



## An external and internal adventure

Last summer I went to Los Cabos on the coast of the Pacific Ocean in Mexico for a month's intensive teacher's training course in Naam-Yoga. We rose at 5 am to meditate for two hours on the beach before breakfast followed by lectures until sunset. The inward travel had begun.

Naam-yoga is a unique blend of wisdom from the East (yoga) and West (kabbalah). By singing mantras (ancient prayers in sacred languages) while doing mudras (hand gestures) the brain gets a massage from both the vibrations and the coordination. Naam-yoga is yoga for the brain!

Finally, the breathing exercises help us to take control over our mind and if you control your breath you control life itself. With breathing you can take charge over the mind and thereby the emotions, the nervous system, the hormones that are released and finally the chemistry of the blood. All these components: yoga movements, mantras, mudras and breathing exercises have an enormously, powerful healing effect.

By eliminating physical, emotional and mental blockages our own life force starts to flow and we are being healed from within.

Welcome to try it out; Thursdays 6–7 pm. First session is free! :)

Love-Peace-Light  
Lotta

PS. This is a translation of an article by me published in the "Svenska Magasinet" in October 2013.