



TAPOVAN

Open University of Yoga and Ayurveda

directed by Kiran Vyas



Ayurvedic retreats
in France

Dates and costs



2019 - 2020
Normandy, France

www.tapovan.com



Kiran Vyas, a bridge between the East and the West

Inspired by Gandhi, Tagore, The Mother, Sri Aurobindo and Yehudi Menuhin



Kiran Vyas is originally from Gujarat, India. Ex-student of the Sri Aurobindo International Centre of Education, he founded 3 experimental school with his father who was one of Mahatma Gandhi's closest collaborators.

Later on, Kiran Vyas choose France to promote the 'science of life' that is Ayurveda.

His scientific background, his pedagogical sense, his keen interest in the evolution of the body and the spirit as well as his creativity led him to develop Tapovan into an «Open University» open to all, encouraging «inter disciplinary» and «inter cultural» exchanges.

Kiran Vyas has been recognized as a major player in the teaching of this art of living in the service of well-being and personal development for more than thirty years.

Today, in Tapovan Paris or Normandy, Kiran Vyas' team invites you to a privileged meeting with yourself.

Welcome to TAPOVAN

Ayurvedic treatments

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Ayurvedic retreats

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Boutique

Ayurvedic products, books and CDs

Check our website
www.tapovan.com





The Ayurvedic massage helps to activate our internal resources.

The skin is an abundant source of anti ageing hormones that the touch will release. Above all, the skin protects, nourishes and opens us to the external world.

Oil nourishes, reinforces and soothes the skin and the tissues. The harmonizing movements of the Ayurvedic massage follow a subtle path that guides us towards a fascinating and a unique journey within ourselves.

Ayurvedic treatments

ABHYANGA	85 €
Body massage with ayurvedic oils. It harmonises and enhances vitality. (50 mn)	
KANSU ®	55 €
Indian massage of the feet with a bowl made of bronze. This treatment balances the fire element and brings complete relaxation and regulates sleep (45mins).	
MARMA TCHIKITSA	120 €
Abhyanga massage that stimulates marmas (key points) and chakras (energetic centers). (60 mn)	
PICHAULI	140 €
Whole body massage with warm Ayurvedic oils with 2 therapists (50 mn)	
JAMBEERA PINDA SVEDA	150 €
Abhyanga followed by a massage with warm oil and Ayurvedic herb pouches Relaxing massage that facilitates the circulation of energy in the body (1h45)	
UDVARTANA	90 €
Udvertana is a revitalizing massage with a mixture of chickpea powder and ayurvedic plants that tones up your body, deeply scrubs and cleanses your skin and refines the silhouette (50 mn)	
SHIRCHAMPI	60 €
Head and face massage with Ayurvedic oils (45 mn)	
FACE MASSAGE followed by Nasya (40 mn)	60 €
SAUNDARYA : BEAUTY TREATMENTS	75 €
Anti-ageing ayurvedic treatments (50 mn)	

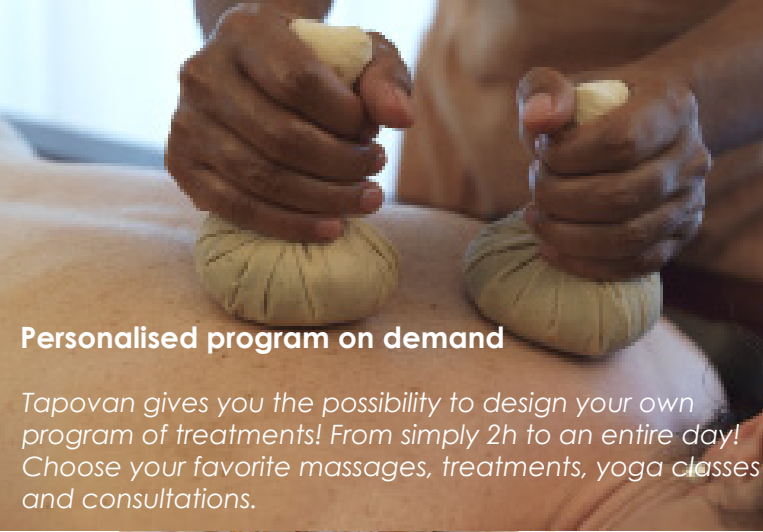
Loyalty card: 10th Abhyanga free after 9 Abhyangas

