

Summer Yoga: July 8 – 12, 2019



Yoga is the journey of the self, by the self, to the Self in our thoughts, words and actions; reintegrating body, breath and mind to the Spirit Self. The stream of Hatha Yoga reconnects from the body level, that of Swara Yoga from the breath-energy level and that of Nāda Yoga flows from the vocal to the mental level, all funnelling to the realm of the Spirit.

These Yogas are three of the strands of yoga which make for the warp and weft, weaving the fabric of life, enabling our faculties by conscious development to become an integrated joyful being.

Courses:	07.00 – 08.15	Hatha Yoga
	08.30 – 09.30	Swara Yoga / Prānāyāma
	17.00 – 18.00	Nāda Yoga - Anusandhanam
	18.15 – 19.30	Hatha Yoga

Fees:	Hatha Yoga (morning or evening)	CHF 135
	Swara Yoga or Nāda Yoga	CHF 108
	Combination	CHF 216



Registration: Summer Course 2019

	Hatha Yoga morning	Swara Yoga	Nāda Yoga	Hatha Yoga evening
Name			
Full address			
Phone and e-mail			
Date	Signature			