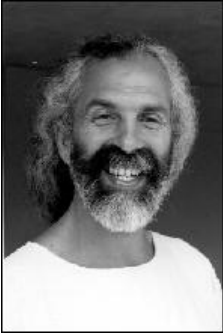


Nidrâ Yoga Weekend with André Riehl



June 19-20, 2010 at Haus Am Becheler, Bereldange

Nidrâ Yoga attempts to elicit a transcendent state of consciousness by deepening the ability to relax while at the same time intensifying the ability to concentrate. In our daily lives, these qualities seem mutually exclusive. When one is deeply relaxed, one is often absent. When one is intensely concentrated, one is often tense. Nidrâ posits that developing the ability to be both deeply relaxed and intensely concentrated simultaneously gives rise to a state of presence where each moment is rich, precious, and sacred.

There are two sets of practices that are done in traditional Nidrâ classes. The first is the relaxation practice – *Sithalakarana* - which involves lying still on the floor over an extended period of time, consciously relaxing the muscles, organs, bones, sense organs, and faculties of the five senses. Then, one practices various visualization exercises to clear psychological memories that impede our ability to respond appropriately and directly to the present moment.

The second set is the concentration practice – *Dharana* – which involves sitting still on the floor, very much as in meditation, the difference being that the mind focuses on chosen objects to hone one's degree of concentration.

The timetable of the June workshop is as follows:

Saturday June 19th

10:00 - 13:00 workshop
13:00 - 15:00 lunch
15:00 - 19:00 workshop
19:00 - 20:30 dinner
20:30 - 21:30 workshop

Sunday June 20th

7:30 - 8:30 Prana Krya (breathing exercises)
8:30 - 10:00 breakfast
10:00-13:00 workshop
13:00-15:00 lunch
15:00-17:00 workshop

While it is advisable to participate at all workshop times listed above, it is also possible to leave at dinner time on Saturday and return on Sunday at 10:00, if you choose. The lunch break will be from 13:00 to 15:00 on Saturday and Sunday. There will also be a dinner break Saturday evening at 19:00 or 19:30. No meals will be provided at the location.

What to bring: As you will be lying for an extended period of time on a carpeted floor, it is important that you are comfortable. A normal yoga mat is not usually thick enough. You may wish to bring an additional thicker padding or blankets to add more cushioning. Also, as you will be sitting, make sure that you have a cushion high enough for you to be seated comfortably for 15-20 minutes at a time. Also, wear comfortable clothing that does not restrict your breathing.

For the weekend taken on an individual basis, the price is 175 Euros (5 Euros insurance cost included).

Map to the location: See www.yoga.lu/Bereldange.shtml. (Note: in the event that there are less than 15 participants, the location may revert to "La Source" in Walferdange. Therefore, please enroll early to ensure yourself a place.)

André Riehl

A student of yoga since 1972, Andre lived in a Himalayan monastery before spending several years in a spiritual quest in India among masters and instructors of diverse traditions. He had the opportunity to deepen his spiritual practice with Kashmiri Babu, an ascetic monk in the Shivaite tradition. He was profoundly touched by his contact with J. Krishnamurti and Sri Ma Ananda Mayi. With them, he learned to develop two important aspects in the spiritual path linked to these two great instructors: discernment and relation. It was finally his decisive meeting of Chandra Swami in the Brahmanic lineage of the Udasins that allowed him to integrate all the previous teachings.

Author of several articles in specialized magazines, he participated in numerous radio and television broadcasts and is regularly invited to national and international yoga conferences. Desiring to participate in the transmission and the preservation of the yogic culture, he dedicates himself to transmit authentic teachings combining ancestral knowledge with contemporary attitudes through courses, seminars, and trainings as well as accompanying groups to traditional India. From this point of view, the teaching which he offers combines an ensemble of practices allowing to integrate diverse facets which form our identity and our way of being in the world - development of the breath and conscious respiration, studies of the levels of relaxation and lucid dreaming, awakening the intuition and development of the degrees of concentration, using and mastering the faculties of sense, sanskrit chanting, and interior silence, study of traditional texts.

Enrollment: please fill out the form below or e-mail the details to info@yoga.lu along with full payment. The payment is fully refundable less 20 Euros if cancellation is done no later than the Friday 2 weeks before the workshop.

Contact: www.infiny.lu – info@yoga.lu – Tel: 33.34.19

Nidra Yoga Weekend with André Riehl – June 19-20, 2010

Enrollment form - return this slip to **INFINY a.s.b.l.** (siège social : 25, rue Josy Welter, L-7256, Walferdange or to info@yoga.lu)

Last Name..... First Name.....

Tel (Home)..... Tel (Office)..... E-mail

I have made a 175 Euro payment in **INFINY a.s.b.l.** account **BILL IBAN LU56 0020 1875 9477 2200 (Swift Code: : BILL LULL)**. I understand that this payment is non-refundable if cancellation is done within 2 weeks of the workshop. Cancellation before 2 weeks will result in a full refund less 20 Euros for administrative purposes.

Date..... Signature.....