

*Instead of just using Yoga as therapy to help yourself*

*use Yoga like a Sadhana to evolve yourself.*

*Now is the time to think about how you can use Yoga to become better in life,*

*to become more positive in life,*

*to become more open in life and to live the yogic Path.*

*Swami Niranjanananda Saraswati*

Siamo lieti di presentare

"Satyananda Yoga"

A Silent Revolution

PERCORSO

RITIRI YOGA & SEMINARI

di Formazione & Ricerca

2026

rivolto a istruttori Yoga e a tutti i ricercatori Yoga sinceri

I SEMINARI SI SVOLGERANNO IN DOPPIA MODALITA'

SEDE FISSA IN PRESENZA E ONLINE