

Yantra Yoga Beginners' Course at Merigar East and More

Date : August 2, 2017



with Magdalena Ourecka, 21-23 JULY

This year we had the good fortune to receive a visit from Magda Ourecka from the Czech Republic, a long-time practitioner of Yantra and an authorized Yantra Yoga instructor since 2016. Apart from the most welcome 3-day course which helped us relax some of the tensions we had been carrying from who knows where until who knows when, Magda has been here at the Gar since 6th July and will continue to remain here until 22nd August.

Having a resident YY instructor in the Gar is very precious and a rare opportunity, perhaps the first one since Mira Mironova was here. People coming to the Gar can join the morning YY class and gradually start or restart practicing.

And so one of the many opportunities that [Merigar East](#) offers came to light – as we had a few

families coming here to enjoy their summer holidays and also do Yantra in the morning and Vajra Dance in the evening, the most fully-fledged being a couple of practitioners and their three children coming all the way from the Czech Republic to enjoy staying here together with us.

The work-exchange scheme is also growing, and can be customised to suit everyone's needs. Domenico from Napoli is staying here at the Gar for one month in a very affordable way, helping with what needs to be done in the Gar, doing Yantra Yoga and Vajra Dance and riding the bike around the Black Sea resorts.

Now we are quickly approaching the Merigar East holiday month of August, during which you can come here and enjoy the Black Sea beach while participating in some of the most special retreats:

COMMUNICATION COURSE with Gianfranco Brero

4-7 August (only for instructors)

Register here:

<https://docs.google.com/forms/d/1LvUkcizW1yu2l4j5qMpPo9ncHwbYr1LGwDnjvj5H6ao>

VAJRA DANCE OF THE SONG OF VAJRA with Zoli Cser

11-20 August

Register here: <https://goo.gl/forms/hNdna6fMtQOGiEJt1>

21 SEMDZINS PRACTICE RETREAT with Elio Guarisco

21-27 August

Register here: <https://goo.gl/forms/5XazO3wfYmOlluog1>

We hope to meet you here and show you around!

Merigar East Gakyil

