

## Yantra Yoga in Dejamling, France

Date : June 23, 2017



**In Dejamling, south of France, we had the chance to welcome Patrizia Pearl for a Yantra Yoga course in May. During four days we were eight participants from different parts of the country and we practiced harmonious breathing, Pranayama of the first series, and the 7th lojong. Everybody had nice experiences in a relaxed and benevolent atmosphere. With patience and a smile, Patrizia answered all our many questions, gave advice and took the time to check how we breath, and corrected us when we needed. Everybody went back home rested and full of will to practice at home regularly!**