

Swami

Worldtour '24

Samarpanananda

Himalayan Master



ANTWERPEN, BELGIUM

KRIYA

MEDITATION

PRANAYAMA

NIDRA

KUNDALINI

ASANAS

CHAKRAS

Give yourself Peace of mind through the science of Yoga

You are ery welcome to follow one or more classes...

Week program

<https://fb.me/e/2o8PPHMQA>

Weekend Program

<https://fb.me/e/6YMQekeZd>

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

Also you can follow online through fb
<https://www.facebook.com/sigurd.vanderschueren/>

WEEKPROGRAM by DONATION

Dinsdag 17/09
20:00 Meditation

Wednesday 18/9
6:30 Meditation
7:00 Asanas and relaxation (end 7:45)

8:30 – 9:45 Pranayama – Yoga Nidra

19:00 Asanas (postures)
20:00 Meditation – relaxation

Thursday 19/9
6:30 Meditation
7:00 Asanas and relaxation (end 7:45)

8:30 – 9:45 Pranayama – Yoga Nidra

19:00 Asanas (postures)
20:00 Meditation – relaxation

Friday 20/9
6:30 Meditation
7:00 Asanas and relaxation (end 7:45)

8:30 – 9:45 Pranayama – Yoga Nidra

WEEKEND PROGRAM

Friday 20th of september 2024
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 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€