

Tantra Jaar Training 2018-2019 Week 2 - Dag Volgorde

| | Ma | Di | Wo | Do | Vr | Za | Zo |
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| | 12-nov | 13-nov | 14-nov | 15-nov | 16-nov | 17-nov | 18-nov |
| 7:00-8:30 Ochtend -Actieve Meditatie -9:00-11:00 Ontbijt | | -Dans -Dynamic | -Dans -Sufi Richtingen | -Dans -Mandala | -Dans -Nadabrahma | -Dans -Hart Chakra | -Dans -Gourishankar |
| s Middags van ca 12:30-16:00 | | -Dans -Sufi Ademen -Micro Cosmic Orbit -Hart Lotus | -Dans -Sharing -Ucchara Opbouw Stap voor Stap -Hart Lotus -Ucchara Compleet | -Boswandeling -Sharing Space -Vajroli (Thunderbolt) Mudra -Thunderbolt Asana | -Dans -Rishi Isometrics by DevaKali -Aswini Mudra | -Henri Presentatie -Dans -Ucchara (stille) AUM Pranayam +Moola Bandha +Uddiyana Bandha | -Schoonmaken -Dans -Hart-Lotus -Sharing -Maaltijd -Hug - Afscheid |
| s Avonds van ca 19:30-21:45 | -Dans -Hart-Seks&PC -Pauze -Kin-Hin -Hartengroet | -Video Dokter Osho Dynamic -Video Kajuraho | -Dans -Nadi Shodana by DevaKali | -Dans -3de Oog | -Lange Discourse -Dans -Sharing | -Dans -Balanceren 3de Oog | |
| Mantra van ca 21:30-22:00 | | -Geen Mantra | -Vajra Guru | -Adi Shakti | Ardas Bahee | -Gobinday Mukunday | |
| | Coming alive | | Krishnananda & Amana | | Meditaties: | http://www.wajid.nl/ | |
| | This Is The Day | | Jaya Lakshmi | | Dans: | https://www.nataraj.info/ | |
| | Heart Mantras | | Sirgun Kaur & Sat Darshan Singh | | Dans Eindhoven: | http://www.eindhovendanst.nl/ | |
| Didgeridoo | Red Rhythm Dragon | | James Asher | | Mantra-HKrishna | https://naamhat.blogspot.nl/ | |
| Didgeridoo | Vuur - Nungabunda | | Ganga Giri | | | | |
| Wahe Guru - Sneller | Rakhay Rakhanhaar | | Jaya Lakshmi and Ananda | | | | |
| Sufi | Meditation of the Directions | | Jabrane Mohamed Sebnat | | | | |
| Diverse Dans Mantras | | | Ananda Yogiji & Jaya Lakshmi | | | | |
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