

Yantra Yoga Retreat at Sangyeling, St. Petersburg

Date : September 26, 2017



A [Yantra Yoga](#) retreat with the 3rd level instructor Maxim Leshchenko was held in the Dzogchen Community of St. Petersburg, Sangyeling, July 28 – August 1, 2017. The topic of the retreat was “Yantras of the first and second groups and their variations.” More than 30 people were able to take part in it. Someone learned new yantras and variations, and someone refreshed what they already knew. Yantras and variations became closer and more accessible to practitioners.

