

Offene Hatha-Yoga-Stunden im Freien



Yoga Mittelbaden

Einstieg jederzeit möglich. Termine einzeln buchbar.

Eine einmalige Anmeldung ist erforderlich.

Beitrag: 14,50 € je Termin in bar (inkl. Eintritt)



mit Judith & Sabine

Naturerlebnisbad	Auf der Wiese
Hasenwald 6, 77883 Ottenhöfen	Waldulmerstr.32, 77876 Kappelrodeck
Mi, 18. Juni 2025, 9:15 - 10:15	Di, 17. Juni 2025, 18:30 - 19:30
Mi, 25. Juni 2025, 9:15 - 10:15	Di, 24. Juni 2025, 18:30 - 19:30
Mi, 02. Juli 2025, 9:15 - 10:15	Di, 22. Juli 2025, 18:30 - 19:30
Mi, 16. Juli 2025, 9:15 - 10:15	Di, 29. Juli 2025, 18:30 - 19:30
Mi, 23. Juli 2025, 9:15 - 10:15	Di, 05. Aug. 2025, 18:30 - 19:30
Mi, 30. Juli 2025, 9:15 - 10:15	Di, 12. Aug. 2025, 18:30 - 19:30
Mi, 06. Aug. 2025, 9:15 - 10:15	Di, 19. Aug. 2025, 18:30 - 19:30
Mi, 20. Aug. 2025, 9:15 - 10:15	Di, 26. Aug. 2025, 18:30 - 19:30
Mi, 27. Aug. 2025, 9:15 - 10:15	
Mi, 03. Sept. 2025, 9:15 - 10:15	

Für Interessierte mit und ohne Vorkenntnisse im Hatha-Yoga. Bitte bringe eine Yogamatte, eine Kopfbedeckung, eine bruchssichere Trinkflasche und eine Decke zum Zudecken für die Entspannung mit.

Bei Regen fällt der Termin in Ottenhöfen aus, in Kappelrodeck findet er in der Scheune statt.

Bonus: Bei 6 gebuchten Terminen ist ein Termin frei

Weitere Infos u. Anmeldung bei:

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Maha Mantra

**Hare Krishna Hare Krishna
Krishna Krishna Hare Hare
Hare Rama Hare Rama
Rama Rama Hare Hare**



Yoga Mittelbaden GbR

Shivaya Om Namah Shivaya

**Shivaya Om Namah Shivaya
Shivaya Om Namah Shivaya
Shivaya Om Namah Shivaya
Shivaya Om Namah Shivaya**



Moola Mantra

**Om Sat Chid Ananda Parabrahma
Purushothama Para Mat Ma
Shri Bhagavati Sametha Shri Bhagavate Namaha**

Om Namah Shivaya Gurave

Om Namah Shivaya Gurave,
Satchinanda Murtaye

Nish-prapanchaya Shantaya,
Niralambaya Tejase



Yoga Mittelbaden GbR

Om Namō Narayanaya

Om Namō Narayanaya Om Namō Narayana
(Om Namō Narayanaya Om Namō Narayanaya)

Jaya Ma

Jaya Ma Jaya Ma Durga,
Jaya Ma-a Durga (2x)
Jaya Ma-a Jaya Ma Durga,
Jaya Ma-a Durga (2x)



Prana Apana

Prana Apana Sushumna Hari
Hari Har Hari Har Hari Har Hari



Yoga Mittelbaden GbR

Wahe Guru

Guru Guru Wahe Guru, Guru Ram Das Guru (2x)
Guru Guru Wahe Guru, Guru Ram Das Guru (2x)

Jay Shri Ma



Jay Shri Ma, Kali Kali Ma, Jay Shri Ma (2x)
Ananda Ma Durga Devi Jagad Ambe Shri Ma (2x)

Saraswati Bhagavati

Saraswati, Saraswati, Saraswati, Bhagavati (4x)
Namoh Namaha, Namoh Namaha, Namoh Namaha
Bhagavati (2x)

