



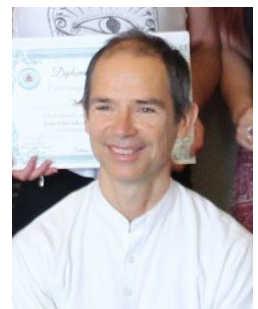
TUESDAYS 2-30 JANUARY 2018 AT 18:00-20:00

CULTIVATING HAPPINESS - ANCIENT PSYCHOLOGY EXERCISES TO SOFTEN THE EGO

One-month experiential workshop

Yamas and Niyamas are the basic principles and teachings of yoga - guidelines for living. They establish the foundations for living in harmony and peace with our surroundings and with ourselves. Only when there is a certain level of peace and harmony can one really begin to make progress in the spiritual path toward complete liberation from this plane of polarities and confusion.

This workshop is open to everyone, not just to yoga/meditation practitioners. It will combine teachings from Buddhist and Hindu psychology in a whole that is both coherent and meaningful to our lives. Besides theory (which will be minimal) we will do several hands-on exercises with which we will put in practice the principles of the Paramitas, Yamas and Niyamas to our daily life. We do so in order to work with our less polished sides as social and spiritual beings and as a result become very light and fluid for the more refined practices or aspects of yoga, such as meditation.



Facilitated by:

Manu

(PhD, Lama, E-RYT 500)

<http://www.mahamudra.fi/>

Price:

140 € per person or

198 € per couple

Place:

Manipura Yoga Studio

Salomonkatu 19

00100 Helsinki

(near Kamppi metro station)

Contact and registration:

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