

Spirit of Balkan – Yoga ®



danijela.brdar@
spiritofbalkan-yoga.de
Tel. 030 71 55 65 07



Feel deep liveliness!

Spirit of Balkan - Yoga ® by Danijela Brdar

let go, feel at ease and relieved,
quiet, confident and happy.

Spirit of Balkan - Yoga ® As we see it.

ONLY Spirit of Balkan - Yoga ® ... connects dynamic yoga techniques, the dance and the music of the Balkans - 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 new kind of flow is born by activating and harmonising energies, a flow which sets free pure joy of life; which opens up the heart. By letting go, we feel sudden ease and more alive but at the same time there's the sensation of down to earthness and calm.

Spirit of Balkan - Yoga ® helps us to release the body from strain, conditioning and unloved patterns. This enables us to find easy access to internal rest, relaxation and confidence.

You would like to get to know it?

Tiefe Lebendigkeit spüren.



Spirit of Balkan - Yoga ®. The way and the origin.

Danijela Brdar

Yoga teacher (BYV)
Trainer for mindfulness and meditation
Member of European Federation of yoga Teachers Associations (EFYTA)
Graduate in business management (VWA)

I was born in Germany as a child of Yugoslavian foreign workers. My mother Serbian, my father Kroat. And I, Yugoslav. Therefore, I am proud to say that I call two homelands my own, the best from both countries, Germany and Yugoslavia the country I was born in and the country of my forefathers. Deep in my heart, I am a child of the Balkans. So it always has been and so it is meant to be. Today I see myself as a European.

The way to Spirit of Balkan - Yoga®

For many years - as a child - I have passionately performed device gymnastics and jazz dance. In my mid- twenties, I was looking for a new form of movement and have discovered yoga for myself. I felt that yoga was something integral, it touched and challenged me immediately. >>>

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A decade should pass before I myself finally became a yoga teacher.

What I admire in yoga until this day is that we can actually do something for our physical and spiritual well-being.

Therefore, Yoga, the yoga way, offers different tools and methods to us. It enables us to find out what is right for us, what feels good to us. We practice and it works!

For four years now, I have been teaching yoga in my own yoga school trying to interest people for the yoga idea. I named my own yoga school **Zimtkringel – go your own way**. This title carries the spirit of my inspiration in its name: I also always wanted to go my own way in Yoga.

Spirit of Balkan - Yoga ®

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

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the consolation inspired by infinitely painful experiences, very often referred to in the songs as an emotional trip through the sea.

I have an extensive knowledge of the strength and joy offered by our art and culture. So I started to dig deeper. On which energy centres do dance and music work? What can they release in us? How do joy, passion and heart opening arise from them? To all this came the knowledge about dynamic meditation and intuition, which I had gotten to know many years ago. 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 Spirit of Balkan - Yoga ® was born.

Statements about my Yoga.

About ZimtKringel - Yoga..

Gabi: „It's my pleasure to give you, after – I believe a good 2 years - a written feedback. I have started the yoga lessons with you because I wanted to become more flexible in my movements. This has worked quite well so far.

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I also often feel very refreshed after your hours. This is of course the result of the well-balanced, also challenging yoga exercises, with the nice surroundings in which you offer yoga and also has to do with you and the atmosphere you create. Thanks to you, our different yoga skills are taken into consideration and managed very professionally and affectionately! Dear Danijela, thanks for all of it! I wish for many many high-energy hours to come, under your guidance! "

Silvia: „ In my opinion, Yoga mental relaxation is connected with the stretch of the body. After stretching, I always feel positively strengthened. I find the ambience, the small yoga circle, as well as the talks accompanied by a good cup of tea very pleasant and comforting. Also, your peaceful aura lets me forget a fast and hectic day.“

Statements about Spirit of Balkan - Yoga ®.

Angelika: „I would not have thought that it fits so well: Yoga and dancing to Balkan music. But it does! It does make a good match and then, afterwards, one goes home in a really good mood and feels well. . . “



Statements about the yoga teacher training Spirit of Balkan - Yoga ®.

Ivonne: „I can't wait for it to start! I might already take part in the first test workshops in Berlin and can imagine very well that this new form of yoga will be practiced everywhere in Germany and will be loved by many Yoga fans. “

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, >>>

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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.

Tiefe Lebendigkeit spüren.



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

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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.

Tiefe Lebendigkeit spüren.



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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