**Offer a gift voucher
for a birthday, Christmas or simply for discovery!**

SHIRODHARA	130 €
A soothing stream of warm oil is poured on your forehead which calms your mind (45 mn) -3 Shirodharas package (to be paid together) 300 €	
KERALA MASSAGE	100 €
Indian body and head massage with ayurvedic oils in Kerala style (60 mn)	
EYESIGHT IMPROVING TREATMENT	85 €
Face and back massage and Kansu® (50 mn)	
MATERNITY MESSAGES	
Preconception, prenatal or postnatal massage (50 mn)	90 €
Shantala workshop (from 1 month old babies)	60 €
AYURVEDIC FEET REFLEXOLOGY	65 €
Stimulation of reflex points on the feet (50 mn)	
FACIAL REFLEXOLOGY (30mn)	30 €
BACH FLOWERS CONSULTATION	50 €
AYURVEDIC CONSULTATION	
Lifestyle, diet and ayurvedic treatment recommendations (50 mn)	
1st Consultation	70 €
after the initial consultation (60 mn)	50 €
PRIVATE CLASSES	
Personnalised yoga class (60 mn)	70 €
Hatha yoga for pregnancy (60mn)	75 €
Yoga of eyes (60mn)	70 €
Individual massage workshop	

*These treatments are not recommended
in case of serious illnesses. Please speak to us*

Out of respect for a therapist, any appointments cancelled less than 24h in advance will have to pay 50% of the value of the massage. Please leave your jewellery and valuables at home



Personalised program on demand

Tapovan gives you the possibility to design your own program of treatments! From simply 2h to an entire day! Choose your favorite massages, treatments, yoga classes and consultations.



Ayurvedic mini-retreats

«To prevent the accumulation of tensions and toxins, to extend the effects of Ayurvedic treatments, to prepare oneself physically and psychologically for a special event».

Different types of mini- retreats are proposed for your wellness. They are the opportunity to make the most of grand massages; to appreciate the benefits of several consecutive treatments alternated with periods of rest and relaxation.

They include 4 to 5 ayurvedic treatments, one grand massage and a feet massage Kansu ®.

A mini retreat is a wonderful 3 to 3:30 hours of bliss.

Rasayana

Rejuvenating retreat

Pichauli followed by Shastishalipindsweda, massage with 4 hands with warm oil and rice preparation.

Prana

Detox retreat

Detoxify and harmonise

With Udvartana, an invigorating massage with Ayurvedic powder made of chickpea flour

Shanti

Inner peace retreat

Shirodhara, a stream of oil is poured on your forehead in a balancing movement followed by breathing exercises appeasing the mind..

IN NORMANDY

- **Mini retreats on demand** from mid-March to mid-November
 - Rasayana or Prana : 230 €
 - Shanti : 240 € - Rasayana with Shirodhara : 300 €

Week-ends "In the heart of nature, yoga & ayurvedic massages"

Wellbeing stay at Easter and Pentecost

IN PARIS

- Winter
- Spring
- Summer

9 February 2020

17 May 2020

26 and 28 June 2020

Frid. from 6pm to 9 pm
or Sun. from 9am to 12pm
or Sun from 2pm to 5pm

Rasayana or Prana :210 €

Rasayana with option Shirodhara : 290 €

Please consult us if you would like other dates for mini-retreats as well as group enquiries

80 € deposit required to book your place
(can be reported if notified 48h in advance only)

The proposed Ayurvedic treatments are aimed at the well being, harmony and relaxation of the body. They do not, in any case, replace medical massages or a medical follow up of health problems.

