

Harmonious Breathing and Yantra Yoga in Sweden

Date : March 4, 2018

IN MALMÖ, SWEDEN HELD FEBRUARY 23rd-25th, 2018 WITH MAAJA ZELMIN



From February 23-25, 2018 we had the great pleasure of having 2nd level Yantra Yoga instructor Maaja Zelmin from Tallin, Estonia in Malmö, south of Sweden to teach Harmonious Breathing for the first time here. Many of the participants were very pleased and greatly appreciated the contents of the course.

From February 24-25, Maaja Zelmin continued with a Yantra Yoga course where the Eight Lungsang were explained and practiced, a few of the first yantras, some rhythmic breathing and finally the Vajra Wave. Sixteen people attended the Harmonious Breathing course and nine people attended the Yantra Yoga course. All were very pleased with the contents and knowledge that Maaja shared.

The next course planned in Malmö, Sweden is a Vajra Dance course from April 7-8, 2018 with Alar Kuuk. We are very much looking forward to this and hope that many more Vajra Dance courses will follow here and continue to spread in the Scandinavian countries. We are also very happy to have enough money now to buy our first mandala.

Homage to the Master, may he live long.

Love and light, Eva Sigeholt