

Swami

Worldtour '24

Samarpanananda

Himalayan Master



ANTWERPEN, BELGIUM

20 - 22/09/2024

KRIYA

YOGA

ASANAS

MEDITATION

PRANAYAMA

KUNDALINI

NIDRA

CHAKRAS

www.samarpanayoga.com

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Friday 20th of september 2024

19:00 - 20:00 Lecture : basics of tantra and kundalini yoga

20:00 - 21:00 Asanas for a healthy body and mind

21:00 - 22:00 Kundalini meditation

Saturday 21th of september 2024

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 22nd of september 2024

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 : 210€

Friday only : 50

1 day (Saturday or Sunday) : 100€

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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

Ellgurds' school for Intercultural Movement

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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