Ayurvedic retreats

Ayurveda contains knowledge
and preventive methods that helps us
live a long and healthy life



Mandala Garden

The Ayurvedic retreat in Normandy, France

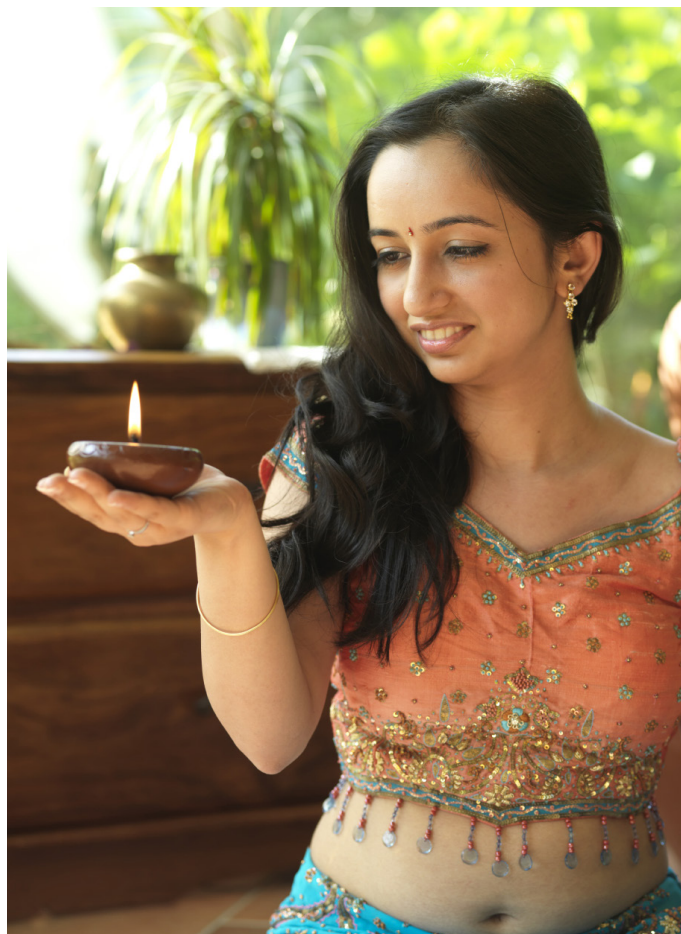
Health, Beauty, Wellbeing

Indian traditional science of vital energy, Ayurveda, scientifically recognized in India for its effectiveness, integrates pure knowledge and applied sciences that improve the longevity and quality of life. The Ayurvedic retreat draws its inspiration straight from the profound sources of Ayurveda (5000 years old and more) and is certainly more than a simple wellness retreat.

An Ayurvedic retreat is more of a "science of living", a deep resourcing, a complete submergence into the five elements which constitutes the universe and ourselves (Earth, Water, Fire, Air, Ether), a discovery of our underlying nature and a better knowledge of ourselves.

It is an exceptional moment, far away from the hustle of daily life; it is truly an appointment with oneself. It is a moment where one finds the knowhow of well being, often forgotten despite its simplicity and discover the joy and serenity which we lack so much.

During the retreat, you will feel like an Indian maharaja or maharani receiving oil massages, unction's, sudations which favor the elimination of all that blocks the energy circulation in different nadis: a very special feeling of "returning into oneself".





Soothing and enveloping texture of oils, perfume of incense, deep appeasing music or mantras, spring and autumn bouquet, flower petals floating in a stone pot, all contributes to the creation of a calm and serene atmosphere.

The Marriage of India & Normandy

Beauty and contemplation in the "Ananda Mayi" room, dressed with saris, fabrics and furniture from Gujarat; charm of the back and forth movement of the swinging jula, grace of the antiquities of India or family treasures in the presence of Saraswati, goddess of knowledge, art and music.

Everything is here, from the reception, to incite you to travel...then the marriage of India and Normandy!
Surprising? Not at all.



Inside the soft cocoon of the retreat, the scented atmosphere reminds the perfumes of India; outside, through the big glass windows arise the protecting beech trees, the blossomed apple trees or full of fruits, the bushes changing colors as season changes...and the green of the meadow, so much soothing for the eyes and the mind.



The sea and the cliffs of the "Pays de Caux" (region of high cliffs) are just nearby. They invite you for a walk, to breathe the marine smell of algae or shells, to carry your sight far away and inhale deeply before regaining the warmth and sweetness of the retreat.

It is a journey as far as to the Indian continent with this atmosphere full of authenticity and profound truthfulness. On the other hand, a journey inside the countryside of Normandy with its subtle charm and its earthly wealth, starting with the "garden of herbs" and vegetable plots that produce aromatic plants used in herbal tea as well as seasonal vegetables, true fountains of youth!

