

## THE FIVE GREAT ELEMENTS BUCHAREST OCTOBER 6-8 2017

with world renowned spiritual teacher  
Swami Nityamuktanda Saraswati



Pure Balance Retreats is delighted to announce a  
**3 DAY WORKSHOP IN BUCHAREST**  
 IN COOPERATION WITH ASTHANGA ROMANIA

For registration please contact:  
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**VENUE - STR. TOAMNEI 118, SCARA 1, PARTER, AP. 1, INTERFON 101 C.**

### ABOUT SWAMI NITYAMUKTANADA SARASWATI

Swami Nityamuktanada Saraswati (Dr. Christa-Maria Hermann), German by birth, Naturalized British, lives in the very North of Italy. Although she originally studied Theology her university studies soon expanded to Education, Psychology, Philosophy and Art and Design (Ceramics). She studied many spiritual approaches to live including Taoism, Zen and Tibetan Buddhism and various indigenous spiritual paths). Deep involvement in Meditation and the practice of Sattipahana (mindfulness) finally led her to Yoga and Vedanta. She worked with several great spiritual Masters among them ZEN-Masters, great Siddhas, the Tibetan Lama and Tulku T.Y.S. Gangchen, the great Yogi Swami Maheshananda , H.H. Swami Anubhavananda (Supreme Acharya of Vedanta) and Mandaleshwara Swami Veda Bharati. In 1997 she made her Doctorate in Eco-philosophy on the Mahabhutas (Five Great Elements) and has since contributed world-wide in conferences and workshops especially in the two areas of "The Five Elements" and Yoga Philosophy in the widest sense. These include international workshops on various aspects of "Yoga philosophy" and meditation Retreats. In 1997 she was awarded a "World-Peace Prize" for contribution to World Peace (LGWPF/NGO of UN).

### SWAMIJI IS THE AUTHOR OF

- "Seeing Yoga – A contemplation of Patanjali's Yoga Sutras"
- "Tattva Samasa – Contemplations on the Essence of Sankhya"
- "Dewdrop in Tomorrow's Ocean"
- "Secrets of The Big Five Rediscovered"
- "The Five Great Elements Rediscovered"
- "Guru Gita"
- "Simply Meditation"
- "Renunciation. A contemplation of Samnyasa, then and now."
- "Simply Five Energy Fields"
- "Shree, A woman's journey to the centre"
- "Rediscovery of the Divine Feminine; a necessity for the 21st. Century"



For more information on Swami Nityamuktanada Saraswati  
[www.athayoga.info](http://www.athayoga.info)

#### FRI 6<sup>TH</sup> OCTOBER 2017

19:00 – 21:00 Introduction "The Five Elements" a universal concept.

#### SAT 7<sup>TH</sup> OCTOBER 2017

10:30 – 12:30 Meditation and 1st session (typology and test)  
 14:00 – 15:30 2nd session (balancing; physically, emotionally)  
 16:00 – 18:00 3rd session and meditation (esoteric anatomy (chakras, nadis...))

#### SUN 8<sup>TH</sup> OCTOBER 2017

10.00 – 12:00 Meditation and 4th session (spiritual path according to elements)  
 14:00 – 15:15 5th session (our responsibility/within and without)  
 15:45 – 17:00 Q & A and closing Meditation

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