

7th Lojong Retreat in Mallorca with Gloria Pinsach

Date : May 3, 2019

from March 29th to 31st, 2019



From Friday 29th of March to Sunday 31st, our group, consisting of eleven people mostly from the Balearic Islands, participated in a weekend retreat on the 7th Lojong led by Yantra Yoga instructor Gloria Pinsach from Barcelona. The retreat took place at a wonderful farmhouse in the countryside in Mallorca, near Manacor, Son Talent.

In a warm and an expert way, Gloria introduced us gradually, starting with Harmonious Breathing, towards the more difficult Kumbhaka and finally approached a taste of the experience of the 7th Lojong. She led us with great clarity, space and fluidity.

Our promising Sangha concluded the retreat with a feeling of gratitude about this possibility to share such an inspiring and gratifying experience, all together. In Gloria's course we found the energy of our Master. And it was our common desire to continue to improve the teaching in our islands in the future.