

YOGA & AYURVEDA WEEKEND 13-15 June 2014 with ALAKNANDA PURI of the Santoshpuri Ashram

THE PROGRAM

Friday 13/6

19:00 – 22:00 - Havana in the garden
(vedic fire ritual)

Place : Peter Marchand's home
Jeroom Duquesnoy laan 8
9051 Sint-Denijs Westrem

No subscription required

Saturday 14/6

10:00 – 12:30 : Himalayan Hatha Yoga
14:00 – 17:00 : Lecture on Ayurveda
for yoga and in daily life
20:00 – 22:00 : Bhajan & Kirtan Chanting
22:00 – 23:00 : Aarti Evening Ritual

Place : O.B.S.G.
Kortrijkse Steenweg 500 - 9000 Gent.

No subscription required

Sunday 15/6 :

10:00 – 17:00 : Private Ayurvedic Consults
& Satsang in the garden

Alaknanda will be available to give personal ayurvedic counseling during 30' up to 1 hour. She can determine your dosha and give advice on how to deal with a variety of physical and mental problems through diet, exercise and herbal remedies. Meanwhile, anybody is free to join the satsang ("gathering in truth") in the garden of peter's house.

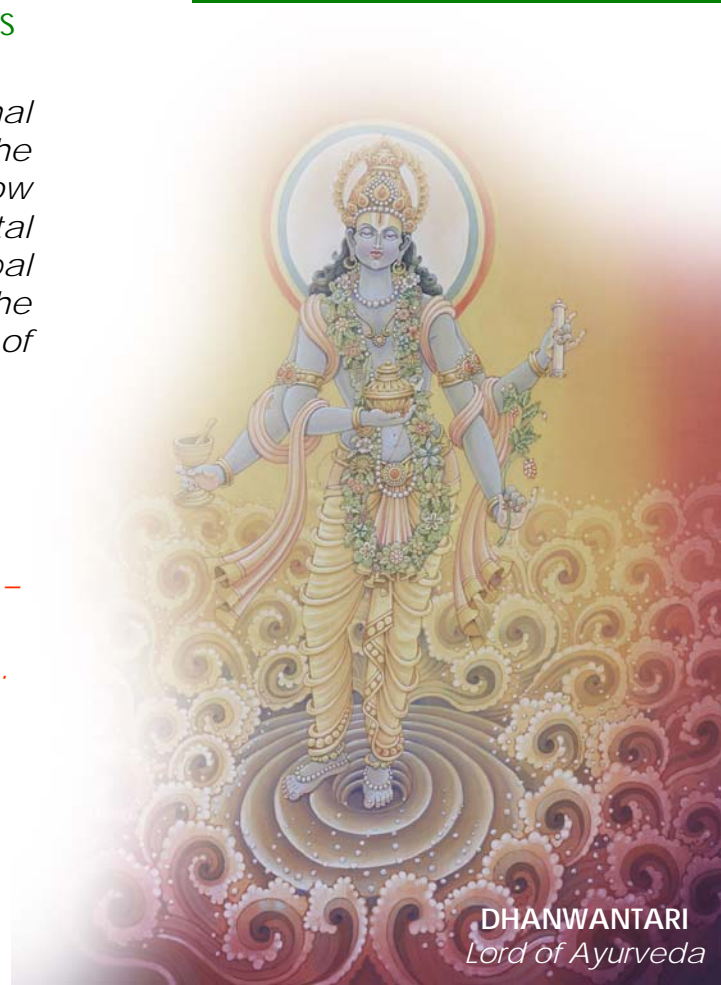
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Subscription is required for the private consults – contact Peter at 0475 73 32 78 or by email at unlimited.pm@skynet.be. First come first serve...

The entire event will be funded by free donations. Please be generous as the ashram really needs it and traveling is expensive – thanks.



Alaknanda Puri (also known as Gangotri) is the daughter of Narmada Devi Mataji and the sister of Ganga Puri, whom we have had the pleasure to receive in previous years. As the daughter of the sadhu Baba Santoshpuri, Alaknanda has been into yoga since childhood. She also studied Ayurveda at various institutes, both in North and South India. She artfully combines factual knowledge with gentle spiritual understanding.



DHANWANTARI
Lord of Ayurveda