



Hymns: Himalayan Yoga Meditation Network Society

Winter Weekend Retreat



17 - 19 January 2025

with Pierre Lefebvre

and Uta Bisseswar

Location: "de Beukenhof"
Biezenmortel (near Den Bosch)
Netherlands



"Designing your Sadhana"

Develop and deepen your daily practice for your spiritual growth.

As a preparation for this retreat you might want to read the chapters "Five pillars of Sadhana" and "Daily schedule of a sadhaka" from Swami Veda's book NIGHTBIRDS
(These texts can also be found on AhymSin website www.ahymSin.org)

Pierre Lefebvre (Pandit Priyadarshan)

Originally from Canada, Pierre completed a master's degree in classical guitar. He also received training in Balinese and North Indian classical music. His passion for yoga brought Pierre to India, where he joined the Dhyana Gurukulam at Swami Rama Sadhaka Grama in 2005. He has studied with Swami Veda Bharati and other senior teachers of the Himalayan Yoga Tradition. Pierre has been serving Swami Veda's mission, AHYMSIN and Sadhaka Grama in many ways. He was the Himalayan Yoga Tradition – Teacher Training Program manager from the creation of AHYMSIN in 2007 and continues to serve HYT-TTP until today. He is a member of AHYMSIN's Executive Committee and Board of Directors. Swami Veda granted him the title of pandit in 2014, naming him Priyadarshan. Now as a worldwide travelling teacher, Pandit Priyadarshan is trying to convey his passion for yoga and meditation by his very personal style of teaching acquired during his years of study in India. His approach is very warm and focused on individuals, with special attention to the needs of each person. Pierre is certified as Yoga Acharya by the Fédération Francophone de Yoga and holds the ERYT-500 and YACEP recognitions by Yoga Alliance.

Uta Bisseswar

Uta has been practicing meditation and yoga within the Himalayan tradition since her teenage years. She received regular teachings with Swami Rama and Pt. Usharbudh Arya (Swami Veda Bharati) through the Himalayan Institute in Germany, where she also joined the TTP (Teacher Training Program) from 1992-1994. Uta holds a master's degree in political science. She worked as a policy officer for the German government in the field of education for immigrant children. From 2005 till 2007 Uta followed the Gurukulam Yoga study programme in India at SRSG under the guidance of Swami Veda. Currently she lives with her husband and their children in The Hague. She teaches yoga in her own studio as well as for the Himalayan TTP in the Netherlands and for Ayuryoga Nederland, a school for yogatherapy and Ayurveda.

Registration:

You can subscribe by filling in this form and return it to info@yoga-hymns.nl

Your registration is complete when the first payment of € 50 has been received by HYMNS

If you would like more **information** before signing up, please write us an email.

Registration form (please copy file, fill in and send)

Name:

Address:

Postal code, residence:

Country:

Phone:

Email address:

Do you have food issues: diet, allergies etc. which should be taken into account by the Beukenhof kitchen:

Subscribing for:

0 Weekend Retreat Full Participation **Double Room € 280**

if you already have a roommate, then please fill in their name

0 Weekend Retreat Full Participation **Single Room € 310**

(please delete what's not applicable)

****Our retreats should be accessible to everyone, so if the costs are an obstacle for you, don't hesitate to discuss this with us ****

I know that my registration will be completed only after the first payment of €50; and that the remaining amount has to be paid before December 15, 2024

date..... place.....

Payment instructions:

Account name: Himalayan Yoga Meditation Network Society

Address: Parkweg 18, 7973 KA Darp, The Netherlands

IBAN/Account: NL32 INGB 0007 0385 40

BIC-code (for international money transfer): INGBNL2A

Reference: WR January 25

If applicable: the participant should also pay for the costs of international remittance.

We offer the following payment regulation.

At registration first payment of € 50. Full payment before 15 December 2024

For **cancellations** before 15 December 2024 we will charge € 50,-

For **cancellations** before 1 January 2025 we will charge € 100,-

For **cancellations** after 1 January 2025 we will charge 50%