



YOGA IN DAILY LIFE SUMMER PROGRAM WITH SWAMI GAJANANDJI

Saturday 25 June till Saturday 2 July
2011
in Strilky, Cz

Fundraising for the humanitarian projects in India running under Int. Sri Deep Madhavananda Ashram Fellowship

Venue: Mahaprabhudeep Ashram, Zamecka 202, 768 04 Strilky, Czech Republic
Contact: Tel. +420 573 375 113, Fax +420 573 375 285, E-mail: seminar@yoga.cz

COURSE A: YOGA IN DAILY LIFE - PHYSICAL, MENTAL AND SPIRITUAL HEALTH

For participants of all levels. Yoga-exercises (asanas and pranayamas, relaxation, yoga-nidra), concentration, meditation, lectures about yoga-philosophy, healthy life-style, nourishment etc.

COURSE B: FIND YOUR DIVINE SELF WITHIN YOURSELF

Meditation-seminar with Kriya-Anusthana-technique only for advanced disciples, who are living vegetarian, practice a mantra from Swamiji more than three years, regularly attend yoga-classes and satsangs and have the approval of their yoga-centre.

Via Skype Connection Swamiji will give Satsang from India.

Start of the seminar: Dinner at 5.00 pm., Evening Satsang at 7.00 pm.

End of the seminar: After Breakfast

**REGISTRATIONS ARE STILL POSSIBLE.
PLEASE, REGISTER IN YOUR YOGA-CENTRE**

All participants agree on donating the remaining amount of their payment after covering all costs for the seminar for the humanitarian projects in India.

REGISTRATIONS ARE VALID ONLY WITH FULL PAYMENT OF THE SEMINAR-FEE
Please, pay attention to the regulations given for this seminar.