


SPORT

Yoga Retreat



DATES

 28.03.2025 – 30.03.2025

ADDRESS

 Luzernerstrasse 31
6353 Weggis
Switzerland

CONTACT

 [buy tickets](#)

Yoga Retreat

FLOWING INTO STILLNESS - WEEKEND IMMERSION - with Jason Milne & Dalia Lane

This retreat invites you to explore a variety of practices that go beyond the physical realm and into the subtle layers of your being to promote healing and deep relaxation, emotional balance and mental clarity. Participants will receive comprehensive training in the principles of Tantra Yoga, which directly addresses the subtle energies. In addition, you will be introduced to the techniques and benefits of Qigong and learn how these two practices complement each other harmoniously and lead to a transformative experience. The weekend will include practical sessions and lectures to gain deeper insights and a better understanding of the subsequent practice. Be part of this profound weekend and take your personal practice to a new level or find new inspiration for your own teaching. Jason and Dalia demystify and translate valuable traditional knowledge for your practice and daily life. The lessons will be held in English