

International Heartfulness Yoga Retreat

Vrads Sande Ashram

23rd-26th November 2023

Would you like to experience the special Heartfulness approach to yoga and enjoy its transformative effects?

Can you imagine being on retreat at the lovely Vrads Sande Ashram, where you can walk in nature, eat delicious, wholesome vegetarian food and enjoy the tranquil setting, whilst at the same time have the opportunity to meditate every day and participate in yoga sessions and workshops (on topics such as spiritual anatomy and yogic lifestyle)?

How about 4 days with a focus on becoming centered, balanced and in harmony with your body, mind and soul?

This yoga weekend could be a great experience for you.



Read more: <https://heartfulnessmeditation.dk/international-yoga-retreat/>

Heartfulness yoga is a meditative approach to yoga, rooted in Raja Yoga - yoga of the mind.

There is a strong focus on increasing our awareness and developing our spiritual practice. It is a journey into the heart and at the same time gives grounding, strength and flexibility to the body and improved mental focus, all of which support us in our meditation practice. The physical postures are designed to be simple and there are variations so that everyone can participate.

Yoga is a fantastic way to become healthier, more peaceful and to transform ourselves on many levels. On this retreat, you will have the opportunity to explore, at your own pace, yoga postures, breathing techniques, relaxation exercises and meditation.

When we practice yoga

- We quieting our nervous system and thereby reduce stress levels
- All the body's systems come into balance – hormonal-, digestive -, and nervous system etc.
- We strengthen muscles, joints, and all the organs of the body
- The lymph system gets stimulated, so we cleanse our system
- We sleep better and have more energy
- Our ability to focus and concentrate increases.
- We feel more more aware of how the mind affects us. We get a deeper connection with our inner condition and become more compassionate towards ourselves and others.

Heartfulness Yoga Retreat is for you who

- wish to deepen your spiritual practice through movement, breath and meditation
- see the value in connecting body, soul and mind
- wish for an improvement in your physical, mental or emotional condition
- need inspiration, renewal and regeneration
- would like to meet others from many different countries, who are also focused on their spiritual journey



Dates: 23rd November 2 pm - 26th November 1 pm.

Price: 280 Euro for shared apartment with one other person of same gender.

350 euro for own apartment

The retreat program will be sent to you after registration. Please find the registration link her:

<https://heartfulnessmeditation.dk/international-yoga-retreat/>

If you have questions or comments, please direct them to: moniek.geven@volunteer.heartfulness.org

Do you believe that a happier healthier you can be found in Vrads Sande in November?

If so, we look very much forward to welcoming you.

With Heartfelt wishes,

The Yogateam at Vrads Sande Ashram.

