnožju planina Tare i Zlatibora. Kamp je opremljen po svim evropskim standardima. Mogućnost ličnog kampovanja u šatoru, kamp prikolici ili u apartmanima. Sobe su dvokrevetne i trokrevetne, a na raspolaganju su čajna kuhinja, kupatila, veliko dvorište. Više o samom kampu na linku <https://camping-zip.com/>

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U sklopu ovog šestodnevnog programa svako jutro dan započinjemo joga praksom i detox doručkom <http://sanjacolic.net/21-dan-detox-obrok-za-ciscenje-creva/>

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## Program vode Wolfgang Steiner i Sanja Čolić



Wolfgang Steiner već 5 godina živi sa svojom porodicom u Kremnima.

Iskusan je terapeut integrativnog disanja s 18 godina iskustva u području grupnih seminara i individualnih tretmana.

Njegovo iskustvo uključuje međunarodne seminare, Disanjem do samospoznaje, muške grupe, rad s čakrama i unutarnjim djetetom, tihe i aktivne meditacije.

Prednost daje održavanju seminara u prirodi zbog njenog energizirajućeg učinka i podrške koju nam ona pruža..

Od 2003. godine vodi meditativno planinarenje u Austrijskim alpama.

Vodi online grupe, Chakratreck in daily life i Worldwide breathing circle.

Biography

Wolfgang Steiner

has been living with his family in Kremna for 5 years.

He is an experienced integrative breath coach with 18 years of experience in breathing seminars and individual breathing sessions.

His experience includes international seminars in the field of breath, self-awareness, breath training, seminars with a special focus on connection with feelings, men's groups, speaking circles, working with chakras and the inner child, silent and active meditations, solving blockades and trauma.

His preference is to hold seminars in connection with nature.

Therefore, whenever possible, Wolfgang's seminars lead into nature where we can consciously apply and discover their effects.

Since 2003 he is leading meditative chakra mountain trekking in the heart of Austria to explore the inner world. For non-hikers there is a common base camp, where this chakra hike can be experienced in it's own way with experienced seminar leaders. There is also regular chakra hike in everyday life, which enables the exploration of the inner world online.

Wolfgang also offers breathing sessions to support the integration of the newly discovered topics. This can be done both in person and online.

Wolfgang Steiner lebt seit 5 Jahren mit seiner Familie in Kremna.

Er ist ein erfahrener integrativer Atem Coach mit 18 Jahren Erfahrung im Bereich Atem Einzel Coaching und Atem Seminaren und das von ihm zur Verfügung stehende Wissen basiert heute auf eigenen Erfahrungen.

Wolgangs Erfahrung beinhaltet internationale Seminare im Bereich Atem Selbsterfahrungen, Atem Ausbildungen, Seminare mit speziellem Fokus auf Zusammenhang mit Gefühlen, Männergruppen, Redekreise, die Arbeit mit Chakren und dem inneren Kind, stille und aktive Meditationen. Lösung von Blockaden und Traumata.

Seine Vorliebe ist es Seminare in Verbindung mit der Natur abzuhalten.

Daher führen Wolfgang's Seminare, wenn immer möglich, in die Natur wo wir ihre ihre Wirkung bewusst anwenden und entdecken können.

Seit 2003 ladet er zur Meditativen Chakren Bergwanderung im Herzen Österreichs ein um diese innere Welt zu erforschen. Für nicht Wanderer gibt es ein gemeinsames Basis Camp, wo diese Chakrenwanderung auf ihre Art und Weise von erfahrenen SeminarleiterInnen miterlebt werden kann. Es gibt auch regelmäßig die Chakrenwanderung im Alltag, welche die Erforschung dieser inneren Welt im Alltag Online ermöglicht

Zu allen Seminaren bietet Wolfgang Atem Coaching an um die Integration der neu entdeckten Themen zu unterstützen. Diese kann sowohl persönlich als auch Online erfolgen und beinhaltet Atemreisen

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**Sanja Čolić**

Sanja je svoje znanje sticala preko osamnaest godina i učila od najboljih učitelja u regionu, kako iz sveta joge, tako i iz drugih oblasti. Učestvovala je na različitim radionicama vrhunskih učitelja.

Specijalizovala se za hatha i za terapeutsku jogu, kao i individualni pristup vežbanju.

Osmislila je svoju metodu rada koja je zasnovana na individualnom pristupu svakom pojedincu u skladu s njegovom ličnošću, fiziologijom, godinama, stanjem i potrebama kroz celovito i svestrano formiranje svakodnevnih navika.

Poslednjih godinu dana živi između Srbije i Balijske i organizuje edukativne i business događaje kroz putovanja u regionu, a i šire.

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**Cena 272 EUR po osobi/za paket (cena uključuje PDV). Cena ne uključuje boravišnu taksu i osiguranje u iznosu od 110 RSD po osobi/po noći.**

**Rezervaciju mesta mozete izvršiti uplatom od 100 eura do 15.07.2020.**

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