

# Self Immersion Retreat with Sri Andrei Ram

Wednesday August 29th  
to Sunday September 2nd 2018

Spend 5 days with Andrei Ram and experience the true purpose of yoga, the union of body and universal soul: Supreme Self-realization. Through a masterful weaving of the physical and spiritual, of movement and knowledge, of listening and sharing, you will arrive at a fuller understanding and appreciation of all that yoga offers. Andrei will seamlessly connect the practice of asana, the techniques of pranayama, the levels of meditation, the power of mantras, the understanding of the koshas and the astral bodies to allow you to ascend to greater selfrealization and enlightenment.

Over the 5 days with Andrei, learn how the body in all its complexities and its simplicity connects us and leads us to the divine. Understand how to open yourself through the physical, to travel the path of the chakras, to access the higher intelligence of all beings. Experience the connectedness and oneness of life and the calm and love of the Source.

Hotel Balance Les Granges Valais Switzerland  
[www.vegetarisches-hotel.ch](http://www.vegetarisches-hotel.ch)

Single room with private bathroom CHF 2'300.–  
Double room with private bathroom CHF 1'300.–  
Double room with shared bathroom CHF 900.–  
Price Includes full board, housing and the teachings.

Contact and Registrations

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