



Dhyan Marg

Deepening awareness

At the end of the course, you will have the foundations of a daily meditation practice to bring peace, clarity, and inner balance into your life.

What You'll Learn:

- Breathing techniques
- Simple Focusing techniques
- Guided meditation
- Ability to calm your mind and meditate

When & Where:

Online via googlemeet
Nov 2 - Nov 27, 2025
7:00 AM CET



For Registration contact
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