



Hymns: Himalayan Yoga Meditation Netherlands Society  
Hymn: Himalayan Yoga Meditation Institute Netherlands

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# Weekend Workshop

7 - 9 February 2020

with

## Swami Tat Sat Bharati

**Enjoy Yoga on a deeper level**

Immerse yourself in the Spirit of the Lineage of  
The Himalayan Yoga Meditation Tradition

**THEME**

**THEME: *Mantra Science in  
Combination with MUDRA  
and Mantra chanting in group***

A mantra is a sound, a syllable, or a set of sounds. It is known not by its meaning, but by its vibrations. It provides a focus for the mind and helps one become aware of his or her internal states.

It is a way to understand one's self and to coordinate one's external and internal words.

The mantra is a friend that helps the mind become one pointed and slowly leads the

student to a deep state of silence, to the Center of Consciousness within."  
Swami Rama of the Himalayas (derived from: Mantra what & why by Swami Veda Bharati)

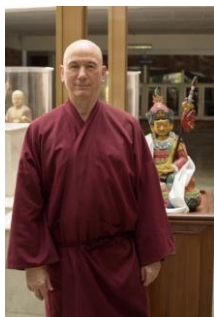
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## Location

### Monastery The Beukenhof at Biezenmortel in Holland (N Br)

Easy to reach / international connections  
Eindhoven Airport at 20 minutes' distance + cheap flights  
Amsterdam Airport at 1,5 hour's distance

## Pofiles of the teachers



**Swami Tat Sat Bharati** (formerly Ingo Beardi) is a direct student of Swami Rama and Swami Veda Bharati. He was initiated into the Himalayan Tradition by Swami Rama in 1987 and received his ordination as a Swami by Swami Veda in 2005 as well as his initiation to become an initiator himself. He lives in Berlin, Germany and is the founder and

director of the *Institut für Yoga & Aikido*.

Swami Tat Sat connects seamlessly the philosophy of Yoga with Aikido, a form of martial arts which represents a unique synthesis of Samurai and the Shinto Shingon Buddhism. Next to a 7<sup>th</sup> Dan master of Aikido he is a highly developed meditator and yoga practitioner/philosopher. On this basis Swami Tat Sat has a profound understanding of the path of Samadhi as it is described in the Yoga Sutras of Patanjali. He is able to explain its subtle messages so that we can apply them to our daily struggles with our surrounding and within ourselves. He builds the philosophical bridges to Buddhist knowledge and Kashmiri Shaivism about living, dying and reincarnation and is able to transmit his extraordinary mental clarity in the process of meditation.



**Uta Bisseswar** began practising meditation and yoga in her teenage-years. She came then in contact with Swami Rama and Pt. Usharbudh Arya (Swami Veda Bharati) and joined their seminars in Germany. After high school Uta volunteered for 15 months in a refugee camp in Texas. During that time she visited also the ashram of Swami Rama in Honesdale, Pennsylvania and received his teachings. From 1992 till 1994 she joined the TTP (Teacher Training Programme) at the Himalayan Institute near Hamburg.

Uta has a master degree in political science and worked as a policy officer for the German government mainly engaging for the improvement of education of immigrant children. From 2005 till 2007 Uta followed the Gurukulam programme at SRSG in India under the guidance of Swami Veda. Currently she lives with her husband and their children in The Hague. She teaches yoga in her own studio as well as for the Himalayan TTP in the Netherlands and for the ayurvedic institute EISRA.

## **Workshop Schedule**

(with reservation!)

**DAILY SCHEDULE seminar guided by Swami Tat Sat & Uta Bisseswar**

### **Friday February 7, 2020**

11.00-12.30:	Arrival
13.00-15.00:	Lunch, pause, rest, walking
15.00-17.15:	Session 1
17.30 -18.30:	Session 2
18.30-20.00:	Supper; rest; walking
20.00-21.00:	Session 3
21.00-21.30:	Meditation
Rest	

### **Saturday February 8, 2020**

06.00-08.00:	Hatha session by Uta Bisseswar
08.00-09.30:	Breakfast, rest, walking
09.30-11.00:	Session 4
Short brake	
11.15 -12.30:	Session 5
13.00-16.00:	Lunch, pause, rest, walking
16.00-17.15:	Session 6
17.30-18.30:	Session 7
18.30-20.00:	Supper; rest; walking
20.00-21.00:	Session 8

21.00-21.30: Meditation  
Rest

### **Sunday February 9, 2020**

06.00-08.00: Hatha session by Uta  
08.00-09.30: Breakfast, rest, walking  
09.30-10.30: Session 9

10.30-11.00: Meditation  
11.30-12.30: Closing session  
13.00 : Lunch, departure

**The planning can be subject to change. More details will be available around a week before the retreat and also during the programme.**

## **Participation Options & Fees**

**FULL PARTICIPATION : Fryday-Sunday, 7-9 February 2020**  
(2 days/2 night + all meals)

**Option 1** : Double room (shared) € 235.

**Option 2** : Single room (supplement € 45) € 280.

### **REGISTRATION**

1. **Fill in the registration form on [www.yogadocent.com](http://www.yogadocent.com)**  
Click on Contact→ **Inschrijfformulier** and tick your participation option.  
**Mention possible Extra Choices in the box 'Vragen en/of wensen'.**
2. **If you wish to share a room with someone you know, please give his/her name.**
3. **Registration is definite when the participation fee has been transferred to the account. Also see 'Manner of Payment' below.**

### **MANNER OF PAYMENT**

First payment of € 50 on registration.

The remaining amount before 1<sup>st</sup> January 2020.

**The closing date for payment is 1 January 2020.**

**Charge for cancellations** before 1 January 2020: € 50,00  
for **cancellations** after 1 January 2020: € 80,00

for cancellations after 15 January 2020: € 180,00

Payment via ING Bank, Amsterdam.

Account name: Stichting HYMNS.

Account no. NL32 INGB 0007 0385 40

**Reference: Workshop Swami Tat Sat February 2020**

**All further information:**

Kries Mannie Sing (0031) (0)20-6649442 or [info@rajayogales.nl](mailto:info@rajayogales.nl)

Stichting Himalaya Yoga Nederland (0031) (0)344-619589

or [infotiel@himalaya-yoga.nl](mailto:infotiel@himalaya-yoga.nl)