

EY Focus – Shiva Dhyan Yoga Meditation: with the Himalayan Master Shiva Guruji Aruneshvar and co-teacher Shivani Himalaya (Katrin Suter)



30 November 2018, 7am

EY Global Mobility Conference, Intercontinental Berlin

Explore the benefits that an inner sense of wellbeing brings and join the Himalayan Master Shiva Guruji for a centering yoga and meditation session before the conference day begins.

The experience is a holistic, universal learning to bring greater awareness of who you are with your breath, heart, body, soul and the mind. The impact is multidimensional and transformative on physical, mental and emotional levels. Negativity disappears and gives way to inner peace, joy, relaxation and enhanced productivity and concentration.

The class will commence at 7am on Friday 30 November, please register your spot with the Himalayan Master in advance.

Himalayan Master Shiva Guruji Aruneshvar is the founding father of Shiva Dhyan Yoga. Trained by 21 Himalayan Masters since childhood, Shiva Guruji shares the art, culture, philosophy and mediation heritage of Himalaya during this yoga meditation session.

S = Synergy

H = Harmony

I = Integrity

V = Vibration

A = Awakening

www.gurujiaruneshvar.com

www.spiritualismshivaguruji.com

www.shivadhyanyoga.fr

