



Dechmont seminars 2020-21

with Sn. Bijam

Exploring Sadhana as part of a Yoga lifestyle

The next “Zoom Dechmont” online seminar will be on **Saturday 12th December 2020**

Dates in 2021: Saturdays January 9, February 20, March 27

Inspired by an online programme on Yogic Lifestyle from the Bihar School of Yoga and a book:

Breath by James Nestor.

BYIB (bring your inspiring book) to add to the discussion

Coming together in virtual reality for satsang¹, simple, subtle asana, pranayama, yoga nidra and meditation. The programme is suitable for anyone who has some experience of yoga and wishes to continue their journey of self-exploration. Even if you haven't been to a Dechmont seminar in real life, come along and you'll be made welcome.

Venue: Zoom – link will be sent round a few days before

Time 10 am – 1 pm (Zoom break 11.30 – 11.50)

Cost £15 per session or £50 if all four booked. Payment by BACS or cheque

To book – Phone /text to 07966 573804 or email Bijam on jennic878@gmail.com

Satsang – gatherings in which the ideals and principles of truth are discussed. Perhaps cheekily, yoga chat.

Sadhana – practice(s) done regularly for an extended period of time, with a firm conviction that one will be able to do it well and derive benefits from it.