



**LYFJABERG**  
**COMPASSION, CONSCIOUSNESS AND**  
**FREEDOM**  
 Holistic Center in Bergsjö Sweden

"Lyfjabergt", means Mountain of Healing in Nordic tradition. We currently have a large room for meditation, located on the banks of a creek, continually getting the Chi that the waterfall produces which helps vitalize the practices of meditation, contemplation, Chikung and other martial arts.

There are many ample places to stroll and plenty of forest where to meditate or simply enjoy the beautiful Swedish forest.

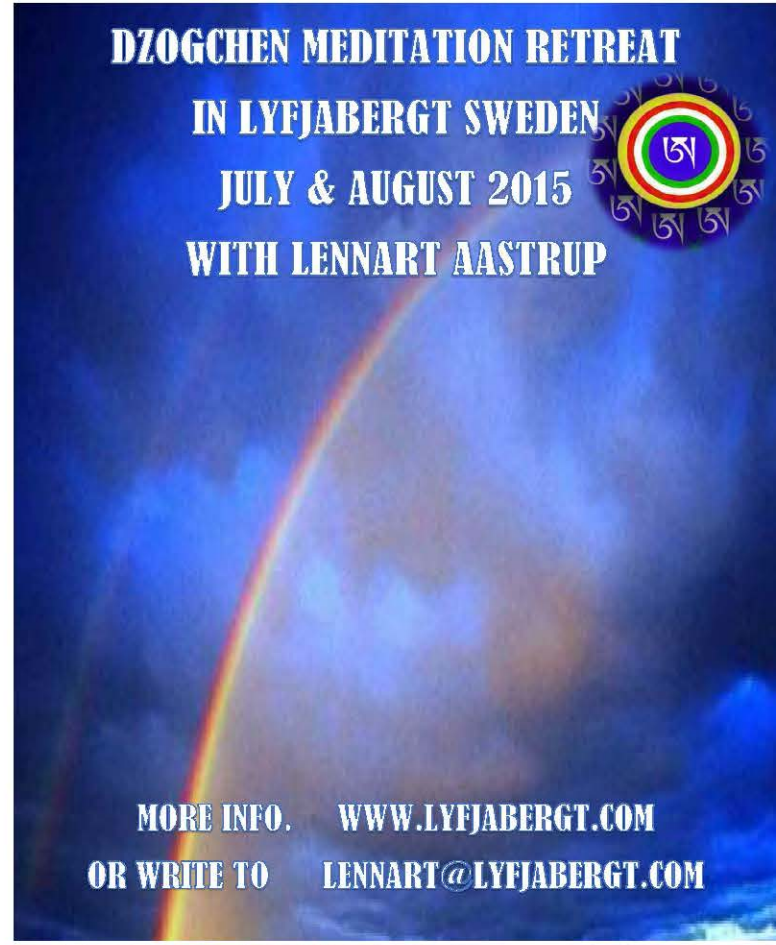
Lyfjabergt also have a specific place for Dark Retreat and a place for ozone therapy, sauna and massages.

Lyfjabergt is a retreat place where the spiritual purposes are based in high values like compassion, health, unity and self-improving for self-realization.

A place welcoming all of those who want to temporally or permanently live a healthy lifestyle; exercise, breathing, adequate diet and meditation.

[www.lyfjabergt.com](http://www.lyfjabergt.com)

**DZOGCHEN MEDITATION RETREAT**  
**IN LYFJABERG SWEDEN**  
**JULY & AUGUST 2015**  
**WITH LENNART AASTRUP**



**MORE INFO. [WWW.LYFJABERG.COM](http://WWW.LYFJABERG.COM)**  
**OR WRITE TO [LENNART@LYFJABERG.COM](mailto:LENNART@LYFJABERG.COM)**



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