

# SOUL YOGA

## A complete workshop of Body, Mind & Soul

**Day 1: Saturday, 20 April, 11 AM – 1.30 PM**

**Day 2: Sunday, 21 April, 11 AM- 1.30 PM**

**Trainers: Dr. Deepak Mittal &  
Sandra Van Donkersgoed**

**Venue: Studio 148, Theresienstrasse 148, München.**

**Fee: € 25,- in total for both days. You also will receive a nice warm cup of tea and some delights afterwards.**

**Register at: [www.spiritandsports.com/tarieven/](http://www.spiritandsports.com/tarieven/)**

In this 2 day life altering Soul Yoga workshop, we will take you through a journey which will help you learn the knowledge about different chakra activation, meditation and ashtanga yoga.

*This workshop will benefit you to attain internal happiness, peace & ultimate bliss. It will boost your energy level to the fullest. You will learn the third eye meditation technique which will help you improve your concentration and make you a happy person.*

The workshop constitutes of theoretical knowledge and practical techniques of meditation.

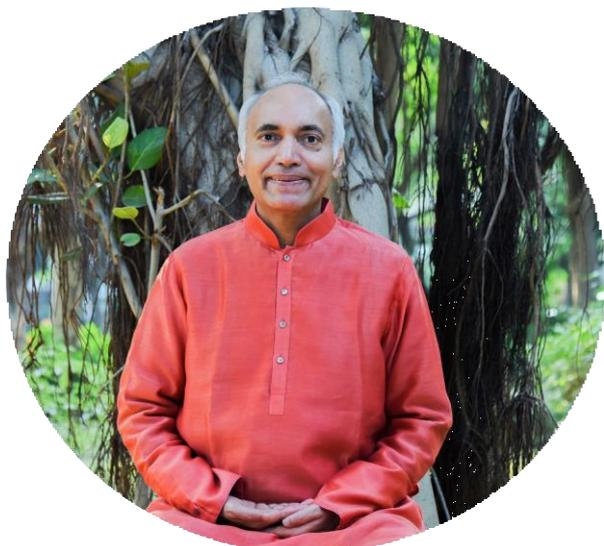
**20 April 2019 – Yoga Asanas, Knowledge sharing, Instructed Meditation & Power of Chakra:**

We will start with Yoga Asanas, awareness regarding the importance of meditation, how to use meditation to attain the super-conscious state of mind, followed by instructed meditation technique, celebrating divine love through an Indian dance form & knowledge sharing on power of chakra.

**21 April March 2019 – Yoga Asanas, Instructed Meditation & Ashtanga Yoga:**

We will start with Yoga Asanas. The sessions will be focused on meditation, in which you will learn to meditate on your own without any external guidance and experience deep meditation, followed by celebrating divine love through an Indian dance form, knowledge sharing on Samadhi & Ashtanga Yoga.

## About the teachers



**Dr. Deepak Mittal**

### Founder of Soul Yoga

Dr. Deepak Mittal is an Indian business tycoon, investor, philanthropist and visionary. He is the Managing Director of Sonalika Group of Companies.

He has attained his spiritual knowledge from the leading spiritual gurus of India. With years of experience of meditation, he has embarked on this spiritual journey. By engaging on the divine path of spirituality, Dr. Mittal discovered his true self & higher aspects of life.

He truly believes that the most beautiful aspects of spiritualism is that, it can be experienced differently by everyone. With the aim of sharing his precious knowledge of self-realization to the world, Dr. Mittal has developed a unique life-altering meditation technique namely Soul Yoga that will empower you to attain the super conscious state of mind with internal happiness, peace & ultimate bliss.



**Sandra Van Donkersgoed**

### Physical Yoga Trainer

Sandra had an active lifestyle when yoga came on her path around 10 years ago. Yoga and meditation gave her relaxation, more clarity and a quiet mind – also her body felt so much lighter after the yoga class. Graduated as a lawyer, but not totally happy in this profession, she knew she wanted to help people – but still she was searching in which way. She also had different jobs at companies on the field of law, communication, sale, marketing and event organisation.

Her interest in people and movement were there already from an early age. Her mission is to help adults and children, through sports, yoga and exercise, to feel better: less pain, create more energy and more happiness. Movement and breathing is important, a healthy body is a healthy mind. When yoga came on her path she first practiced Kundalini yoga for a couple of years and after that also Poweryoga, Vinyasa/Ashtanga and Yin Yoga.

Slowly she went teaching people yoga and meditation and that became more and more. She teaches under the name of Spirit & Sports: helping people to create a good balance on different levels; physical, mental, emotional and spiritual. She loves to teach and take everybody on their journey! Namasté.