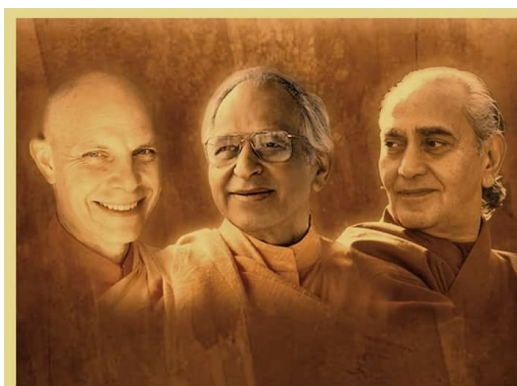


DOE MEE MET DE VOLLE MAAN MEDITATIE

Dinsdag 17 September: 21.00 - 22.00 CET

You are invited to join the guided meditation on zoom by **Swami Ma Tripurashakti Bharati**. Contact info@yoga-hymns.nl for login details (same log-in details for every session)

FMM explanation on AHYMSIN website



Silence Retreat

No plans yet for next week? There are still **one or two spots available** for our silence retreat **20 - 24 September**. So if you would like to join, or know someone who would want to come: be quick and send us an e mail. info@yoga-hymns.nl This retreat will be in English.

Summer familyretreat in Greece

Louise attended the family retreat in Greece and wrote a beautiful impression.

"... there was a friendly atmosphere with lots of laughing.

We had a conversation about the subject UNITY and what it meant for us personally. We talked about love, sharing, caring, listening to each other, cooking, communicating and working together...

Every morning at six - before first yoga class began - we met... with a small group to go to the beach doing some simple standing exercises and after that a nice refreshing swim.

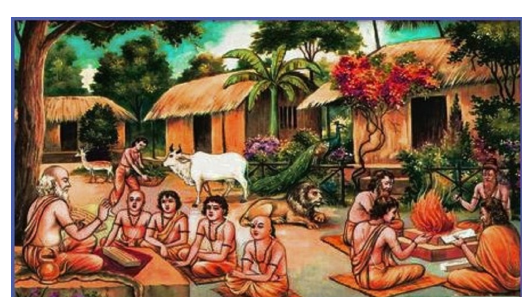
At 7 there was yoga class in an open space under the trees guided by teachers from the Himalayan Tradition. After breakfast was finished we did some seva..., cleaning tables and brooming away all the needles from the pine trees...

We were with 36 adult and 16 kids from different countries in Europe. It was so nice to see the kids trying to communicate and speaking English together and soon new friends were made."

You can read her [full article](#) and view more pictures here.



Meeting with spiritual friends: satsangs with Wolfgang



Ongeveer 1x per maand organiseren we een zoom satsang met Wolfgang Bischoff, senior leraar in de Himalaya Traditie. Die bijeenkomsten zijn in het Engels. Maar ook als jouw Engels niet vloeiend is ben je welkom, er is altijd wel een mede-deelnemer die je kan helpen om je vragen te vertalen. Als je wilt, voegen we jouw naam toe aan de verzendlijst en ontvang je mail over deze satsangs.

About once a month we organize a zoom satsang with Wolfgang Bischoff, a senior teacher in our Tradition. You are invited to join and ask your questions. Sometimes there will be a theme for the satsang. See the dates below in the Calendar. If you want, we can add you to a mailinglist, so that you will receive extra messages regarding these meetings.

Wolfgang says: "We are spiritual beings, only living in the material world for a short while. The best thing we can do is create a circle of spiritual friends. Everybody is invited to join, especially young people, if they have any questions about living a spiritual life."

The next satsang will be **Friday 11 October, 19.00 CET**, theme: Ishavasya Upanishad. We would appreciate if you let us know by mail if you are planning to attend.

Calendar

You are invited to join the Himalaya Tradition Sangha for meditation and other activities.

All times mentioned are CET. For zoom log in details please contact info@yoga-hymns.nl. You can use the same log in details for all events.

