

WORKSHOP IN ENGLISH & ESPAÑOL



DHYANA - MEDITATION

AN ESSENTIAL SUPPORT TO
PEACE & WELLBEING

WORKSHOP WITH BRIGITTE KHAN
YOGA AS TAUGHT BY SRI T. K. SRIBHASHYAM



07-08 June 2025



hathayogamalaga



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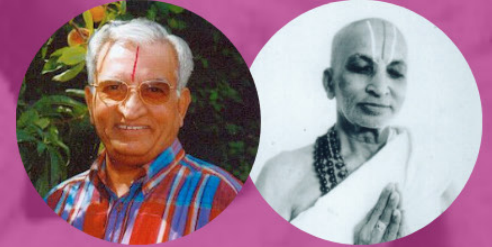
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Dhyana, that is meditation, is one of the eight limbs of Traditional Yoga Practice, according to the Yoga Sutra of Patanjali.

Meditation impacts our well being, mental equilibrium and spiritual development, far beyond the practice of Asana. Due to health limitations, not everyone might be able to practice Asana, but everyone can meditate. We will look into the concept of meditation - from a philosophical, psychological and practical angle.

Brigitte Khan has been studying Yoga and Indian Philosophy under the guidance of Sri T.K. Srihashyam for nearly 20 years. SRI T.K. SRIBHASHYAM, who left this world in 2017, studied Yoga and Ayurveda from a very young age with his Father and Master SRI T. KRISHNAMACHARYA.