

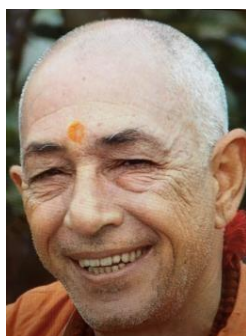
Weekend Weekend Weekend Weekend Weekend

## DEEPEN YOUR MEDITATION – DEEPENING MEDITATIONS

(this weekend is also a good preparation for Kriya Yoga)

date	29, 30 June en 1 July 2018
timings	Friday 19:30 tot Sunday 12:30
location	Yogabindu, Hogeweg 1 Langenboom, Netherlands
costs	*225,- excluding overnight and breakfast; lunch and dinner on Saturday included *265,- including 2 nights & breakfast, lunch and dinner on Saturday
staying overnight	Yogabindu has some facilities for overnight or take care for B&B in the neighbourhood on own costs
teacher	Swami Anandananda
participants	minimal 10, maximal 21 for all who want to go deeper

*Sign up soon*



SWAMI ANANDANANDA SARASWATI was born in 1951. He met his guru and spiritual master Swami Satyananda Saraswati in 1979 and in 1980 was initiated into the tradition of Sannyasa.

Since 1980 he has been teaching and spreading yoga under the instructions of his guru. He is specialised in the advanced yoga techniques like kriya yoga, tattwa shuddhi, prana vidya, nada yoga, mantra and other techniques of meditation according to the Satyananda Yoga tradition.

In 1982 he founded the “Scuola di Yoga Satyananda Ashram Italia” and the following year the publishing house “Edizioni Satyananda Ashram Italia”. He has given accounts seminars and workshops at international conferences all over Europe, in India, Australia, Colombia and South Africa. He conducts yoga teacher training courses and in service training, lectures and seminar on different aspects and branches of yoga. Since 2003 he is also conducting courses and seminars in the Satyananda ashram at Rikhia (India) for yoga aspirants and students.

Yogabindu ~ centre for Satyananda Yoga ~ [www.yogabindu.nl](http://www.yogabindu.nl)