



Yoga Weekend

8, 9, 10 March 2019
Veluwe, NL

Ashram - Sada Shiva Dham

Asana, Pranayama, Meditation, Chanting
Treat Self or together with your kid (7+)
at a bliss ashram in the Loenen forest
guided by Yiwen & Anton



Discover the healing power in nature and rest at the spiritual home in the spring 8-10 Mar. 2019.

Including:

- accommodation (2 nights: 8, 9 march)
- daily yoga sessions (Vinyasa and Yin)
- meditation around the fire ceremony
- pranayama and kirtan chanting
- three vegetarian meals a day

Normal price

- adult 245 euro
- kid* 145 euro (7-18 yrs)

* Kid needs to be accompanied by an adult.

♥ Early bird special price ♥
t/m 15 January 2019

- adult 220 euro
- kid* 120 euro (7-18 yrs)

📧 Register / Contact 📧
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About us

Dr. Yiwen Wang grew up in a traditional Taoist family. She is a certified yoga teacher for both adults and kids.

Prof. Anton Eliens has an academic background. He is a senior 4 dan master in Shorinji Kempo, a Japanese martial art.