

Pranayama of the Second Series of Yantra Yoga

Date : November 17, 2019

Practice Weekend led by Dina Priymak at Merigar West, Italy

15-17 November 2019.



It was wonderful experience to practice together, to collaborate and to help the Geko in the emergency situation at the Gonpa, to share lunch together and to go to the sauna after the course. We had fun and collaborated really well during this weekend. Thanks to all who participated!

