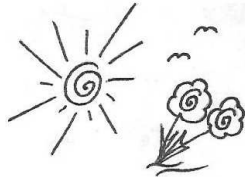




Anim'Artz

Pierre & Vacances



Armonía



Vitalidad



Energía



Compartir



Serenidad

Centro Alba www.centro-alba.com



Workshop yoga

"Mantra ~ Tantra ~ Ayurveda"

(the mother of all therapies)

Sunday 19th of may
10h - 11h30

I the Hotel Altea Hills
Space 'Salux Hills'

03590 Altea (N-332)
. Alicante



Join individually or as a couple: 10 €

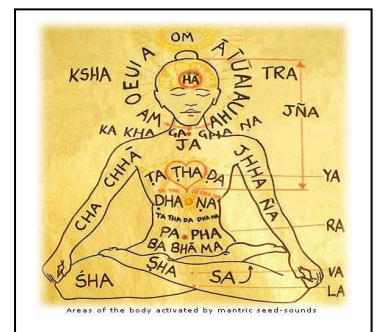
This workshop is aimed at adults who are willing and wish to learn and to explore "self management of health".

Please bring
: Mattress for yoga, comfortable clothes, a notebook and pen

Introduced by:

Chaitanya S. das (Chai)

Chaitanya S. Das is a certify ayurvedic practitioner and councillor, he has explored the knowledge of ayurveda, jyotish and Bhakty Yoga, consistently since 1975 : Applying successfully his life experience in his semminars, retreats and consultations. He works with a Team of experts in various branches of ayurveda, yoga and allopathic medicine.



For further information & Inscriptions:
alfauno3@hotmail.com or sms: 630 677507

Workshop Yoga

"Mantra ~ Tantra ~ Ayurveda"

(the mother of all therapies)

We will cover the following topics :

BENEFIT OF THE WORKSHOP

Yoga and Ayurveda are probably the most popular alternative therapies available in India. Over the years, the two sciences have become extremely popular. *Yoga & Ayurveda* when used in combination are extremely beneficial to health and overall well being..

CONTENT

This workshop is in itself complete, you won't find one like it anywhere else, a unique combination of theory and practice it will be presented to you from a self-realized soul .

- We will use simple yet powerful breathing techniques and pranayama practices.
- We will chant classic mantras which have been proved over millenium to be effective and remain powerful untouch by the influence of time.
- This workshop is ideal for those who are searching how to integrate all this sciences in a coherent manner.
- Our techniques are easy to perform and you can bring them back home for your continuous practice.
- Each participant is individually evaluated and guided.

With your participation, part of the collected funds you will support local social projects

TIMING

- **10:00 a 11:00: Personalised Health review**
- **11:00 a 11:30: Workshop yoga, mantra & meditation**

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