

Yoga | maarssen

Ayurvedic Yoga Retreat in Belgium

June 20 – 27

Alaknanda & Ganga Puri

Program:

Friday June 20

3 pm Arrival

4 pm Meditation

6 pm Diner

7 pm Yoga Ayurveda filosofie by Alaknanda

Saturday to Thursday June 21 - 26

6 am Kirtan Puja (Meditation & Kirtan) Ganga

8 am Breakfast (light)

9. 30 to 11.30 am Sukshmvayam by Ganga

0.30 pm Lunch (warm)

1 pm Break/ Karma yoga

2 - 3.45 pm Training about Ayurveda by Alaknanda

4 pm Yoga/ Meditation by Ganga or Alaknanda

6 pm Diner (soup and bread)

7 pm Kirtan Puja (Kirtanzingen by Ganga/ Alaknanda)

Friday June 27 depart after lunch.

S.T.S.

Workshops

Nassastraat 16-2

3601 BG Maarssen

info@yogamaarssen.nl

www.yogamaarssen.nl

Price 995 euro, includes 21 % BTW. The price includes all the classes, 7 overnights in a double or triple room and three biologic meals a day. The price for a single room is 150 euro extra. Subscribe or information: info@yogamaarsen.nl, Contactperson: Liesbeth de Beurs, phonenumber 0031 653 471 436.



Alaknanda



Ganga Puri

Course description:

Consultation: The healing science of Ayurveda is based on the knowledge of our individual constitution. Every being is unique; so what is good for one could be poison for another. To make our life happier and wiser in choosing the right lifestyle a consultation will prove an important illumination.

SUKSHM VYAYAM: These subtle exercises as represented in this workshop from the vyayam practice in Hatha Yoga like gentle joint movements etc. Here the rare known sequence of breathing exercise and asanas originate from yogis of the high Himalayas and Tibet.

Pranayama and concentration will lead to direct activation and awakening of the chakras, who are the source in our spiritual body for the functioning or dysfunctioning of the organs and veins in the chakras' counterpart the physical body.

Amazing results have been registered in the rejuvenation of degenerated cell systems thereby preventing terminal diseases like tubercularis, cancer, Aids, fatigue, depression or other psychosomatic symptoms. These exercise can easily be introduced into everybody's daily practice from bed-ridden patients or work-stressed professionals, as a meaningful part of cleansing-satkarmas for Hatha-Yoga practitioners and yoga-teachers.

Yoga-Ayurveda Philosophy:

According to the principles of the Yoganga-Retreat as of all eastern culture a balancing teaching tends to achieve realization, harmony and wholeness, to reach through practice and knowledge to the infinite

dimension of the true nature of the soul, whose realization is considered the aim of life.

The lectures want to transform this knowledge leading to a deeper inner understanding which alone can promote a transformation in our individual being and thereby a chance to change our world into peace, nonviolence, purity and truth.

Kirtan-Puja: The days of this spiritual workshop starts with chants and worship and end with ecstatic repetition of God's name – the symbol of divine energy.

These Indian weekends in Yoga and Ayurveda are considered as a beautiful effort to give a glimpse of yogic light into daily misery and frustration by awakening higher consciousness, the potential of our inborn heritage of freedom in all of us.

In thankful dedication to the blessing light of Yoga and Ayurveda.



Recognition further training for 39 points by Federation of Yogateachers Netherland . Contactnumber 2078

*Location: Bewustzijn centrum Koningsteen (www.koningsteen.be).
Koningsteen, Oxdonkstraat 168, 1880 Kapelle-op-den-Bos, Belgium.*

