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yoga

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Have you ever wondered what Yoga is really all about? Would you like to try it but need it presented in a rational, scientific way that encompasses your lifestyle in the 21st century? If so, join us by the seaside on an exotic tropical island to discover the depth and mysticism of Tantric Yoga and spirituality.

We teach: a holistic system including asanas, meditation, chakras, diet, purification techniques, Kundalini Yoga, esoteric knowledge, and deep relaxation

- daily drop-in and certificate courses available
- intensive immersion workshops, retreats, and 500-hour Teacher Training Course
- beginners and advanced welcome
- courses by Swami Vivekananda Saraswati, previously teaching in Rishikesh, India
- **first day free!**

Where: Ananda Yoga Resort,
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