



# TANTRA

# yoga

enter the paradise of spiritual adventure

Have you ever wondered what yoga is really all about? Maybe you would like to try yoga but need it presented in a way that is rational, scientific and encompasses your lifestyle in the 21st century? Then join us in the exotic setting of a tropical island as you discover the mysticism of tantric yoga and spirituality.

**we teach:** a holistic system including hatha yoga, meditation, chakras, diet, purification techniques, kundalini yoga, esoteric knowledge and deep relaxation

- daily drop-in and certificate courses available
- in-depth daily course papers provided
- intensive workshops, retreats and teacher training
- all levels welcome
- courses by Swami Vivekananda Saraswati
- **first day free!**

**teachings:**

Ananda Resort, Ao Hin Kong,  
Koh Phangan, THAILAND

**headquarters:**

Bovy Resort, Haad Chao Phao,  
Koh Phangan, THAILAND

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