

## Harmonious Breathing and Yantra Yoga in France

Date : November 9, 2017

**with Patrizia Pearl**  
**September-October, 2017**

by Marc Lecocq



On Sept 16-17 and October 28-29 Patrizia Pearl led Harmonious Breathing and Yantra Yoga courses especially tailored for beginners and for people who have not received the transmission.

It took place in a newly created Dharma center in France, in the northern Alps, near Annecy, not far from Geneva. This center called the Bout du Lac Buddhist Centre, and is meant to be a place for practice, teachings and study for all Buddhists and Bon schools in a very open Rime spirit.

During these courses we mainly worked on Harmonious Breathing for natural breath, Eight Lunsang, Tsadul and Rhythmic Breathing.

As you can see in the picture, at one point during the course Patrizia made us work on chairs to show us the many breathing exercises we can bring back to our workplace and also for people who can't sit on the floor.



Everyone was very happy and the courses went ahead in a warm atmosphere.

Many participants were very impressed by the benefits that come from working on the breath even after a few hours of practice.

We thank Patrizia for the course and we are looking forward to see her again for another workshop.

