



May 5-8, 2016

Location: tba, near Montreux,  
Switzerland

4 -day rejuvenation seminar  
(In English)



Learn to re-program yourself towards youth!  
Aging is no longer unavoidable. You age only if you set your mind towards it – and of course, that is within your control.

Change your thinking, reprogram your brain, reset your cell activity and do what quantum physics and ancient knowledge offers to those with an open mind: To be one of the self empowered, responsible people, consciously directing their own lives, living mind over matter!

In this seminar you will spend four days immersed in a timeless atmosphere while learning how to eat your way towards health and youth and learning a variety of simple, effective rejuvenation techniques.

You will learn how to program your food and drinks to be better absorbed by your organism.

You will learn about essential dietary supplements and what simple and highly efficient DIY cures you can do at home.

You will learn which movement and meditation techniques can be seamlessly integrated in your daily routine.

You will learn how to live a joyful, disciplined life and how to accept and absorb the vastness of your potential and beauty.

So how does a seminar day look?

- Getting up early and collecting herbs together
- Group Meditation
- Intensive re-programming
- Lunch
- One hour at your leisure
- Group meditation
- Teaching unit of knowledge transfer
- Programmation
- Group yoga
- Dinner
- Surprise!

This offer is extremely limited, I will share my knowledge and experiences in this course with only five participants who have already learned the Citta Mudra.

[www.nadjagydat.ch](http://www.nadjagydat.ch)



**Time:**

**May 25th–May 28th 2017**

**Price:**

2,500 CHF

Full vegetarian ayurveda rich meals, a goodie bag and a spectacular view over Lake Geneva all inclusive.

**Location:**

tba – near Montreux · Switzerland

**Reservations:**

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[www.nadjagydat.ch](http://www.nadjagydat.ch)