



# This WOMAN MOVES MOUNTAINS...

Text ■ Dr. Erika Schaller

**T**hirty years ago, an engaging Dane, with 2,000 Deutsche Marks in start-up capital, began with great enthusiasm and a clear vision what has today become a comprehensive non-profit organization with health and education centers in Berlin and Kloster (Cloister) Gerode/Eichsfeld in the heart of Europe. A team of 120 interdisciplinary

WEG DER MITTE  
30 years of  
vision realized...  
Yoga for Health  
and Healing

employees, many volunteers, as well as intensive collaboration with international partners, now carry the centers.

**W**eg der Mitte (The Middle Way) was founded in 1977 by Daya Mullins, Ph.D., in Berlin and now celebrates its 30-year jubilee with many musical and artistic performances as well as

special seminars, retreats and wellness offerings in both Berlin and Kloster Gerode over the summer. More than 250 guests came to the official celebration in the mother center in Berlin-Zehlendorf, among them guests from politics, government institutions and NGOs as an expression of their connection with the comprehensive work of this unique non-profit organization.





“Yoga education is much more encompassing than the transferring of techniques...”



Idyllic for retreat and meditation: Kloster Gerode

Concurrently in this jubilee year, the new event hall of Weg der Mitte will be completed. Surrounded by a wonderful nature-filled ambience, the hall is situated in a meditation garden with space for outdoor events as well as the regularly offered Yoga and Meditation retreats at Kloster Gerode. This fulfills the wish of the organization to offer a space, which by itself conveys a meditative atmosphere through its design and garden layout.

The holistic approach of the organization is based on the four pillars: healthy living, education, healing and social services. It encompasses, among others, Yoga and Yoga therapy, naturopathy, massage and other physical therapies in education as well as in treatments. In addition, a family care unit, volunteer visits for the sick and handicapped of all ages in homes, nursing homes and hospitals and an international kindergarten are part of the comprehensive work of the organization.

### Heart to Heart Encounter

Weg der Mitte is also the home of the European College for Yoga and Therapy (ECYT). Here BenefitYoga™, which focuses on Yoga for Health and Healing, has been developed and offered in education and postgraduate trainings for years. Daya Mullins and her team base this Yoga therapy on 30 years of high quality work with patients and clients.

How does one learn this? In which way can this be taught? “Yoga education is much more encompassing than the transferring of techniques,” empha-

sizes Daya Mullins. “It is not only the ‘What’ but especially the ‘How’ in one’s practice as well as in teaching, that determines the quality of Yoga. Can you with your heart and spirit be fully focused? Are you really present in your body - no matter what health challenge you may face - in your breath, in the quality of attention and compassion? This is what allows the valuable Yoga teachings and techniques to be so effective in their healing and transforming power.”

The thriving approach of love, competence, compassion and tolerance at Weg der Mitte offers every individual, regardless of age, physical condition, religious or personal beliefs, the opportunity to grow and develop while paying special attention to their personal situation and goals. One can feel this essential approach at Weg der Mitte in all their work: the heartfelt sharing among the people - it really is compassion in action. At Weg der Mitte one finds an open spirit and profound competence in teachings and treatments. Yoga here is lived with simplicity free of all artificiality.

### Discovery of Oneself: Confronting One’s Truth

In order to develop awakening and presence towards others, Daya Mullins presented the following commentary: “In working with others it is necessary to study and get to know oneself deeply, to know one’s personal behavior, to study one’s internal and external attitudes and discover one’s own potential. To be a discoverer of oneself means to gain understanding of the holistic connections within oneself, in regard to others and nature, in order to be able to professionally support others in their healing and development process.” It is the integration of the male as well as the female approach within healing work. Daya Mullins and her team are especially skilled in this. In

the healing processes that are offered here in seminars, trainings, postgraduate programs and cures (or wellness and healing retreats) the individual’s life patterns and life themes are important learning areas. Recognized and understood they will help identify the associated life challenge and task. In order to transmit the special approach of BenefitYoga, Daya Mullins, along with the educational team of ECYT, developed the educational series “Yoga for Health and Healing,” which has been offered over the past years as postgraduate training for Yoga teachers. This series offers competence and skill development for groups and individual teaching under therapeutic goal setting while simultaneously deepening one’s own practice. It is not simply about the copying of certain exercises for specific illnesses, but rather a growing and deepening understanding of the connections of the fundamental principles of Yoga so that Yoga can be applied in the development of health and healing.

### Humane Future

Staying at the health and educational center Kloster Gerode, the country center, enhances the healing process. Simply by entering through the cloister gates, one can shed the hectic and accustomed daily routine. Surrounded by nature, the rhythm of cloister life, one can enter a more quiet space within. The connection with nature and the people here from all over the world, allows body, spirit and soul to find new nourishment. Kloster Gerode is also the ideal surrounding for deeper studies, away from the loud world, as the medium of Yoga requires self-reflection and meditation. It is a fine balance between the active and the passive, that enhances healing here. It is a wonderful place to simply be.

Over the past 30 years, Weg der Mitte has inspired countless people, supported many in their healing processes and given them the courage to actively take the responsibility of their health into their own hands. In this way many were inspired to create a more fulfilling life for themselves and gained empowerment in seemingly hopeless situations.

A new vision for the future is forming based on this knowledge and experience of the past. “Visions of a Humane Future” is the title of the first European Youth Conference of Weg der Mitte that will take place at Kloster Gerode in 2008 - another mountain that Daya Mullins will help move!

More Info: [www.wegdermitte.de](http://www.wegdermitte.de)