



Spirit of Balkan - Yoga ® by Danijela Brdar

Press release

A different approach to yoga: Spirit of Balkan - Yoga ®.

Dance, yoga and the music of the Balkans create a unique yoga style

Berlin. June, 2017. World premiere in July in Berlin. One hears the music from the Balkans, dances to it, shudders in meditation, focuses on oneself in long-lasting asanas (body positions in yoga) and then drifts into profound relaxation, accompanied by the ballads of the Balkan. This new, explosive and at the same time easygoing yoga style is called Spirit of Balkan - Yoga ®.

The interest in yoga has been growing for decades. In approximately 6000 yoga schools and gyms all over Germany these methods of exercise, steeped in tradition, are being practiced. To date, Germany counts about 3 million people practicing yoga.

By introducing the Spirit of Balkan - Yoga ® to the world of Yoga, the movement could become even bigger, because the new yoga style will surely appeal not only to those already engaged in yoga, but to anybody who wishes to move to music while being guided by a yoga teacher. „You have never experienced yoga this way!“ is the slogan of the world premiere which will soon take place as a workshop in the German capital Berlin.

Why Spirit of Balkan - Yoga ®? It connects dynamic yoga techniques, dance and the music of the Balkans and combines the effect of meditation, mindfulness of yoga with the emotionality of dance and the music of the Balkans bringing it together to a unity. A whole range of reactions are expected to happen, energy flows releasing pure joy of life and opening up the heart.

Even more: It aims to provide the freeing from strains and unloved patterns as well as an easier access to inner calm and confidence. Yoga has its origin in India. In the course of time, a variation of yoga styles developed into different trends. The most popular one practised in yoga schools is Hatha, which is followed by Ashtanga and Kundalini.

Danijela Brdar, a long-standing yoga teacher (BYV, EFYTA), manager of her own yoga school - ZimtKringel-Yoga - in Berlin and inventor of this new yoga style, which is the first of its kind, describes her approach as being very modern and up-to-date. She refers to this new form of yoga as offering „tools for joy of life and release“. The base of her yoga style lies in her education in Swami Sivananda at yoga Vidya.

Anybody can participate, young or older. The music of the Balkans with its traditional ballads and mood songs is at the same time acoustic companion and source for the joy of life

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expressed by the Spirit of Balkan - Yoga ®. The best known recent interpretation of Balkan music is known under the musical term „Balkans Beats“.

„The Balkan music and the ancient dances always took up an important role in my life. I felt the strong, special effect which both radiate. Anyone who knows the texts of our songs will be enchanted by its dynamism and drama, the joy of life or even the consolation inspired by infinitely painful experiences, very often referred to in the songs as an emotional trip through the sea.“

I wanted to create something absolutely new, unique. It should become quite a special connection of my own passions: music, dance and yoga with the Balkans. The idea for Spirit of Balkan - Yoga ® was born.

World premiere. The spreading of the idea by "ambassadors" is planned. Qualified yoga teachers can be trained through an intensive workshop, so that as many people as possible will be able to enjoy the new Yoga style regularly in Germany, Austria and Switzerland.

„I see Spirit of Balkan - Yoga ® as a movement which should be accessible to the whole world“. This is Danijelas statement in regards to potential expansion plans.

World premiere in Berlin.

On July 28,
about thirty participants will have the opportunity to experience the first official workshop ever.

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**More information? Here and now on www.spiritofbalkan-yoga.de
Interview inquiry? We are glad about your interest.**

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Quellen

fitogram GmbH, Köln

<https://www.fitogram.de/pro/articles/yoga-markt-2016-yoga-in-deutschland>

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