

## Harmonious Breathing and Kumbhaka Retreat in Lithuania

Date : October 29, 2018

with Maksim Leshchenko 5-11 October 2018



The [Lithuanian community](#) had an extremely useful and inspiring course on Harmonious Breathing and Kumbhaka. The course took place in Vilnius in the Faculty of Health Care, about 20 people participated. Thank you, Maksim!