An ecological, organic and lively site

Since the beginning TAPOVAN is careful about its harmonious integration in the environment. For that, Tapovan uses noble and natural materials for construction. All are of organic and health-oriented origin. Solar panels to capture solar energy and rain water harvesting were installed as a permanent concern to respect ecology.

An atmosphere of calm

The surprise is first created by the organization of the retreat where you do not have to take care of your schedule: your mind is free to relax and rest.

The treatment is given on your resting bed or you are brought to a special room for grand massages with warm oils. The sauna is situated in a Nordic chalet and the "shirodhara" space evokes "shanti", the absolute peace and serenity.

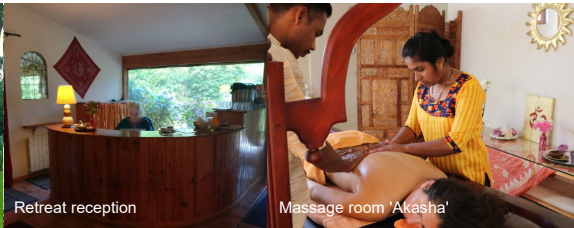
Additionally, you can benefit from "Panchakarma" (purifications), attend yoga classes, and learn recipes of healthy, tasty and nourishing recipes using the magic of spices. You can offer yourself some more pleasure and relaxation by receiving a facial treatment, a feet or hands treatment or a Kerala massage. In the evenings, you can listen to some special lectures or debates, watch a video film in the "Yehudi Menuhin" hall, to remind this illustrious guest was once in Tapovan enjoying the same retreat as you are.

And as the master of the premises is a passionate and creative man of action and vision, he did not merely create a place blending the East and the West in an ideal quest of health and beauty; he also marked the place with his philosophy.

The place is a forum of ideas and conviviality; the gestures of therapists lavished care with softness, respect and love. The human exchange is authentic and the atmosphere is of a big family. These are all the reasons why we invite you to share our retreats, in a spirit of freedom and discovery.



Recreation



Massage room 'Akasha'



Resting hall



Retreat building 'Nalanda'

Benefits of the ayurvedic retreat

The retreat is firstly a place to recharge and regenerate yourself. It relaxes, appeases, and clears all the toxins accumulated since years, whatever their origin. It invigorates the whole being, cells and tissues but also the energetic and emotional systems.

The retreat improves your health that helps you to face all the difficulties and tensions of the daily life: better resistance to disorders, a stable and strong morale that helps you to cope with stress...

A real preventive approach of health!

The Ayurvedic retreat is for you...

If you are in search of a new "science of living and being", a new vision of global health, if you seek to go forward in the development of yourself, of your health and well being.

If you are curious and in search of a pinch of exoticism, if you want to explore the ancient healing system of India combined with modern comfort...



Types of retreats

All of our retreats follow the methods developed by Kiran Vyas and leading Ayurvedic doctors. They are adapted to the rhythm of life in the West while respecting the traditional methods of Ayurvedic medicine.

Lavanya, the New Year retreat

The New Year's retreat is the perfect way to start and prepare for the coming year with traditional Ayurvedic treatments for well-being, enriched with Ayurvedic beauty treatments and Ayurvedic plant juices.

They will be accompanied by yoga and meditation classes. A "special Ayurvedic New Year's Eve" will close this Lavanya retreat ... **for external and internal beauty.**

Ojaskar, the wellbeing retreat

Ojas means light. Ojas literally means "that increases the light of the body, its immunity".

This is the classical retreat of well being. Do not worry about anything, except to relax more and more deeply and to clear your mind! This is the basic condition for your "re-birth".

Our treatments evolve each day, according to the principles of Ayurveda, for a greater efficiency: *shirodhara* (pouring of warm oil on the forehead), *pichauli* (body massage with warm oil), *shashtishalipindsweda* (massage with ayurvedic herbs and rice), massage of 7 postures, *Kansu®* (feet massage with a bowl), sweating, etc.

Tejas, the energy & Yoga retreat

A retreat to regenerate the body stressed by daily work life. The retreat will increase concentration, personal effectiveness and develop creativity.

Traditional treatments will be given such as *shirodhara*, *pichauli*, *shashtishalipindsweda*, *Kansu®* associated with massages allowing to deeply regenerate the body: *jaladhara* (application of decoctions on the forehead), *jambheera pinda sweda* (poached massage), etc. Daily yoga and breathing classes as well as Ayurvedic drinks will reinforce the benefits of massages.