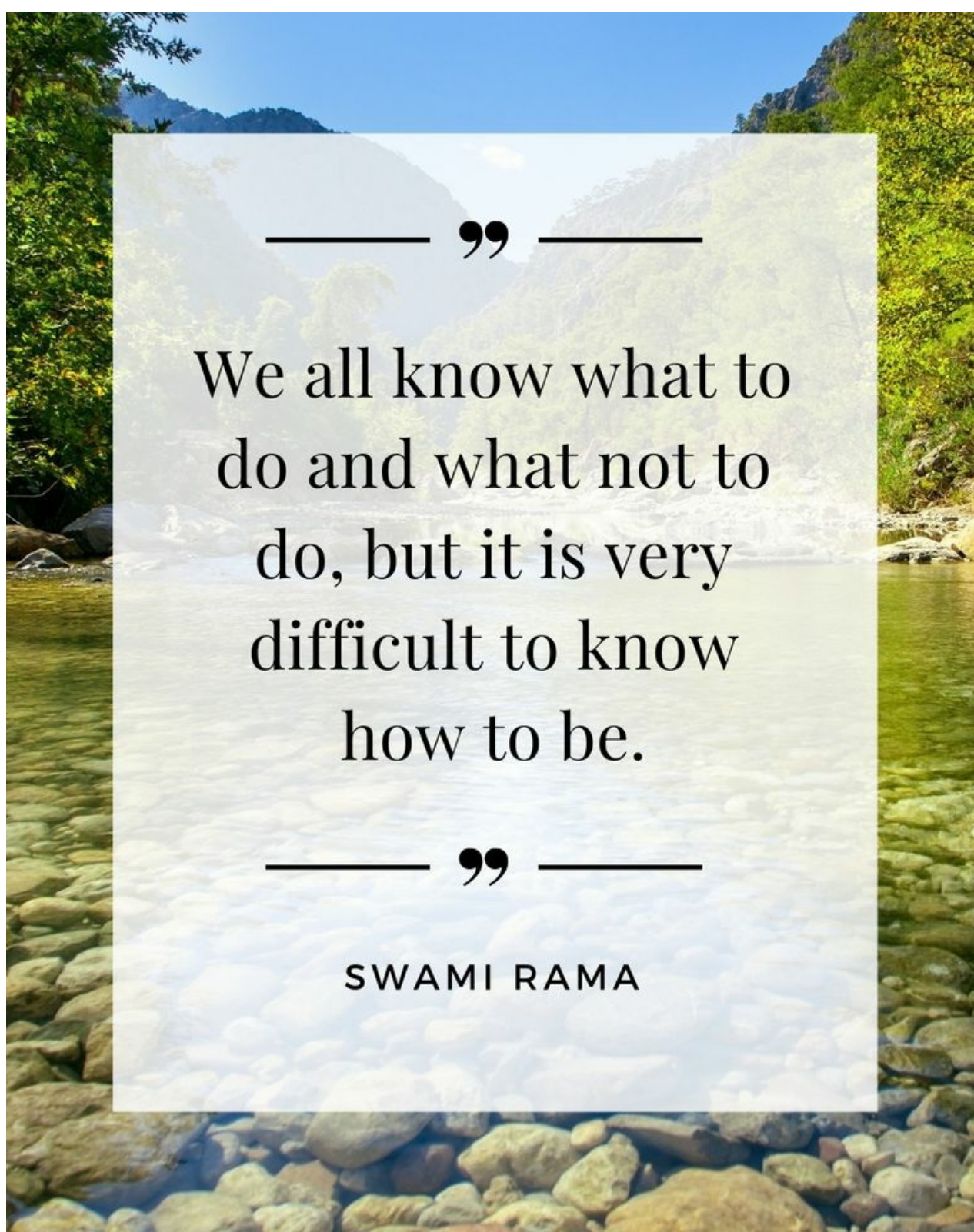
Tuesday 17 September 21.00: Full moon meditation, also guided on zoom by Swami Ma Tripurashakti Bharati

Woensdag 2 October 13.30: New Moon Meditation

Friday 11 October 19.00: Zoom satsang with Wolfgang, theme: Ishavasya Upanishad

Thursday 17 October 21.00: Full moon meditation, also guided on zoom by Wolfgang Bischoff

Friday 1 November: New moon meditation



HYMNS: Himalaya Yoga Meditation Network Society, Netherlands

Bookshop: order books from Swami Rama and Swami Veda through HYMNS: boeken@yoga-hymns.nl

Donations: your gift will go fully to [the ashram](#) in Rishikesh, headquarters of AHYMSIN.

Thank you for contributing.

IBAN: NL32 INGB 0007 0385 40 - BIC-code: INGBNL2A

Himalayan Yoga Meditation Network Society, Darp, Netherlands



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Ashram



SRSG

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