



## INTEGRATED WELLNESS

BOTANICAL SPA • RETREAT • HEALTHY CUISINE • FITNESS • BEACH CLUB



# THE PATH TO SACRED LOVE

Join us for this 2-part series as you examine your relationship with yourself, and with others  
Part 1: Experiencing the Pulsation of Divine Consciousness  
Part 2: Love, Intimacy and Freedom

### Part 1: Experiencing the Pulsation of Divine Consciousness

Spanda: aligning with the Divine pulse of life. Everything in the universe is pulsing with Divinity, from twinkling stars, to the rise and fall of the breath, to the tides of the ocean... Spanda (Sanskrit for "vibration"), is the "sacred tremor", the vibrancy, and the rhythm of life. You may experience spanda as more than a heartbeat... it's a deep throbbing spiritual urge, it's a desire to live according to your heart.

<b>DAY 1</b> 1 November 2011 (Tuesday)	<b>DAY 2</b> 2 November 2011 (Wednesday)	<b>DAY 3</b> 3 November 2011 (Thursday)
7.00 pm - 9.00 pm Spandakarika: "The Song of the Sacred Tremor"	9.00 am - 11.00 am "Movement in Stillness" & "Stillness in Movement" 7.00 pm - 9.00 pm Tandeva: "The Sacred Dance of Yoga Spandakarika"	9.00 am - 11.00 am "Awakening to Your Life Energy"

### Part 2: Love, Intimacy and Freedom

Tantra teaches that everything has to be approached and experienced with awareness, consciousness, sacredness and embracing love as a spiritual path. Vijnana Bhairava Tantra contains many techniques that use our most fundamental life energy to find the key to the mystery within.

<b>DAY 1</b> 18 May 2012 (Friday)	<b>DAY 2</b> 19 May 2012 (Saturday)	<b>DAY 3</b> 20 May 2012 (Sunday)
7.00 pm - 9.00 pm Entering the Heart: "The Power of Presence"	9.00 am - 11.00 am "Opening to Intimacy" 7.00 pm - 9.00 pm "From Relationship to Relating"	9.00 am - 11.00 am "Opening to Love & Freedom"

A 3D/2N experience at  
RM3388 (Single) • RM2794 (Double)  
(including accommodation, breakfast and  
V Healthy Cuisine Lunch & Dinner)

A 3D program only rates at RM1500  
(excluding accommodation and meals)  
or  
Any 2 hours session at RM400

(All rates are per person)

#### YOURS TO DECIDE:

Strengthen your relationship in the most passionate and deepest level of intimacy with 1 to 1 private coaching by Rohanna at RM600 per hour per person, RM850 per hour per couple



Rohanna is the Founder of TantraPath ([www.tantrapath.com](http://www.tantrapath.com)) since 2006 and a Tantra Coach. Her work focuses on helping people to integrate Tantra: Path to Sacred Love, into every aspect of their lives. She offers workshops for couples and singles, and private coaching for women and couples for cultivating conscious loving, and heart connection. One of her many talents are her ability to harmoniously combine ancient Yoga, Tantra and Taoist practices in methods and techniques. Her spiritual practice of tantra and yoga draws inspiration through the teachings and the tantric wisdom of her teachers and spiritual guides: Osho, Gurumayi Chidvilasananda and Mahavatar Babaji, Daniel Odier, Bodhi Avinasha, David Deida, Margot Anand, Caroline Muir, Deborah Sundahl, Mukee Okan, and Mantak Chia. Rohanna is certified by the International Sivananda Yoga Vedanta Center where she has studied and taught at their facilities in New York on residence study in their traditional ashram setting. She was also taught by many renowned teachers like John Scott, David Swenson, Ana Forrest, Sharon Gannon, David Life, Shiva Rea. She has over 10 years experience as a healer and a teacher in a variety of settings.



For more information or bookings, contact +60 4 959 1088, email [info@vintegratedwellness.com](mailto:info@vintegratedwellness.com) or visit [www.vintegratedwellness.com](http://www.vintegratedwellness.com).  
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