

MARIANNE ILLIG

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Driven by her passion for movement and the harmony between body and mind—and following an international career as a dancer—Marianne Illig turned to the study of [Patanjali's Yoga Sutras](#), which have remained a guiding influence in her daily life ever since.

Along her path, Marianne Illig has encountered many people from diverse cultures and traditions, all of whom have deeply inspired and shaped her.

She regularly teaches dance, yoga, and Qigong, skillfully blending various techniques to offer a beneficial and healthy practice accessible to everyone. As a yoga teacher trainer, she also enjoys sharing her experience through creative workshops.

Since 2022, she has facilitated Peace Tree, water, and cacao ceremonies. She has also begun following the "Red Path" of the Kiva ceremony, and since 2025, she leads monthly sweat lodge ceremonies within the "Roots of the Earth" tradition. For several years, she has composed her own music—including mantras and "medicine songs"—which she shares in singing circles and concerts. Her first songs were produced in 2026 and are now available on all major music platforms.

Marianne Illig aims to provide a space of freedom, sharing, and self-realization—a place where she can pass on the practices that have shaped and guided her, and where everyone can learn from one another.

For Marianne Illig, spirituality is applicable to every situation in life. She embraces her practice as a way of living, striving to embody the very teachings she shares with others.

Languages: French, English, German

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Spotify: Artist's name [Marianne Illig](#)

CLASSES - WORKSHOPS

Yoga

Marianne Illig has been teaching yoga since 2014, skillfully blending various techniques to offer a beneficial and healthy yoga practice suitable for everyone.

1 hour / 90 minutes (including meditation and chanting)

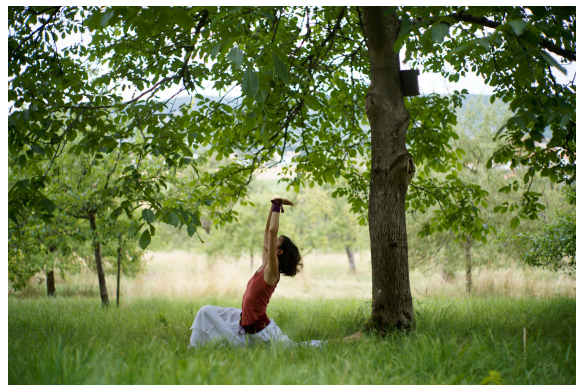
Yoga – Stretching

As a former ballerina with the Berlin State Ballet, Marianne has spent nearly her entire life focused on stretching. She offers a gentle yoga session with an emphasis on stretching, guided by the breath. Please bring a yoga strap or a band to the session.

1 hour to 90 minutes

Yoga Nidra with Singing Bowls

1 hour of deep relaxation and inner development, accompanied by a sound journey (using my own singing bowls; collaborations with other musicians are also welcome).



Mudra Workshop

1) Hasta Mudras & Pranayama

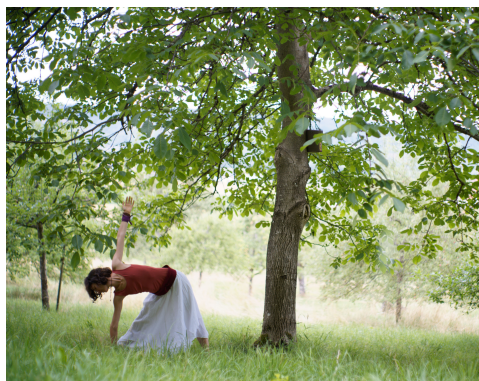
We will explore mudras that support the three-part yogic breath and general yogic breathing techniques.

2) The Prana Vayus

How does energy—prana—circulate within our body? It is regulated by the "prana vayus". We will learn about these five "winds" and their corresponding mudras, along with a balancing practice designed to harmonize these energies within the body.

Includes the "Ayurdehi" protection mantra.

1 to 2 hours



Qi Gong - The 8 Brocades

Marianne Illig learned "The 8 Brocades" from Grandmaster Shi Yongchuan, Abbot of the Shaolin Temple in Germany. The 8 Brocades are among the oldest Qi Gong exercises practiced by Shaolin monks. Regular practice of these movements strengthens and harmonizes the flow of energy throughout the body and its organs.

