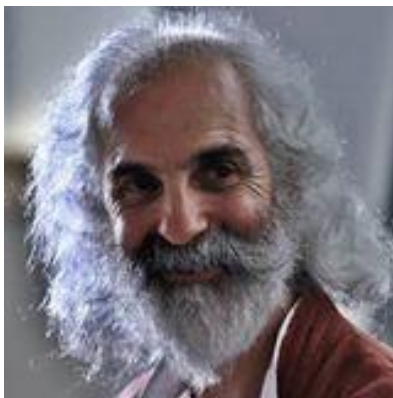


**What is intelligence? What is love?
Is there a goal to a human life?**

**LECTURE :
NIDRĀ YOGA - Yoga of very deep relaxation and tension free
concentration.**

**Thursday, 3rd November at 18:30 – 20:00
in Riga, Faculty of Humanities of the University of Latvia,
Visvalža iela 4a, room 202**



Lecturer: **André Riehl:**

<http://andreriehl.com/yogi-andre-ji/?lang=en>

The lecture is about yoga technique that can be learnt and used into our daily life, taking in account the extraordinary knowledge gathered in the scientific world.

During millennia yogis have experienced higher states of consciousness discovering the reasons and the natural laws standing behind our human life.

These discoveries took them to very subtle understandings of the intricacies of thoughts, emotions, perceptions and consciousness. Nidra yoga has been one of the kept hidden teachings, as it spread over centuries mainly in the ascetic world.

Today, these teachings have become available for every one, when a strong and clear motivation is there.

This part of the tradition will be presented that can be used into our contemporary life, taking in account the knowledge that we have today gathered in the scientific world. The lecturer has also recently been involved in the research project „Nidra Yoga, Health and Neuroscience”.

Entrance – free.

To reserve a place, please contact:

by e-mail indiancentre@lu.lv,

or phone: 29465455