

## Kumbhaka & Parlung Course at Kundusling Barcelona April 28-29

Date : May 3, 2018



[Yantra Yoga](#) Instructor, Fabio Andrico, visited us for two days and taught us about the profound method of Kumbhaka for the 7<sup>th</sup> Lojong practice and the Tsalungs of Mandarava.

We delved into the aspects of breathing with Fabio, and with his great experience, he showed us the whole process with much detail. With his usual sense of humor in his teachings, it was a great pleasure to have him here at [Kundusling](#).

Thank you!