1 hour [Video KungFu](#)

Dance Workshop

1) We embark on a physical journey through the 5 Elements, exploring how they can inspire movement within us.

1 hour - Can be conducted in collaboration with musicians.

2) Contact Improvisation

Exploring how to connect with others—and with oneself—through the body.

1 hour - Can be conducted in collaboration with musicians.

3) How is a dance piece created?

Together, we discover what it takes to bring a dance piece to the stage and create an original work. We gather ideas and movements, transforming them into a choreography. We also learn essential skills for moving together as a group, such as mindfulness, observing, and listening. Can be conducted in collaboration with musicians.

1-2 hours; also suitable for children aged approximately 7-8 and up.

[Dance Video](#)

Thai Yoga Massage: A workshop also designed for parents with children.

We give each other massages—learning to receive touch from your children and to offer deeper, more meaningful touch in return.

For children aged 6 and up, accompanied by a mother, father, grandparent, or friend. This workshop is also well-suited for adults only.



CEREMONIES

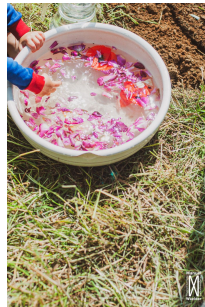
Peace Tree Planting Ceremony

Together, we pray for our planet and plant a peace tree, which carries the heartfelt wishes from our hearts into the heart of Mother Earth—for all of us, and for those who will come after us.

This ceremony requires preparation with the organizers or the owners of the site, as well as specific materials.

Costs are also involved: a tree must be selected and purchased, and there are logistical requirements—preparing a sacred space, digging a hole, etc. Furthermore, the tree will need to be tended to and cared for afterward.

2 hours



Water Ceremony

Together, we pray and infuse water with our heartfelt wishes. The water carries our prayers across the earth and through the heavens, bringing a positive vibration to our planet.

From 1 hour. [Video](#)

Sweat Lodge in the "Roots of the Earth" Tradition

The sweat lodge represents the womb of Mother Earth; after the ceremony, we may feel as though we have been reborn.

Inside the sweat lodge, we sing and offer prayers to the four cardinal directions. In this tradition, we dedicate our prayers in the East to the Great Spirit; in the South to our family; in the West to our ancestors, as well as to our friends and enemies; and in the North to ourselves.

3 to 5 hours

+ Construction of the sweat lodge: ½ to 1 day + materials + helpers

[Detailed information regarding the "Roots of the Earth" sweat lodge ceremony](#)





Chandra Namaskar – Moon Salutation – at Full Moon

Marianne Illig shares her dance experience and mindfulness exercises designed to help a large group of people move as one. In this way, the practice of dharana (concentration) can evolve into dhyana (meditation)—and when we succeed, we can truly feel ourselves becoming one!

For this workshop, we will perform the "Moon Salutation" 13 times in a circle, chanting the mantra "Om Candra Namaha" with each movement.

Duration: 1 hour

Havan – Agni Hotra

We light a ceremonial fire, chanting the Maha Mrityunjaya mantra 108 times for the Agni Hotra, or the Gayatri Mantra for the Havan. Each round, we offer ghee to the fire.

Duration: Agni Hotra 1 hour; Havan 1.5 hours (including 30 minutes of silence).

Cacao Ceremony

We begin the ceremony with a meditation—often a short Yoga Nidra—to help us arrive fully within ourselves. The medicine of cacao opens the heart, creating a space to look inwards at whatever may be weighing us down or holding us back. We embrace these aspects with love, listening to what they have to tell us. Through songs, silence, or movement, and with the support of the cacao, we set ourselves free.

From 1 hour on [Music Video Cacao Ceremony](#)

Altar Building

Whether alone, as a team, or with children, we construct an altar using natural materials. We create a space for centering and meditation—a focal point to gather and ground the energies of the festival. In doing so, we honor the spirits of the land and nature that welcome us, and we offer prayers for the protection of the entire community.

Pictured: Altar creation with Jenny Jessen for the Yoga United Festival (concept development & execution)

Singing Circle / Kirtan / Concert

Marianne Illig composes her own music for mantras as well as her own "medicine songs," which she shares in singing circles or concerts (often in collaboration with other musicians).

Duration: 1 to 2 hours. [Mula Mantra](#), Find my music on [Spotify](#)

