

# June 25-29, 2008

Focus on Breath, Chakras, Flow and Presence
Energy Transmission through Eyes, Words and Touch



# 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.

- Dissolve Limiting Mental and Emotional Patterns
- Experience the Joy of the Self

Near Copenhagen, Denmark



## 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 contact Lene Valskov Tlf: + 45 30 93 18 28 Iv@flsmitht.com or Per 0. Johansen Tlf: + 47 92 05 45 01 perji@online.no

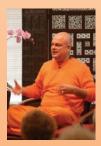
# Arranged by Nityananda Institute Norway www.ninorway.org

Place: Sankt Helene Bygmarken 30, DK-3220 Tisvildeleje Tel.: +45 48 70 98 50 info@helene.dk • www.helene.dk

## **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 medita-



tion, 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