



Healing Retreat

at the Pannonhalma Monastery (HU)

14h 17h
05 - 17
July 2019.

Sat Nam Rasayan® - Yoga - Meditation - KozmoGong
with Fateh Singh Khalsa (Germany)
Navraj Singh & Navnihal Kaur (Hungary)

"Listen to the silence, wherever you are, is a simple and direct way to be present. Even if there is noise, there is always some silence behind the sounds. Listening to the silence instantly gives you peace of mind."

Eckhart Tolle

Sat Nam Rasayan teaches a wonderfully easy approach to dealing with the rush and stress of life. An unforgettable experience that can bring many new turns and breakthroughs in your life. It opens up your possibilities and is the best way to become a real meditator and healing practitioner!

This ability will infuse all spheres of your life and you begin to perceive yourself and those around you at a much deeper and subtler level.

Heal and be healed in this 3 days by the vibrations of silence and sacred sounds!

PROGRAM: Sadhana, Sat Nam Rasayan Healing, Kundalini Yoga, Gong and Mantra Meditation, Breathwalk and Labyrinth Walking at the Pannonhalma Arboretum

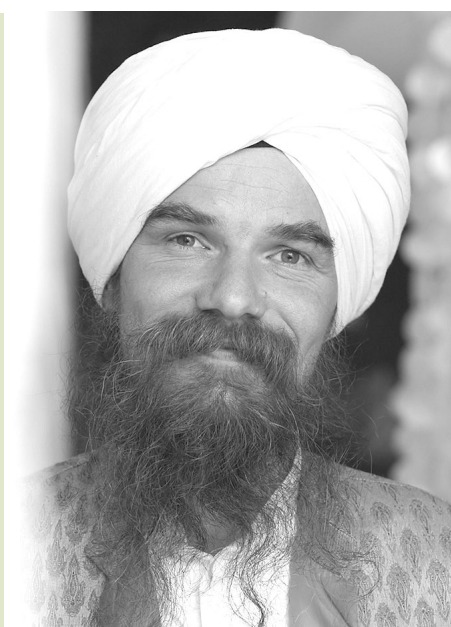
Accommodation: St. James House, Hungary, Pannonhalma Castle 1.
90 min from Budapest/airport. Transport from Budapest/airport can be arranged.

EARLY BIRD until **May 31:** 170 EUR

After May 31: 180 EUR

The fee includes 3 days of vegetarian meals, accommodation and participation in programs.

Registration: info@shaktijoga.hu



For your registration you need to transfer 80 EUR as nonrefundable down payment. The rest to be paid in cash at the workshop. Looking forward to welcoming you soon!

shaktijoga.hu