

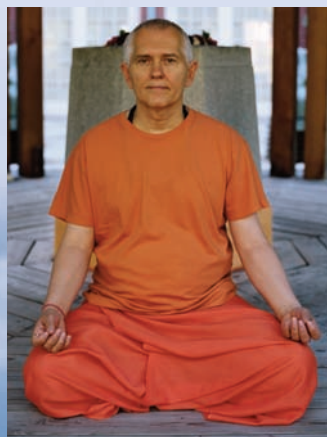
# WEEK END TRIKA YOGA RETREAT

WITH SWAMI GANESHANANDA

IN MALLORCA, SPAIN

October 24 – 26, 2008

- Focus on Breath, Chakras, Flow and Presence
- Energy Transmission through Eyes, Words and Touch
- Dissolve Limiting Mental and Emotional Patterns
- Experience the Joy of the Self



**Swami Ganeshananda,  
Trika Yoga Meditation Teacher**

Swami Ganeshananda (formerly Per O. Johansen) has been practicing Trika Yoga Meditation for 38 years, first with Swami Rudrananda (Rudi) in New York in the early 70's, and since then with Swami Chetanananda. He has established and leads the Nityananda Institute Norway center in Oslo, Norway with an affiliate group in Copenhagen, Denmark. He is also initiated into various Tibetan Vajrayana practices by Lama Wangdu Rinpoche. He has authored several articles about spiritual growth for the Norwegian journal, Alternativt Nettverk, and he is the author of a book (written in Norwegian), "Freedom From the Web of Karma."

*The Son Rullan Retreat Center outside Palma, Mallorca*

**WEEKEND TRIKA YOGA RETREAT**  
Mallorca, Spain, October 24 – 26, 2008

**Program**

**Thursday 10/23/08**

20.00 Public talk and guided meditation, by Swami Ganeshananda, in Palma.

This program is separate from the weekend retreat, but introduces the retreat to new people. Open for anyone.

Admission: 5 Euros

**Friday 10/24/08**

17.00 Intro for New Participants

18.00 Welcome and Guided meditation, Swami G.

19.00 Break

19.15 Chanting Followed by Open Eyes Class with Swami G.

20.30 Dinner

**Saturday 10/25/08**

08:00 Breakfast

09.15 Morning Meditation

10.00 Break

10.15 Talk: "From Stuck to Flow to Presence", Swami G.

11.30 Break

11.45 Hatha Yoga with Marisa Garcia

13.00 Talk: "My Experience with the Practice", Hannah Bonner, Trika Yoga practitioner

13.30 Lunch

14.30 Free time

16.30 Chod: Ancient Tibetan Healing Practice, with Swami G.

18.30 Chanting Followed by Open Eyes Class with Swami G....opportunity for Q & A

20.00 Dinner

**Sunday 10/26**

08:00 Breakfast

09.15 Morning Meditation

10.00 Break

10.15 Talk: "The Four Pillars of Practice", Swami G.

11.30 Break

11.45 Hatha Yoga with Marisa Garcia

12.45 Slide Presentation: "The History Behind Trika Yoga in Europe", Swami G.

13.30 Lunch

14.30 Free time

15.30 "How to Continue Practice": Questions, Answers, Discussion, with Swami G.

16.45 Break

17.00 Chanting Followed by Open Eyes Class with Swami G.

18.00 Retreat Ends

**Son Rul-lan**



Son Rul-lan is a 14th-century stone farmhouse which was once a monastery. It sits on a hill between the mountains and the sea on the beautiful North Coast of Mallorca. The lodgings are rustic, in simple white-washed rooms. There is no heat, but temperatures should be fairly mild (cool but not cold) in late October. Shared lodgings (in a large room with 8 futons or in two rooms with two beds each) have shared bathrooms. There are also three rooms that have a double bed and private bath (for a higher fee).

**Fee: 195 Euros (NOK 1560, DKR 1460, US\$ 295)**

**Including lodging and food**

**Without lodging and food: 50 Euros**

**For information and registration**

**Contact Jon Magnus Torgersen**

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**or Swami Ganeshananda**

**Tlf: + 47 92 05 45 01, [swami\\_G@live.no](mailto:swami_G@live.no)**

**Arranged by Nityananda Institute Norway**

**[www.ninorway.org](http://www.ninorway.org)**

**Place: Son Rullan, Deia, Mallorca**

**More information about Son Rullan here:**

**<http://www.ownersdirect.co.uk/balearics/B1810.htm>**



**Swami Chetanananda**

**Nityananda Institute**

Nityananda Institute is a spiritual community and center for meditation and yoga practice based in Portland, Oregon, with additional centers in Santa Monica, California; New York, New York; Cambridge, Massachusetts; and Oslo, Norway. Founded in 1971 by American-born Swami Chetanananda, the core of our spiritual practice is a meditation that enables the release of tensions to better allow creative energy to flow in all dimensions of life. Through a simple but transformative meditation, practitioners learn to dissolve the blocks that obstruct the experience of greater conscious awareness and fulfillment. As spiritual teacher and director of the Nityananda Institute, Swami Chetanananda holds a lineage descended from the great Indian spiritual master, Bhagavan Nityananda of Ganeshpuri, and Swami Rudrananda (Rudi), one of the first Americans to bring eastern spirituality to America. **[www.nityanandainstitute.org](http://www.nityanandainstitute.org)**