

UNIVERSAL YOGA®

Internal Practices

FEBRUARY

18 - 27, 2023

8am - 7pm

EAU CLAIRE, WI

Catalog & Details:

Scan Me! 



Early Bird Deadline

Dec. 31, 2022



PRAJNA

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ANDREY LAPPA

“Yoga is unification, balance, and control.” This is the essence of what Andrey Lappa, a Ukrainian Yoga Master and a self-realized Vajrayana Buddhist, has explained yoga to be. A world-renowned teacher, who’s life’s work has been to study and teach yoga philosophy and techniques, Andrey has spent most of his life in India and Nepal training with well-known teachers and also remote Himalayan yogis. Andrey is the founder of Universal Yoga®, keeper of Shiva Nata™ (Dance of Shiva). He created the practices of Conscious Awakening™ and Mandala Asana Vinyasa™.

In this program Andrey will guide participants through the sacred **Universal Yoga® Internal Practices** including techniques which link together Mantras, Yantras, and Tantras. The work includes Chakras, energies of Kundalini Awakening, and Ecstatic Tantric Samadhi. Based on the spiritual progress from Internal Practices, people can learn to maintain stability while in a balanced consciousness state. Then through this state learn to overcome any kleshas (roots of suffering), in accordance with the main goal of yoga — **happiness**.