Tumi Bhaja Re Mana

Tumi Bhaja Re Mana

Tumi Japa Re Mana

Om Sri Ram Jaya Ram

Japa Re Mana



Yoga Mittelbaden GbR

Gayatri

Om Bhur Bhuvah Svaha

Tat Savitur Varenyam

Bhargo Devasya Dhimahi

Dhyo Yo Na Prachodayat



Sarvesham Svastir Bhavatu

Sarvesham Svastir Bhavatu

Sarvesham Shantir Bhavatu

Sarvesham Poornam Bhavatu

Sarvesham Mangalam Bhavatu

Light of your grace

Om Bhūr Bhuvaḥ Svaḥa
Tát Savitúr Váreṇyaṃ
Bhárgo Devásya Dhīmahi
Dhíyo Yó Naḥ Pracodáyāt (2x)



Yoga Mittelbaden GbR

I feel light, guiding our way home.
I see light, essence of my soul.
I am light, in my heart I know.
We are light, together we are whole. (1x – Ref.)

Abschluss: Om Arkaya Namaha, Arkaya.
Om Arkaya Namaha.

Om Gam Ganapataye Namaha

Om Gam Ganapataye Namaha
Om Sharavanabhavaya Namaha
Om Aim Saraswatyai Namaha
Om Gum Gurubhyo Namaha (4x)
Ganesha-a Ganesha-a (2x)



Schluss: Ganesha-a Sharanam Sharanam

Adi Shakti

Adi Shakti (3x) Namō Namō, Namō Namō

Sarab Shakti (3x) Namō Namō, Namō Namō

Pritham Bhagvati (3x) Namō Namō, Namō Namō

Kundalini Mata Shakti, Mata Shakti

Namō Namō, Namō Namō

Divine Goddess (3x) I fall at your feet, I fall at your feet

Grace of God (3x) Your Nectar is sweet, Your Nectar is sweet

Divine Lover (3x) You fill my soul, You fill my soul

Adi Shakti (3x) You make me whole, You make me whole

Sri Ram

Sri Ram Jay Ram Jay Jay Ram

Sri Ram Jay Ram Jay Jay Ram

Sita Ram Sita Ram Sita Ram Sita Ram

Sita Ram Sita Ram Sita Ram Sita Ram



Om Sri Ram Jai Ram

Om Sri Ram Jai Ram Jai Jai Ram

Om Sri Ram Jai Ram Jai Jai Ram

Sita Ram Sita Ram Sita Ram Sita Ram (2x)

(Sita Ram Ram Ram, Sita Ram Ram Ram

Sita Ram Ram Ram, Sita Ram)

Yoga Mittelbaden GbR

He Govinda, He Gopala

He-e Govinda He-e Gopala (2x)

He Vasudeva He Nityananda (2x)

Sri Radhe Radhe Radhe,

Radhe Radhe Radhe Shyam (2x)

Sat Narayan Haree

Sat Narayan Haree Narayan,

Haree Narayan Haree Haree (2x)

Sat Narayan Haree Narayan,

Haree Narayan Haree Haree (2x)



Shankara Karunakara

Shankara Karunakara,
Jagadishvara Parameshvara (2x)

Shankara Karunakara,
Jagadishvara Parameshvara (2x)



Yoga Mittelbaden GbR

Lokah Samastah

Lokah Samastah Sukhino Bhavantu (2x)

Om Shanti Shanti, Om Shanti Shanti Shanti

Ong Namoh Guru Dev Namoh

Ong Namoh Guru Dev Namoh (2x)

Ong Namoh Guru Dev Namoh (2x) (2x)

Ong Namoh Guru Dev Namoh (2x)



Asato Ma

Asato Ma Sat Gamaya

Tamaso Ma Jytoir Gamaya

Mrityor Maamritam Gamaya

Om Namō Bhagavate

Om Namō Bhagavate Vasudevaya

Om Namō Bhagavate Vasudevaya

Om Namō Bhagavate Vasudevaya Om

Shiva Shambho

Shiva Shiva Shiva Shambho

Shiva Shiva Shiva Shambho (2x)

Mahadeva Shambho

Mahadeva Shambho (2x)



Yoga Mittelbaden GbR



Praise to Tara

Om Tare Tutare Ture Svaha

Om Tare Tutare Ture Svaha



Yoga Mittelbaden GbR

Hari Om Tat Sat (Moola Mantra)

(4x) Hari Om Tat Sat (2x)

(2x) Om Sat Chid Ananda Parabrahma
Purushothama Paramatma,

Shri Bhagavati Sametha,

Shri Bhagavate Namaha, (2x)



Namasté

Namasté (2x) Chidananda Rupeh (2x) Namasté