



OM WITH Jerome  
20-HOUR YOGA TRAINING  
JUNE 6-8  
BARCELONA

Join us for three full fun and informative yoga days in the magical city of Barcelona. This training will get going right away, with strong practices and meditations, chanting, psychic development, yoga philosophy, inversions, posture breakdowns, and more.

Learn how to move through yoga asana sequences and pranayama in the Dharma Yoga lineage and to explore fun variations.

Yoga is fun! This training is to inspire you to inspire others. This state of rapture during the practice is what it is all about. We will embrace the joys of the practice in a structured way, and then share that feeling, and teachings with others.

Location: The Yoga Club, Francisco Giner 14, Gracia-Barcelona

Investment: Earlybird 350 euros until May 4/ 400 euros after May 4

Payable by bank transfer, PayPal, or Bizum.

Contact Jerome on Whatsapp details: +34 657 05 6217

Or a message via Omjerome.com

*Refunds are not available. Only vouchers.*

Thanks for your interest!

Practice, persistence, and patience.

OM

Jerome

*Jerome Burdi is an 800-hour certified Dharma Yoga teacher from New York City. He practiced with Sri Dharma Mittra for nearly seven years while living in New York, and taught at the Dharma Yoga Center for 3.5 years. Jerome now lives in Barcelona and teaches master and all levels workshops and trainings in yoga schools around the world. His website is Omjerome.com.*

OWJ 20 hour

Yoga Training

**Friday**

10-14h

Pranayama, bhakti, asana, deep relaxation

14-15,30

Lunch

15:30-18h

Bhakti/inversion clinic

**Saturday**

10-14h

Puja fire ceremony, bhakti, asana, deep relaxation

14-15,30

Lunch

*15:30-18h*  
Bhakti/partner yoga

**Sunday**

*10h-14h*

Psychic Development, Maha Shakti Yoga Class

*14-15,30h*

Lunch

*15,30-18h*

Maha Sadhana full yoga practice