

**MAHAMUDRA  
MEDITATION RETREAT  
JUNE/JULY/AUGUST 2014  
LYFJABERGT SWEDEN**



**Mahamudra, the highest yoga tantra path. Unifying your Tantric visualizations in everyday life, with love, joy and clarity.**

**The bases of Samatha and Vipassana create the possibility to enter into the great mystery of Meditative Tantra that often has been misinterpreted in our culture.**



**In this retreat in Sweden it'll be explained, practiced and developed so that you can bring it into your everyday life, the possibility of a continuous development of spirituality, that is called liberation through the pleasure of the way and sharing.**



Place of celebration;  
Lyfjabergt Holistic Center.  
Bergsjö Sweden

Date; June/July/August 2014.

You are welcome to participate  
from fifteen days  
(Minimum period of participation),  
Up to the three months the full extension  
of the retreat.



More information [www.lyfjabergt.com](http://www.lyfjabergt.com) or write to [laastrup@yahoo.com](mailto:laastrup@yahoo.com) or  
[lennart@lyfjabergt.com](mailto:lennart@lyfjabergt.com)

