

Online Workshop – next date: 18. OCTOBER 2020 – 2pm CEST:

Talking to India – Spiritual Yoga Master Class

In our yoga conversations we will chose among these topics:

Yoga and it´s objects

Care with Yoga and Ayurveda for your health in times of Corona

Mental wellbeing and stress relieve through meditation

Soul searching of Raja Yoga

Prana as cosmic energy and vital force



Together we will dive deep into Yoga Philosophy & Yoga Psychology and Om Shri Santhosh will answer:

+ Questions a yoga beginner might ask:

Is yoga linked to Hinduism or any other religion?

I want to give up some bad habits and become healthier; how can yoga help me?

How often should I practice yoga during the week?

Why do we meditate? It is so hard to sit still...

Why are there so many different yoga styles or schools?

What is the difference between yoga and exercise?

How to keep up my yogic discipline?

+ Questions on obstacles in Yoga for long time practitioners

+ Actively we will practice together:

Mantras + Meditation + Pranayama

It is time to listen to our own inner truth and bring it outside!

Satyam Shivam Sundaram

When & where:

Online – Sunday October, 18th 2020 2pm (CEST) Central European Summer Time (14:00h)

How:

I'll send you a Zoom link – please be on time with your laptop, smartphone or tablet – easy to follow the app. Use a laptop for best image and sound.

Payment via paypal:

EUR 49,-

EUR 40,- for victims of pandemic and Regina's students holding an active course right now. **If you want to pay more to help out people in India feel free to add more.** I keep a percentage for the organization; the rest will be transferred to Om Shri Santhosh to India.

Application:

Per mail to reginapotocnik@hotmail.com or whatsapp: +436765686649

Limited number of students for personal support, guidance, answers and translations. Please apply soon!