

VITALITY & STRESS

Level 2 Kundalini Yoga with Sadhana Singh

ASHRAM Valdeiglesias (Madrid) 28th oct. to 2nd nov.

info & reservations: (+34) 669 40 79 40 

ramjapsingh@gmail.com 

On-Site & On-Line

Learn to identify the stress cycle, manage emotional fatigue and recognize your source of energy. When you counteract the action of stress by raising your vitality and projecting it, you can act consciously and be authentic at the same time.



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PRICE:

Training:

5 full days of training

600€ Training with certification + books

On-site/on-line

Full board accomodation:

6 days and 5 nights

350€ in a shared room for 3/4 people

Rooms include bathroom

Single/double room available with suplement



desarrollo social