



**Prana Nidra Training with Andrei Ram
in Lausanne Switzerland**

Friday May 16th to Sunday May 18th 2025

Open to all levels, this 3-day training will help you rest, recharge, and transform.



Discover Prana Nidra by Andrei Ram – The Art of Breath and Relaxation

Join us for a weekend yoga retreat designed for everyone - no experience needed! This gentle, accessible course focuses on breathing techniques and relaxation practices you can use every day to recharge and find balance.

This retreat is also an International Prana Nidra Certification Training, and upon completing the program, you'll receive your official Prana Nidra Facilitator Certification.

What you will learn:

- **Better Breathing:** Calm your mind and energize your body with effective breathing techniques.
- **Relax Deeply:** Release tension, improve posture, and enhance overall well-being.
- **Recharge:** Discover tools to deeply rest, even in the midst of a busy schedule.

What is Prana Nidra:

Prana Nidra is a transformative yoga practice combining breathing and visualization for quick and effective rejuvenation.

This technique offers three key benefits:

- Calms energy flow through the energy meridians.
- Relaxes the Body/Mind system deeply.
- Boosts vitality and overall well-being.

Training Highlights:

- Introduction to Prana Nidra and traditional practices.
- 7 Prana Nidra techniques for relaxation and recharging.
- Breath-based relaxation (pranayama) principles.
- Relaxation postures (Asanas) and subtle anatomy.
- Methods to guide and adapt practices for different needs.
- Yoga philosophy and mindfulness techniques.

Iconic PALAIS DE RUMINE in the center of Lausanne



Why Lausanne?

Located 40 minutes from Geneva Airport, Lausanne is affordable and easily accessible and perfect for participants coming from Geneva and abroad.

Practical Information

Schedule:

Friday May 16th
9am to 1pm and 3pm to 7pm

Saturday May 17th and Sunday May 18th
10am to 1pm and 2pm to 5pm

Adresse:

Palais de Rumine - Salle du Sénat
Place de la Riponne 6, 1005 Lausanne
Public parking available Place de la Riponne

Rates:

Chf 910.- per participant
EXTENDED early bird special until April 10th 780.-

Contact and Registration:

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