

Cycle of Day and Night at Kundusling Barcelona

Date : March 21, 2018



The weekend of 17-18 March, 2018, we were pleased to welcome Michael Katz at [Kundusling](#) (Barcelona) with the course “The Cycle of Day and Night”. The aim of this course is to carry awareness and presence at all times throughout the day and night. We started the weekend early on Friday afternoon with a Dream Yoga Master Class. On Saturday we started the course mainly based on practices to increase clarity and increase awareness. We also practiced some exercises to have the experience of emptiness. Afterwards, we did a short “siesta” to take this clarity and emptiness to sleep time. What interesting experiences we shared!!

Thank you Michael for sharing your years of experience with us! We really enjoyed receiving this gift!

With love from Kundusling

