

# TANTRA

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## Sādhanā

A TANTRA MEDITATION RETREAT

5PM 21 OCT - 2PM 24 OCT 2016

*To associate oneself with Parama Puruṣa, the Supreme Entity, is the actual sādhanā. There is no one greater than Parama Puruṣa, and so, when the mind ideates on Him, it expands."*


-- Shrii Shrii Anandamurtijii



Tantra has two meanings with the same inner spirit based on its acoustic roots.

Tantra as the spiritual practice which liberates one from the bondage of staticity ("Ta") and Tantra as the practical and scientific process which leads to liberation through the process of expansion ("tan").

Come and immerse yourself in a meditation retreat filled with programmes based on Tantra at the Aio Wira retreat center in Bethells Beach. Enjoy meditation surrounded by natural scenery, kiirtan and satsunga with devotees who have been practising meditation from 30 / 40 years.

 NZD 160 Adults (meals & accommodation included)  
NZD 100 for 10 to 17 years (<10 yrs. = free)  
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(Add TSRetreat as reference)

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