



tibetan yoga



Originally developed from Indian Yoga and exported across the Himalayas to the snowy kingdom of Tibet, Tibetan Yoga has assumed its own path and characteristics through the centuries. Its foremost feature is that it evolved from a synthesis with the Buddhist religion, rather than an integration with Hindu culture as in India, and therefore it became a Buddhist Yoga with all the philosophical and metaphysical implications drawn into the system to make it complete.



Secondly, it has been adapted to the psychological and ethnic characteristics of the Tibetans themselves and according to the dominant chakras specific to the soul of this nation, primarily manipura and ajna chakras. Also, due to the specific geographic and climatic conditions, Tibetan yogis have renounced leisurely stretching and soft practices from traditional Indian Yoga and they have focused on rough practices, sudden practices, intense breathing, and – at the other end of the spectrum – on still meditation and long-term retreats.

rare traditions that will be included theoretically and practically, we refer to the legendary inner heat (Tumo), transfer of consciousness (Pho-wa), Maha Mudra (the Tibetan Zen), and the Tantric deity meditations, among others. This will be an exceptional workshop experience, revealing the highest spiritual core of Tibetan practice.

The Tibetan Yoga Workshop will be held at Agama Yoga School, Bovy Resort, Haad Chao Phao, Koh Phangan, Thailand.

Dates: 12-16 May, 2008

Price: 150 EUR/7000 THB

Teachings by
Swami Vivekananda Saraswati

Contact us at +66 (0) 892 330 217 or info@agamayoga.com with further questions or to reserve your space!

Don't miss this exceptional opportunity!

As a result of his living contact with lamas and gurus from the Kargyutpa tradition, Swami Vivekananda has the ability to synchronize and practice in teaching parallel the main trends of Yoga, both the Indian and Tibetan lines, and for the first time in the history of Agama, has decided to give a general outline together with relevant practical initiations into the 10 main directions and traditions of Tibetan Yoga practice. Among the

