L I V E  W O R K S H O P  I N  V I E N N A

# Spring Intelligence

## Clear, Lighten, Reawaken

*A Live Ayurveda-Yoga Immersion*

Teaching · Breathwork · Meditation · Yoga Practice · Tools for Daily Life

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*with Verena Gayatri Primus*

Ayurvedic Specialist · Yoga Therapist · Coach

30+ years on the yogic and Ayurvedic path

📅 **Saturday, 28 March 2026 · 11:00 – 13:00**

📍 **Yogazentrum Ashtanga Vienna**

Herbeckstraße 27, 1180 Wien (ebenerdig, im Innenhof)

🍽 Optional lunch together afterwards

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## What This Workshop Is

This is not a regular yoga class. And it is not a lecture.

This is a holistic, intimate morning where Ayurvedic wisdom, coaching tools, breathwork, meditation, and therapeutic yoga come together in one integrated experience — designed specifically for the winter-to-spring transition.

**In two hours, you will move through a carefully designed arc:**

**Learn** the Ayurvedic view of seasonal renewal — why your body feels this shift, how to support it, and why gentle consistency works better than any extreme cleanse.

**Practice** breathwork, guided meditation, and a full Ayurvedic yoga therapy flow rooted in 30 years of lived experience.

**Feel** the shift in your body — immediately, during the practice — through breath, warmth, and stillness.

**Take home** a practical 5-Day Spring Reset Guide and your personal written spring intention (Sankalpa) — so this morning continues to live in your daily life.

## This Workshop Is for You If…

✓ You've been feeling heavy, sluggish, or foggy and want to understand why — and what to do about it

✓ You want practical Ayurvedic and yogic tools for spring — not theory, but lived wisdom you can apply this week

✓ You're curious about how yoga, breathwork, and meditation are used as therapeutic tools in Ayurveda

✓ You want to leave with a clear plan: what to eat, how to move, and what to release this spring

✓ You'd like to experience Verena's teaching in person — something she offers very rarely

## What You'll Experience

*The workshop moves through four connected parts over two hours:*

**Ayurvedic Teaching & Coaching** — an intimate, conversational exploration of seasonal transition, Kapha, Agni, spring nutrition, daily rituals, and the emotional and spiritual layers of renewal. Not a lecture — a guided conversation with space for your questions.

**Breathwork & Guided Meditation** — practices to shift from understanding to feeling. You'll move inward through breath, a guided spring release visualization, and set a personal intention (Sankalpa) that you write down and take home.

**Ayurvedic Yoga Therapy Practice** — a full-length practice designed for the seasonal transition. Every posture, breath, and transition is chosen for its therapeutic effect. Accessible for all levels. Deeply nourishing.

**Closing Circle & Your Spring Plan** — a gentle sharing round, followed by reviewing your 5-Day Spring Reset Guide together. You'll choose one concrete step to begin this week.

## What You Take Home

🌿 **5-Day Spring Reset Guide** — Ayurvedic nutrition tips, daily rituals, and a simple routine for the week

🌿 **Your written Sankalpa** — a personal spring intention, set during the meditation and grounded in your body

🌿 **The experience of practicing with Verena in person** — guidance, transmission, and presence that only a live setting can offer

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## Why This Workshop Is Rare

Verena Gayatri Primus usually teaches online and works with private clients one-on-one. Live, in-person teaching is something she offers very rarely.

This intimate workshop in Vienna is a chance to learn, practice, and receive personal guidance directly — from an Ayurvedic specialist and yoga therapist with over three decades of lived experience, including years in ashrams, extended journeys through India, and more than fifteen years guiding clients through seasonal home cleanses.

*This is not something a video or a blog post can give you. This is transmission — in the room, in the body, in person.*

| Pricing |
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| 🌱 **Early Bird: €49** (until March 19) |
| **Regular: €59** |
| Spaces limited to 12–16 participants |

👉 **Book your spot: [**https://book.stripe.com/00w9ASbnS1Xhfjca3LaEE02**]**

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Or reply to this email to reserve your place.

## The Lunch

After the workshop, everyone is warmly invited to join for lunch at a nearby restaurant — light, fresh, seasonal. No agenda. Just connection, conversation, and community beyond the mat.

## About Verena Gayatri Primus

Verena Gayatri Primus is an Ayurvedic specialist, yoga teacher, writer, and mentor with over three decades of lived experience on the yogic and human path. A former professional dancer, she spent many years studying and practicing yoga, Ayurveda, and meditation — including time in ashrams and extended journeys through India.

Through her work, Verena supports people in cultivating physical health, mental clarity, emotional maturity, and spiritual depth — not as an escape from life, but as a way to live it more fully.

**www.verenaprimus.com**