

## Yantra Yoga in Czech Republic

**Date :** June 20, 2018

Dear Community,

We would like to share with you wonderful feelings after Yantra yoga retreat with Magda Ourecka. The retreat took place in the city center of Prague.

The retreat was for advanced practitioners of preliminary practices from nine purification breathings until the first series of Yantras. Our instructor Magda showed her wonderful skills in explanation and she led us through course smoothly. She also gave information on two recently published books: Healing with Yantra Yoga and a book written by Fabio Andrico – Breathe.

Almost eleven participants enjoyed the weekend and time spent together. After Yantra, all grey and white vision dissolve into colors of sunlight above us.



Before



After

We send you all warm greeting from the Dzogchen Community in Czech Republic. Once again, great thanks to our natural grown Yantra instructor Magda Ourecka and wish her all the best in her new journey to Merigar East where she will stay for the next years!

Gakyil of Kunkyabling!