

LIVING from the HEART

A 3 DAY RETREAT in NATURE on the HEART CHAKRA!

29 May-1 June 2020

We warmly invite you for a cosy and transformational retreat at the School of Life Gur Prasaad. Our focus will be:

- Kundalini yoga & meditation to open the heart.
- Connect through your heart to your soul.
- The heart centre as ruler of the nervous system.
- Drop your past, live your light here and now.
- Forgive yourself and others.
- Use your feelings and emotions to have a sense of your spiritual existence.

In this time of challenge it is clear that we need to open up to a new paradigm, a new attitude, a new way of life. In this retreat you will develop **sensitivity, connection and vitality**. We will sing, breathe and play in nature. We will do Kundalini yoga and meditation, Naad Yoga, the yoga of sound, and Sat Nam Rasayan healing. Also we'll walk in the mountains and meditate outside. We start the day early before the sun rises.

Heart means courage, heart means horizon, heart means giving,
heart means tolerance, heart means love, kindness and compassion,
rhythm and to be neutral. Yogi Bhajan

The retreat will be held in beautiful mountains -the Cévennes- in the south of France, at the School of Life Gur Prasaad, in a traditional farmhouse. You will stay in a 2-4 person room with it's own shower. We will eat great vegan food.

Cost: teaching E 175,- if paid before March 20, E 210,- afterwards

Food & lodgings in a dormitory: E 150,- in your tent or camping car E 105,-.

Info & registration: geahde17@hotmail.fr

Sat Atma is leading this retreat. She is kundalini yoga teacher trainer, Sat Nam Rasayan healer & teacher, mantra singer & much more!

www.gurprasaad.eu/news