

Yantra Yoga Summer in Phendeling, Czech Republic

Date : August 23, 2017



Yantra Yoga Summer Retreat, Phendeling, August 1- 6, 2017

After many years of wishing, finally this summer the Czech Dzogchen Community decided to organize a week of Yantra Yoga during the holidays in beautiful Phendeling in South Bohemia. While this retreat was open to all, it was especially suited for families with kids. The program was quite full, with morning and afternoon sessions of Yantra Yoga with instructors Fijalka Turzikova and Jeff Sable, while kids were enjoying their activities downstairs or in the nearby forest with professional and fantastic counselor, Barbora Broskova. Just before lunch there was also time for kids to do some Kumar Kumari which was a great hit with them. Food was just amazing, thanks to the magic hands and heart of Kveta Svedova. Gekö Jakub Storek also had his hands full with so

many participants and was a great and enthusiastic collaborator. We were about 20 adults and 18 kids from 1 year old to 12 years of age. The early afternoon was filled with trips to a nearby lake, as weather and temperatures were quite Italian. This was the first year we attempted this kind of retreat and it was very successful. Parents especially appreciated spending time with the kids, but also felt joy and relaxation when they could just leave the kids in good hands and focus on their practice. Thanks again to all who helped make it happen!

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