Kayakalpa, the royal retreat

Kaya means body, kalp means transformation – rejuvenation.

This is the retreat for **maharajas** and **maharanis**, a retreat of rejuvenation, a genuine experience of a bath of youth, real happiness for the body and the mind.

This retreat includes various treatments such as *shirodhara* with Ayurvedic oils, *pizzichilli* (royal treatment of the entire body with 5 liters of special Ayurvedic oils), *ghritdhara*, *abhyanga*, *shashtishalipindsweda*, *kesardudh* (nourishing massage with milk with saffron), *Kansu®*, sudation.

(It is advised that you first experience Ojaskar retreat before Kayakalpa)

These Ayurvedic treatments are aimed at the well-being, harmony and relaxation of the body. They cannot, in any case, replace medical massages or medical follow-up. In case of a serious pathology, a medical certificate and an Ayurvedic consultation will be requested.



DETOX retreat

To detoxify and get your energy back!

Detoxifying and rejuvenating, this retreat combines the traditional Ayurvedic treatments: udvartana, pichauli, shashtishalipindasweda

Kansu®, sudation, etc. Pancharkama is strongly recommended (determined according to your constitution after an Ayurvedic consultation) and many Ayurvedic juices and potions will eliminate **ama (toxins)** and perform a deep internal cleansing of **dhatus (tissues)**, for the purpose of rasayana (rejuvenation). Yoga exercises, walking and silence times will complete the program of this retreat.

Karshan, the slimming retreat

This retreat includes traditional treatments that **slims and redefines your silhouette**. Derived from the Ayurvedic tradition, these treatments consist of udvartana (massage with herbal paste), shitavastra (wet cloth body wrap) pichauli, shashtishalipindasweda,

7 postures massage, Kansu®, sudation etc. Along with this retreat, you will follow an appropriate diet and drink herbal teas according to the principles of Ayurveda.



Shanti

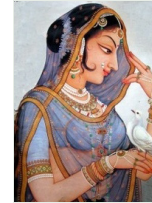
The inner peace retreat!

Two amazing daily Ayurvedic treatments will bring you the inner calm and vitality that you have been lacking: shirodhara or shirt-champi and kansu. Potions, yoga, breathing exercise, walks, silence and meditation will complete this retreat program.

NEW Dhavantri retreat

Personalised retreat directed by Ayurveda Acharya Rajpoot. The treatments will be determined after an ayurvedic consultation.

Pre-conception grand ritual



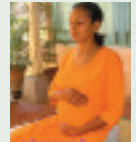
To best prepare the arrival of a child

or for any new event/period of your life: start a new activity, increase creativity, open subtle energy channels ...

with the great Udgarshana massage with salt and turmeric, Kesardudh with saffron milk and the pre-conception massage.

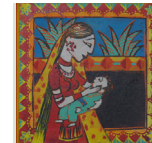
Prenatal Ritual

To fully experience pregnancy & motherhood



according to the ancestral principles of Ayurveda

To help your unborn baby to develop and grow harmoniously and prepare yourself to welcome your baby into this world. Only from early 4th to late 7th month of pregnancy (recommended to repeat this ritual 3 times)



Postnatal wellbeing To get back on track after baby

After childbirth, the body needs proper care to evacuate the tensions and fatigue of pregnancy. In the form of a mini-retreat, this weekend will allow you to recover and rest. A shantala workshop will teach you how to massage your baby. Make sure that the baby is taken care of during the treatments. Recommended from the 28th day after baby's birth.

Tapovan reserves the right to refuse a registration which would require special care.



