



SATURDAY 15 &
SUNDAY 16
NOVEMBER 2014



SPIRITUAL HEART WEEKEND



TETERINGEN – BREDA

www.yogateteringen.nl



SPIRITUAL HEART WEEKEND

WORKSHOP

Work on opening of the Heart

This weekend workshop works on the progressive and gentle opening of our Heart, learning to center ourselves, relaxing and stepping out of the turbulences of the Mind.

Practice techniques to open the Heart

For this process of opening the heart we'll work with Agama and Hridaya/Heart Yoga, specific gentle breathing techniques, deep relaxation sessions, circle group meditation, Sufi archetypal movements and special Yoga Nidra sessions.

Listen to lectures about bringing the space of the Heart into daily life

Small lectures will help us to increase our awareness, to recognise what is preventing us to really go in this space of the Heart and its stillness, to understand the way the Mind is functioning, what can help us to calm down and how to integrate this in our daily life.

When? Saturday 15th and Sunday 16th November 2014, daily 9:30 – 17:00

Where? Dorpshuis 't Web, Zuringveld 1, Teteringen (Breda)

Price? € 75 per day or € 125 both days incl. veg. lunch (2 days recommended for full effects)

For whom? All levels welcome, beginner to advanced

Staying overnight in Breda? Book your own accommodation, e.g. via www.airbnb.com



Teacher Manu Akshobhia (Emmanuel) is senior teacher in Agama Yoga after 12 years of intensive study. Manu loves teachings of Kashmir Shaivism and Hridaya/Spiritual Heart. Manu constantly integrates different traditions under guidance of Guruji Rajkumar Baswar and Sri Prem Baba. He organized multiple pilgrimages and retreats with 100's of yoga aspirants in Asia and is involved in Prem Baba's Path of the Heart opening more to true love as the essence of our being.

FAQ

TEACHER

**MORE INFO & APPLY VIA:
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