

SMS and Yantra Yoga retreat

Date : January 15, 2015



The retreat on Santi Maha Sangha and Yantra Yoga with Igor Berkhin and Viktor Krachkovskiy took place in North Kunsangar, Russia on 5-11 January 2014. The retreat was dedicated to the practice of the seven mind trainings (lodjongs) and practice of calm state (shine), as well as learning and application of the kumbhaka breathing.