

Meditation Satsang

with Cathy (Vidyadevi) Stillman

June 19 2020

Friday 3:00 - 4:15 pm

This free program includes instruction in how to meditate as well as a discourse on the principles of spiritual life and practice.

Learn from the ancient sages and how to apply their insights to our modern life.

A chant and meditation make it easy for you to apply what you've learned, exploring inward to the source of your own Being.

Cathy (Vidyadevi) Stillman CSYT, RYT 500, E-RYT 500



Svaroopā® yoga's premier teacher trainer, Vidyadevi, has been studying and teaching directly with *Svaroopā*® yoga originator Swami Nirmalananda for 19 years. Her experience with students on several continents and direct support from Nirmalananda imbues her teaching with vast experience. Her previous work as a research scientist enlivens her understanding of the science of yoga. She travels extensively to lead retreats and trainings in both yoga and meditation. She communicates with ease, skilled in merging depth, clarity, lightness and humor. Her travels to India and personal retreats deepen her understanding and experience of the promise of yoga.



LOCATION

Fulden Byvej 2
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Denmark

HOST

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FREE

Donations accepted. Register here:
<https://svaroopā.org/med-satsang-denmark-200619>

