

# TRIKA YOGA RETREAT

June 25-29, 2008 • Near Copenhagen, Denmark

- 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



**Per O. Johansen, Ed.D.,  
Trika Yoga Meditation Teacher**

Per 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 (Swamiji). He has established and leads the Nityananda Institute Norway center in Oslo,

with an affiliate group in Copenhagen. He is also initiated into various Tibetan Vajrayana practices by Lama Wangdu Rinpoche and Swamiji.



**Howard Boster, Trika Yoga  
Meditation Teacher from America**

Howard is the Director of Nityananda Institute in Portland, Oregon USA. He has been practicing and teaching Trika Yoga Meditation with Swami Chetanananda (Swamiji) for 35 years. He has also studied the Tibetan Vajrayana tradition known as

The Pacification of Suffering, a powerful healing practice, with both Lama Wangdu Rinpoche of Kathmandu Nepal, and Swamiji.



## ***Sankt Helene***

*Barely an hour's drive from Copenhagen, in the beautiful green setting of North Zealand, the retreat complex of Sankt Helene in Tisvildeleje is the perfect place for anyone looking for lovely surroundings.*

Fee: 510 euros, DKR 3.800,  
including lodging and food.  
For information and registration  
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Arranged by Nityananda Institute Norway  
[www.ninorway.org](http://www.ninorway.org)

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## **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)

