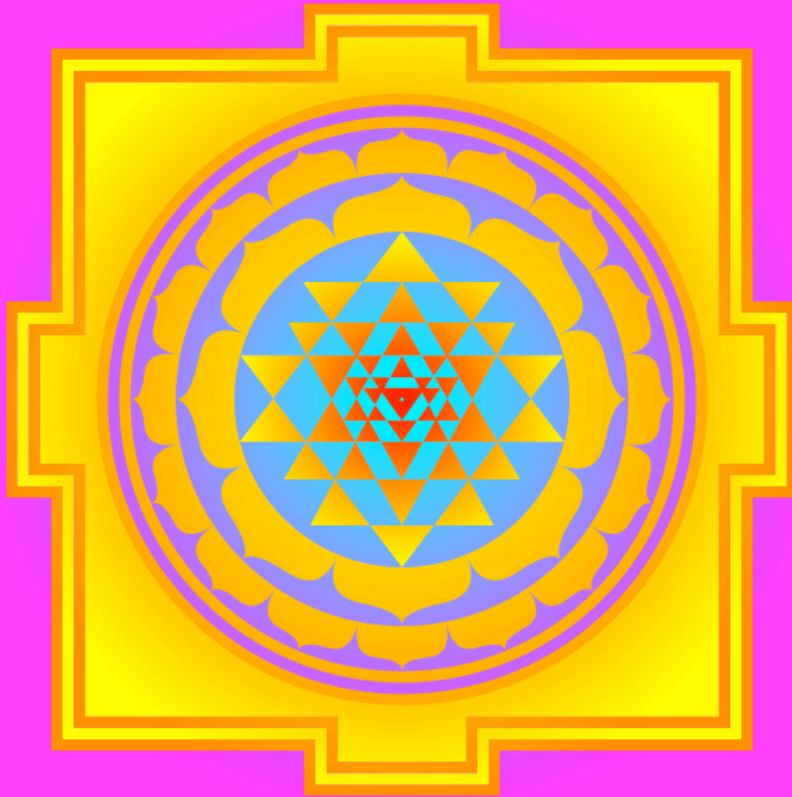


FREEDOM SPIRIT

# TANTRA & HATHA YOGA

*a philosophical weekend with CARLOS POMEDA*



REGISTER TO RESERVE  
YOUR PLACE

May 12 & 13

Saturday 12th 9-12:00  
& 13:30-16:30

## Tantra & Kashmir Shaivism

In this seminar we will explore Tantra and what is perhaps its most refined formulation, Kashmir Shaivism, from a perspective that is both inspirational and entirely applicable to our daily lives. We will dispel the most common misunderstandings about what Tantra is and is not, investigating its roots and its development, and uncovering the answers it provides to the most fundamental questions of existence, as well as the practices it developed to expand human consciousness.

Sunday 13th 9-12:00 &  
13:30-16:30

## Hatha Yoga Traditions and more

Building up on the knowledge of the Tantric traditions, the paths of kundalini yoga and hatha yoga present a radical approach in which the body is not an obstacle to spiritual life, but rather the very vehicle to enhance our consciousness and develop a sense of connectedness with our world and ourselves, at the deepest possible levels. This seminar will offer a fascinating tour of the hidden "anatomy" charted by the Tantric masters and will also present several powerful exercises to enhance our daily practice.

Registration Info.

Full workshop chf. 225 or chf. 65  
per session

YogaSeefeld Feilengasse 5, Zurich

Jeff Fisher: +41 79 425 7032

Email: yogijeff@mac.com

## WHAT MAKES TANTRA & HATHA YOGA UNIQUE?

**W**hat is most unique about Tantra and tantric yoga philosophy, is simply the fact that its teachings and practices are best suited for our contemporary life. Departing from earlier notions of asceticism and dry scholarship, Tantra presents a sublimely inspiring view of the world and of human existence, one that incorporates all aspects of human existence: the heart, the intellect, the body and the environment.



**W**here does Hatha Yoga originate? What is the mysterious Kundalini? How can I experience it and how can it help my practice? What is unique about the human body? How can yoga help me to understand my body? Above all, how can

these teachings help me to deepen my practice? Find out specific tools and practices from key hatha yoga asanas to meditation which unlock the inner kundalini-shakti. *Light yoga in each session with Jeff Fisher.*

*Originally from Madrid, Spain Carlos Pomedá has 35 years of experience in the study, practice and teaching of the yoga traditions. He received formal, traditional training in yoga during almost 18 years as a monk of the Sarasvati order, 9 of which he spent in India, in the Siddha Yoga Ashram, studying and practicing under the guidance of Swami Muktananda and Gurumayi Chidvilasana.*  
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