

Dream Yoga in Lima, Peru

Date : February 20, 2018



Open Course

Norbuling, Lima February 2018

The instructor, Michael Katz, visited us for two weeks, to do a Public Talk and two courses about “Dream Yoga” and the “Practice of day and night”.

On February 1 we had the Public Talk about Dream Yoga. Michael explained the history of the principal Dzogchen Masters, and gave an introduction to the teaching of this practice and its benefits.



Public Talk

From the 2nd to the 4th of February we had the Closed course “The practice of day and night” in conjunction with Dream Yoga and Santi Maha Sangha.



Closed Course

We studied how to integrate the practice daily, through the four moments of the day: sleeping, eating, walking and sitting, and we did the corresponding practices.

To do this course, Michael took the book *The Cycle of Day and Night* as his base.

From the 6th to the 9th of February we had the Open Course “Dream Yoga” based on the book: “Dream Yoga and the Practice of Natural Light”.

Michael explained how through the practice of Dream Yoga we can develop the ability to have lucid dreams and clarity. He told us about its benefits and we apply the method doing the particular practice, before the naps.

We had a successful program with many new people interested!

Thank you very much!!

The Gakyil
Norbuling, Lima