

## Dejamling France Yantra Yoga Advanced Course

Date : September 8, 2017

With Maxim Leshenchenko August 7-10, 2017



This summer we had the pleasure of welcoming Maxim and his family to [Dejamling](#) in the south of France for two weeks between his tour in Russia and his trip to China. He led an advanced course in Yantra Yoga.

We learned the variations of the first and second series with an advanced practitioner who passed on his gentleness and relaxation and motivated us to surpass ourselves without being hurt. This was an important moment in our learning of this form of yoga that is so precious for its benefits.

*Hubert Kotowicz*

