

# YOGA OF BEAUTY

24. - 25. 2. 2018, Brno, Czech Republic

INTENSIVE WORKSHOP OF ADHINATANANDA (NICOLAE CATRINA)  
AND JULIA KOLOZSVARI DEDICATED TO AWAKENING OF OUR GODLY  
ESSENCE THROUGH THE YOGA OF BEAUTY

Yoga of beauty is a spiritual journey which leads you to the discovery of beauty within you and in everything that surrounds you. It brings a rapid spiritual transformation, inner purification and a profound emotional healing.

Furthermore, for women, this workshop aims to help you discover your inner and outer beauty, to amplify it using very special techniques, to heal your emotional traumas related to the way that you perceive yourself and to give you the confidence that you can shape your life as you want to.

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*Is beauty a “hollow shell” that only concerns perfect mathematical proportions of a body or is it that specific energy that springs from the depths of your being? Beauty leads the one who is contemplating it in a tidal wave of mystery to that heart throb that spontaneously transfigures and ennobles everything.*

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## Discover your divine essence through beauty

- During this workshop dedicated to the yoga of beauty you will learn that yoga of beauty may be a wonderful spiritual journey towards your divine essence;
- You will learn the secret art of transfiguration as a key towards the essence of reality;
- You will be initiated in various special techniques which will lead to the divine revelation of perfection in your everyday life.

### Women:

- You will learn to identify emotional traumas that have been accumulated over time and that have to do with the way you perceive yourself and you will also learn how to heal yourself;
- You will learn to recognize that inner negative voice that sabotages you and most of the times makes you feel bad;
- You will meet your profound being that will gradually guide you to the essence of your inner beauty;
- You will learn very precious secrets on how to amplify your beauty; those around you will undoubtedly respond to it immediately.

### Men:

- You will be initiated in esoteric techniques for actively contemplating beauty which will lead you towards the depths of your divine essence (both individual and couple techniques);
- You will learn how to integrate the sublime fascination of feminine beauty as ways of amplifying and elevating the state of masculinity.

## How this workshop will enrich your being

Your everyday life will gradually become a celebration of beauty. You will enrich, purify and elevate your being. You will discover the divine fingerprints of perfection in everything that surrounds you.

## Women:

- Contrary, perhaps, to how you perceive yourself to be right now, you will feel incomparably more beautiful;
- You will get rid of the heavy burden of your thoughts and traumas that sabotages the way in which you feel and look, and instead you will choose to play, to be free in your manifestation as a woman;
- You will learn to love, to accept and to cherish yourself;
- You will overcome your blockages and inferiority complexes and you will feel much more at ease and trusting in your amorous relationships.

## Men:

- You will recognize in women the divine manifestation;
- You will amplify the state of masculinity;
- You will be able to help your beloved woman to become more beautiful;
- You will dive into your divine essence through the sweetness of beauty within yourself and in everything that surrounds you.

## About the lecturers

**Adinathananda** (Nicolae Catrina) is a yoga professor with more than 30 years of experience, under the spiritual guidance of Gregorian Bivolaru. He is the founder of the only Kashmir Shaivism course outside India, which was born almost 20 years ago and offers, in a unique way, adapted to the western mind frame, to thousands of students from Romania and other countries around the world, the richness and depth of this spiritual tradition.

His profound interest in various forms of authentic spirituality and his spiritual intuition helped him to create several other courses, among which Tantric Alchemy, Enneagram, Esoteric I Ching, so on. He also founded a unique system for revealing the Divine Self, Atman, based on a supramental yet very accessible approach, which helped and inspired thousands of students reach their spiritual essence.

He is the author of several books on Shaivism, Yoga, Tantra, spiritual art, etc. As a sanskritologist, he has done translations of important yogic and tantric texts, like Saundaryalahari, Shiva Samhita or Gheranda Samhita. For his Shaivism students, he offers the translation and the esoteric practical knowledge of many traditional texts, including Shiva Sutras, Spanda Karikas and Vijnana Bhairava Tantra.

**Julia Kolozsvari** is the president of Athens Atman Association, representative of Atman International Federation of Yoga and Meditation in Athens. She joined Atman Integral Yoga course 15 years ago in Cluj-Napoca, Romania. She is an Integral Yoga instructor and Tantra teacher. She owns Anima Animus Publishing House in Romania. She is a sexologist, author of several books, personal development trainer and the founder of SELF Personal Development Program. Her aim is to share all the knowledge she was blessed to receive, with the hope that her aspiration to reach self-realization and her devotion towards God will inspire others.

## Practical instructions

Where	Yoga Centrum Shambala, Košinova 75, Brno, Czech Republic
When	24th – 25th February 2018
How much	Early bird – <b>100 €</b> (registration latest 12. 2. 2018), Standard price – <b>115 €</b> , Door price – <b>140 €</b>
Contact	Aure Macháček, tel.: (+420) 728 48 44 76, email: <a href="mailto:aure@jogin.cz">aure@jogin.cz</a>

For those in need there will be the possibility to sleep right in the yoga centre. Bring your own sleeping bag. Shower and small kitchen is available. For the lunch and dinner we will go to some nearby restaurants.

Workshop will be in English with translation to Czech. For your registration and for detailed instructions about navigation to the place, accommodation and other details please email us on the contact above.



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