

Harmonious Breathing Open Course in Maykop, Russia

Date : April 5, 2019



We are pleased to thank Yantra Yoga 2nd level instructor Mira Mironova for conducting an open course on harmonious breathing in Adygea, Maykop. We once again gained invaluable knowledge and experience. The program of our course included additional means of relaxation, such as bathing in a hot spring, visiting the sauna and hamam, which contributed to the greatest relaxation. A joint walk in the mountains helped to enjoy the clean air more deeply. We began to breathe more harmoniously and experienced the possibilities of total relaxation due to the practice, the skill of the instructor and favorable circumstances. Thank you so much for the daily opportunity to practice Vajra Dance together. We also hope to continue our course with Mira Mironova and invite everyone in advance to participate in it.

Maykop Dzogchen Community

