

BHARATH YOGA IMMERSION WITH BHARATH SHETTY 4, 5 & 6 th of april 2026

Born in India, Bharath Shetty is a graduate of the India Institute Vivekananda Kendra and the Vedanta Center. Based in Mysore since 2005, he has dedicated his life to teaching yoga and training teachers. Bharath travels around the world to share his deep knowledge and authentic approach to yoga – and we are delighted to welcome him here in Belgium. Join us for a three-day immersion exploring both the physical and mental dimensions of yoga.

Kramatva

A structured and progressive practice open to all levels. Together, we will explore:

- How conscious breathing enhances your practice
- How alignment fosters endurance, stability, and flexibility
- How to develop concentration and strengthen the mind-body connection

Arogyam

Discover how yoga can support the management of chronic conditions, help reduce stress, and aid recovery from injury..

SCHEDULE

Saturday & sunday
10h-12h30 & 13h00-15h30
Monday 9h30-12h30

VENUE

École Communale de Ragnies
Place Communale à 6532 Ragnies

CONTRIBUTION

180 euros for 3 days
80 euros for one day
50 euros for half a day

If you need help finding a place to stay, feel free to contact us.

REGISTRATION

Please confirm your participation by transferring the fee to the Triodos account of ASBL Yoga India Thuin:
BE08 5230 8048 4413
Include your name, email address, and phone number in the payment reference.
(The payment acts as your registration)

Learn more about Bharath Shetty at www.bharatha.org

INFOS - yit.patsy@gmail.com - Tel : +32 479 91 10 48 - yogaindiathuin.be

