

## **Yantra Yoga First Level Deepening Course with Fabio Andrico**

**Date :** August 4, 2019

**Merigar West, July 25-31, 2019**



Fabio Andrico is one of the two teachers designated by Chögyal Namkhai Norbu for the preservation of [Yantra Yoga](#) and the training of new instructors.



Although this course was reserved for those who already knew and are practicing Yantra Yoga, everybody who received the transmission of Chögyal Namkhai Norbu had the chance to participate in this intensive practice and to deepen their knowledge of Yantra Yoga. Also we, the instructors of Yantra Yoga, had an excellent opportunity to improve our practice and way of teaching. It was a wonderful collaboration and I am very happy to be a part of our big family!

*Dina Priymak*







