

Introduction to the Yoga Sutra's of Patanjali – with Swami Ma Tri

Friday 28th March at 19:00 – 21:00

This amazingly practical text will be discussed in such a way that at the end of our gathering you will know why this ancient text has been used as a guideline by yogi's and meditator's throughout history. You will be able to understand how to apply in your own practice.

About Swami Ma Tripurashkti Bharati (Ma Tri):

Young, female and born in a western culture, Swami Ma Tri had a longing to be free, to dive deep within to find the True Self. This allows her to share her knowledge from a unique perspective. In 2012 she took sannasya at the banks of the Ganges, this initiation was given to her by Swami Jnaneshvara. Since then Swami Ma Tri travels the world to practice, serve and share the teachings of the Himalayan Tradition (Swami Rama) that embrace Yoga, Vedanta and Samaya Sri Vidya Tantra.

Feel free to join us, it will be interesting for both those who know the text and for those who don't.

These activities are donation based. It is a mutual sharing & giving in which you support her in the ancient way swami's live, purely on donations. Please consider that a part also goes to the studio and by your support we can continue to offer gatherings like this.