

## Atiyoga Practice for Three Types of Abilities

**Date :** October 30, 2017



For eleven days, from April 29 till May 9, 2017, a retreat on “Atiyoga practice for three types of abilities” for practitioners of the first level of Santi Maha Sangha took place in a resort near Zelenogorsk (Saint-Petersburg). The retreat was guided by Igor Berkhin with the participation of second level yantra yoga instructor Victor Krachkovsky. This was the first time such an extended retreat of this kind dedicated to Semde practices has taken place.

Eighty-five practitioners from Saint-Petersburg, Moscow and the Moscow region, Kazan, Archangelsk, Ulan-Ude, Orenburg, Gelendzhik, London, Berlin, Riga, Smolensk, Podolsk, Samara and Rostov on Don took part in the retreat.

Despite the busy schedule of the retreat and the very short time dedicated to rest participants managed to enjoy the beauty of the surrounding nature, to contemplate the stillness of the quiet lakes, to admire the magnitude of the northern pines, and to wake up to the quietness of fresh mornings interrupted only by the birds singing. During the lunch breaks participants also enjoyed hot herbal teas, long walks by the lakes, riding catamarans and stroking the horses.

Without a doubt, all the participants highly benefited from this retreat. We kindly thank the instructors and organizers of this retreat.

