

b

Swami

Samarpanananda

Himalayan Master



KRIYA

MEDITATION

PRANAYAMA

NIDRA

KUNDALINI

ASANAS

CHAKRAS

Friday 2 Octobre 2026

19:00 - 20:00 Asanas for a healthy body and mind

20:00 - 21:00 Kundalini meditation

21:00 - 22:00 Lecture : basics of tantra and kundalini yoga

Saturday 3 Octobre 2026

10:00 – 11:00 Pranayama and Yogakriya

11:00 – 12:00 Yoga asanas for a healthy body and mind

12:00 – 13:00 Importance of Kriyayoga and application into meditation

15:00 – 16:00 Yoga Nidra for stress management

16:00 – 17:00 Kriya Yoga meditation for awakening kundalini and the chakras

17:00 – 18:00 Questions and Answers

Sunday 4 octobre 2026

10:00 – 11:00 Pranayama and Yogakriya

11:00 – 12:00 Yoga asanas for a healthy body and mind

12:00 – 13:00 Importance of Kriyayoga and application into meditation

15:00 – 16:00 Yoga Nidra for stress management

16:00 – 17:00 Kriya Yoga meditation for awakening kundalini and the chakras

17:00 – 18:00 Questions and Answers

Full Weekend : 180€

Friday only : 40

1 day (Saturday or Sunday) : 80€

Personal consultation

On Friday and Monday during the day

Swamiji will be available for personal consultation...

This can include but is not exclusive
for receiving a personal mantra and/or a spiritual name...

Price 80€/hr

We are very honoured to receive Swamiji in our school.

For all further information please contact us.

www.ellgurd.be s@ellgurd.be +32 (0)477729062

All workshops will take place at Ellgurds' Studio

Essenstraat 4, 2060 Antwerpen

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