

## PRACTICAL INFORMATION

### Lunch

Lunch available on site (vegetarian restaurant serving organic food: approx €15 per meal, not included in course fee)

### Accommodation

Accommodation not included (several simple, inexpensive hotels located near course venue – see list below)

### Hotels located near the course venue

#### ◆ Hôtel Mazagran

4, rue Mazagran – 75010 Paris  
Metro station: Bonne-Nouvelle  
Website : [www.hotel-mazagran.fr](http://www.hotel-mazagran.fr)

☎ 01 48 24 06 66

Tariff: €60 to €75\*

*A special reduced rate is available for anyone doing a course at Les Temps du Corps. Please ask the hotel for details at the time of booking.*

#### ◆ Hôtel des Boulevards

10, rue de la Ville-Neuve – 75010 Paris  
Metro station: Bonne-Nouvelle  
Website : [www.hoteldesboulevards.com](http://www.hoteldesboulevards.com)

☎ 01 42 36 02 29

Tariff: €55 to €68\*

\* *Tariff valid as at 1<sup>st</sup> February 2012.*



## PRACTICAL INFORMATION

### Venue

Chinese cultural centre 'Les Temps du Corps'  
10, rue de l'Échiquier – 75010 Paris  
Metro station: Bonne-Nouvelle (lines 8 & 9)  
Website : [www.tempsducorps.asso.fr](http://www.tempsducorps.asso.fr)

### Time schedule

Saturday: 9:30 am to 5:45 pm (reception opens 9 am)  
Sunday: 9:30 am to 4:30 pm

### Cost of the course (in Euros)

- ◆ €150
- ◆ + €10 compulsory annual membership fee

### Please remember to bring

- ✓ loose, comfortable clothing and socks
- ✓ blanket or cover
- ✓ pen and paper to take notes if you wish
- ✓ yoga mat and cushion if possible (*a certain number will be available in the yoga hall*)

### Contact information

- ◆ Yogini Ratna (enquiries in English): 06 14 26 39 21  
[yoginiratna@free.fr](mailto:yoginiratna@free.fr)
- ◆ Sangita Bindu: 06 68 26 42 30  
[nada\\_amrita\\_sangita@yahoo.fr](mailto:nada_amrita_sangita@yahoo.fr)



# Wisdom of the Heart

Weekend course given by

**Swami Nishchalananda Saraswati**



**Saturday 14<sup>th</sup> & Sunday 15<sup>th</sup> April 2012**

**in Paris (France)**

Organised by Association Nada Amrita  
[www.nada-amrita.org](http://www.nada-amrita.org)

## ABOUT SWAMI NISHCHALANANDA

Swami Nishchalananda Saraswati is the Founder and Director of Mandala Yoga Ashram in Wales. He spent 14 years in India with his Guru, Swami Satyananda Saraswati, from 1971 to 1985. During that time he spent 7 years teaching Yoga in villages and cities throughout India.

Since 1985 he has been teaching workshops and seminars on a wide range of yoga and meditation related subjects in the Ashram, all over Europe and in India: Hatha, Kriya, Kundalini, Dhyana, Mantra, Bhakti and Gyana Yoga.

Swami Nishchalananda is the author of several books on yoga, such as *Mantra Yoga and Ashram Chants* and *The Edge of Infinity*. The latest one, published in December 2011 and entitled *Insight into Reality: The Tantric Teachings of the 'Vigyana Bhairava Tantra'*, gives a practical presentation of one hundred and twelve means of transforming our vision of life and existence. Swami Nishchalananda is currently working on his next book, *The Chakras : Catalysts of Human Evolution and Destiny*, which will treat the chakras from all perspectives and is intended as a practical manual for the transformation of energy and the realisation of Consciousness.

### Mandala Yoga Ashram

Pantypistyll, Llansadwrn, Llandwrda  
Carmarthenshire SA19 8NR  
United Kingdom

☎ (00 44 0) 1558 685 358

email@mandalayoga.freeserve.co.uk

Website: www.mandalayoga.net

## ABOUT THE COURSE

This weekend course will introduce the spirit and practices of yogic meditation for awakening the joy and wisdom of the heart.

