

29 Days of Meditation

17th January to 14th February 2021

Sow the seed of transformation, Experience a new level of mental clarity, creativity and inspiration. Create space for a more fulfilled and happy life.

***5 lessons on 5 sundays**

***daily meditation practice and space for sharings and questions**

***teachings all around Yoga and Meditation**

***flexible schedule and free recordings of all lessons and practice units**

***49.- € per person**

More details and booking: Maximilia.Nitsche@web.de

Or here: www.fasten-wandern-yoga.com

„The soul loves to meditate, for in contact with the spirit lies its greatest joy.“ (Paramahansa Yogananda)

Timetable

First lesson: Sunday, 17th January

Morning time: 8.00 - 9.30am in german

OR

Evening time: 7.30 - 9.00pm in english

2nd, 3rd, 4th and 5th lesson:

Sundays, 24th January, 31st January, 7th February, 14th February

Morning time: 8.00 - 9.30am in german

OR

Evening time: 7.30 - 9.00pm in english

Daily meditation practice:

from Monday to Saturday

Morning time: 7.00 - 7.30am in german and english

OR

Evening time: 7.30 - 8.00pm in german and english

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