



**Yasodhara Yoga**  
EUROPEAN NETWORK

**YYEN Summer Online Yoga Retreat Weekend**  
with satsang from the Temple of Light at Yasodhara Ashram  
**Friday 26 - Saturday 27 May**

Take time to relax, stretch and reflect with your yoga community and practices. Join us for an ashram satsang with Swami Sukhananda, our first ever community café and two workshops. Choose which sessions to attend to make your own weekend retreat.



**Friday 26 May at 7pm:**  
**Satsang with Swami Sukhananda**

Find a quiet spot. Maybe light a candle.  
Prepare to be uplifted, nourished, inspired.  
Followed by our first **community café** to connect and share, led by James.

**Saturday 27 May**

**10am-12pm:**

**Hidden Language with JaneCatherine**

Harmony comes when the elements are beautifully blended together.  
How can you encourage your mind and body to relax and open to a quiet inner self?

**2-4pm:**

**Dream Yoga with Jovita & Stine Maria**

Dreams are personal creations and as you study them you learn the language of your unconscious. Making your own discoveries is a very joyful process.



**Cost:** All welcome, pay what you can. Satsang by donation. Suggested £/€20 per class.  
Use our PayPal link: [paypal.me/RadhaEurope](https://paypal.me/RadhaEurope)  
Please wear loose clothing and bring a pen and your journal.

**Contact:** [james.w@yasodharayoga.org](mailto:james.w@yasodharayoga.org)