



PREMA DHYANAM MEDITATION AND YOGA COURSES France 2012

“The way to the truth is stillness.

Stillness of the mind.

This is the way to the greatest peace that is beyond the understanding of the mind...

I am talking of something extraordinary – the place where the body and soul meet.”

SWAMI PREMANANDA

- 1. 22nd to 28th July 2012 – Prema Dhyanam Course 1**
- 2. 30th July to 4th August – Yoga and Relaxation for Stress Relief**
- 3. 6th to 11th August – Meditation Retreat – Opening the Heart**



The retreats will be held at **Le Maine Faure**, a peaceful, spiritual centre run with love and care by devotees, close to Angoulême in the Charente region. There is a direct rail service from Paris to Angoulême. All courses are conducted by Swamiji’s disciple, who was trained by Swamiji and is also a qualified yoga teacher, and devotees, in English and French. We will take care of all

your needs, including wholesome vegetarian food. The number of persons per course is limited to 20.

1. PREMA DHYANAM I (FIRST COURSE) Sunday 22nd to Saturday 28th July 2012 (OPEN TO EVERYONE)



This unique 7-day programme puts you firmly on the path of meditation in a clear and systematic way. We practice simple breath control (pranayama) and guided meditations in accordance with Swamiji’s teachings. Gentle morning yoga and evening devotional singing help us contact the Divine within. Participants will receive **a special, individual initiation into meditation**

and a powerful mantra that has been given by Swami Premananda for his method of meditation.

2. YOGA AND RELAXATION FOR STRESS RELIEF

Monday 30th July to Saturday 4th August 2012

(OPEN TO EVERYONE)



Enjoy a summer week of yoga and peace of mind. Swamiji's main teaching is to still the mind. To do this, we start by working with the body. With gentle yet effective yoga and correct breathing **we will relax the body and still the mind.** Flowing movement and postures restore the feeling of wholeness so often lacking in our stressful lives. Group chanting of sacred mantras and spiritual discussions will complete our special week.

3. PREMA DHYANAM MEDITATION RETREAT - OPENING THE HEART

Monday 6th to Saturday 11th August 2012

(OPEN TO THOSE WHO HAVE COMPLETED PREMA DHYANAM FIRST COURSE)



We will explore Swamiji's teachings through meditation, talks, chanting and yoga. In this retreat we will deepen our meditation practice by working **to transform negative emotions and connecting with our true nature.** We will practise Metta, the meditation for developing loving kindness, friendliness and compassion - one of Swamiji's favourite practices.

CONTINUING SUPPORT

If you have completed the Prema Dhyanam Meditation Course 1, you will receive a regular newsletter about meditation and yoga. You can also correspond with the Prema Dhyanam department of Sri Premananda Ashram and get personal replies to your questions.

JAI PREMA SHANTI!

For further information and subscription, please contact Dhanalakshmi and Kasturirangan at premananda.grenoble@free.fr