

# Discovering Natural Presence and Awareness in Minsk, Belarus

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## DISCOVERING NATURAL PRESENCE AND AWARENESS THROUGH MEDITATION AND YANTRA YOGA

June 14-18, 2019  
Minsk, Belarus



With Elio Guarisco and Natallia Padzniakova, Yantra Yoga instructor

How to discover conscious presence in each moment by being fully aware of one's body,

breathing, sensations and emotions and how to discover the harmony of body and mind in the experience of the cognitive, open, and luminous dimension of the mind.