The practices are very simple, yet profound and radical. They heal the heart and transform negative emotions such as fear and resentment into friendliness and free flowing love. This transformation touches the fullness of the individual: body, mind, heart and spirit. Through these practices we not only live more fully, but we also relate to others in a more caring and loving way. This has positive repercussions on the whole planet.



Anahata, the heart cakra

Love and compassion are innate in each and everyone. They only need to be given the opportunity to express. In fact, Existence itself is deeply and tenderly intercon-

nected. Life is wisdom and clarity. It is only our life style that obscures these natural heart qualities: the make up of our personality, the need to protect ourselves and the need to impose ourselves in society. We forget our true nature and identify ourselves with separation, hurt and struggle.

The practices which we will cover over this weekend are a reminder. They will help us to reconnect with what we are and to gradually clean the dust that covers our inner, pristine, diamond-like and true nature.

Through these practices, the lotus flower within the heart unfolds. It grows, opens and blossoms, revealing peace and fulfilment.

The emphasis of this weekend course is on personal experience and inner silence.

*Teaching will be given in English,  
with French translation.*

*During his stay in Paris, Swami Nishchalananda will also give two satsangs and lead kirtans. (More information on the next page.)*

*If you need some for your students or your friends, you can download this leaflet and the booking form on our website: [www.nada-amrita.org](http://www.nada-amrita.org).*

## Nada Amrita

Association loi de 1901

[www.nada-amrita.org](http://www.nada-amrita.org)

Dear Yoga friends,

We have great pleasure in announcing the visit to Paris of **Swami Nishchalananda**, spiritual director of Mandala Yoga Ashram in Wales. He will give a weekend course on:

### Wisdom of the Heart

**Saturday 14 and Sunday 15 April 2012**

The course will be preceded and followed by:

- ◆ **Thursday 12 April, satsang** (questions & answers) at **Maison verte** – 8, rue des Rasselins, Paris 20<sup>e</sup>, metro station Porte-de-Montreuil
- ◆ **Friday 13 April, satsang** at **école Yoga & méditation Paris** – 90, bd Richard-Lenoir, Paris 11<sup>e</sup>, metro station Saint-Ambroise, Oberkampf or Parmentier
- ◆ **Monday 16 April, kirtans** (chants) at **Maison verte**

All starting at **7:30 pm** precisely (reception opens at **7 pm**)

**For the satsangs**, bring your questions on meditation, wisdom of the heart, and other related subjects

**Warning!** Due to limited space, registration is required.

You may register on your booking form for the weekend course or, if you don't attend the course, by e-mail or by phone :

[nada\\_amrita\\_sangita@yahoo.fr](mailto:nada_amrita_sangita@yahoo.fr)

**06 14 26 39 21** (Yogini Ratna) ◆ **06 68 26 42 30** (Sangita Bindu)

We hope that you will be able to join us for these events in the company of this exceptional teacher, who will share with us his profound knowledge of yoga.

Warmth and respect,

Nada Amrita

If you wish to attend the weekend course, please return the **booking form** opposite at : **Sarah Mazaltarim - Santosha – 19, rue d'Alésia – 75014 Paris**

with your **2 cheques** (in euros, drawn on a French bank), payable to **Nada Amrita**

Deposit is non-refundable (donation to Swami Nishchalananda).

Membership is compulsory for the insurance.

I wish to book a place on the weekend course **Wisdom of the Heart** given by Swami Nishchalananda Saraswati the 14<sup>th</sup> and 15<sup>th</sup> April 2012, in Paris

SURNAME, First name: .....

Yoga name (if applicable): .....

Address: .....

Tel. : ..... Email : .....

**I enclose a deposit:** 1 cheque, €50 (deposit) + 1 cheque, €10 (membership 2012)

**I enclose payment for the full amount of the course fee:** 1 cheque, €150 + 1 cheque, €10 (membership)

I will take **lunch** at the vegetarian restaurant on-site (not included in course fee): Saturday  Sunday

I will attend: the **Thursday satsang**  the **Friday satsang**  the **Monday kirtans**

Signature :

Cheques payable to Nada Amrita.