Ayurvedic retreats 2020

Ojaskar Retreats

8 to 13 March ⁽¹⁾	15 to 20 March ⁽¹⁾	22 to 27 March	29 March to 3 April	5 to 10 April
26 April to 1 st May	Sat. 2 to Thur. 7 May	10 to 15 May	17 to 22 May	7 to 12 June
14 to 19 June	5 to 10 July	12 to 17 July	Sat. 18 to Thu. 23 July	26 to 31 July
9 to 14 August	16 to 21 August	6 to 11 September	Sat. 12 to Thu. 17 Sept	4 to 9 October
11 to 16 October	25 to 30 October	1 to 6 November	8 to 13 November	15 to 20 November

Off season: 750 €

Mid saison : 810 €

Peak season : 910 €

Ojaskar, Karshan and Shanti retreats start on Sunday or Monday mid-day and finish on Friday mid-day

Specific retreats

Karshan	15 to 20 March	5 to 10 April	14 to 19 June	1 240 €
	19 to 24 July	16 to 21 August	25 to 30 Oct.	
Kayakalpa ⁽¹⁾	19 to 24 April	23 to 28 August	18 to 23 Oct.	1 490 €
Detox ⁽²⁾	Sat. 11 to Friday to 17 April		Sat. 30 May to Fri. 5 June	1 100 €
Tejas ⁽¹⁾	24 to 29 May		2 to 7 August	1 210 €
Shanti	26 April to 1 May		29 Nov. to 4 December.	590 €
Dhanvantri	21 to 26 June		20 to 25 September	1 250 €
Lavanya ⁽³⁾	26 Dec. 2019 to 1 st January 2020		26 December 2020 to 1st January 2021	1 180 €

Maternity (Pre-conception, Prenatal or Postnatal): Book from mid-March to mid-Nov - Sat. 3pm to Sun. 3pm: 350 €

. **Accommodation and meals** (see prices p. 11)

. (1) Kayakalpa or Tejas : from Monday to Friday 5:30pm - recommended to reach Tapovan on Sunday afternoon after 4p.m.

. (2) Detox : from Saturday to Friday 5:30 p.m. - recommended to follow with a WE energy & yoga (350 €) - see next page

. (3) Lavanya : starts on 26th Dec at 4 p.m. and finishes on 1st Jan at 9 a.m. (Ayurvedic New Years Eve included)

Ayurvedic retreat in India : (contact us for more details) 9 to 18 February

Promotion : 4 retreats with advance payment before 31/1/20, call Corinne in Paris or see details on website

(*) : Promotion 2020 : get the off-season price for the March Ojaskar retreat if you pay before 31/1/20

Additional treatments



Ayurvedic Cooking class Discover the art of using spices	free
Meditation : Anandamayi, the silence room is open to all	
Yoga : postures, breathing exercises, relaxation	15 € / class
Sauna (per person)	25 €
Panchakarma : purification according to ayurveda Treatments determined according to your constitution NB : only if you have experienced an ayurvedic retreat or if you have previous experience (accommodation and meals on site only)	190 €
Yoga of eyes : please book (minimum 2 persons.- 2h)	50 €/ class

Depending on weeks :

Ayurvedic Consultation : recommendations on diet and Ayurvedic treatments please book (40 mn)	60 €
Kerala massage : rejuvenating body massage	100 €
Marmatherapy : deep tissue massage to release tensions and blockages	120 €
Ayurvedic reflexology : stimulation of reflex points on the feet	65 €
Saundarya, the beauty treatment : Ayurvedic face massage, mask and 'Lavanya' scrub .	65 €

Tapovan reserves the right to refuse a registration requiring special care

Wellness weekends

Ressource and regenerate yourself for an extended weekend!



Easter : 11, 12, 13 April

Pentecost : 30, 31 May et 1st June

Wellness and relaxation break: 2 mini-retreats with yoga classes, seaside hiking, cooking and dietetics class and the possibility to have an Ayurvedic consultation 390 € (retreat and meals) see accomodation en

"Reenergising" weekends

Come awaken your energy before the arrival of summer
18 and 19 April or 6 and 7 June
(Sat. 1 p.m. to Sun. 1 p.m.)



For a renewed vitality:
with 2 vitality mini-retreats with energy yoga class
Recommended straight after a DETOX retreat
350 € (retreat and meals) - see accomodation. p. 11

Week-Ends in the heart of Nature, with yoga and ayurvedic massages

a privileged break to recharge yourself

Mini-retreats or ayurvedic massages

Every weekend from mid-April to mid-October

Saturday afternoon ou Sunday morning
(mini-retreat: 230 €) or a la carte massages

Accodomation details on p. 11



Please check our website for more details (www.tapovan.com)





Practical information

TAPOVAN NORMANDY Reception opening times

Retreats : Sunday from 1 p.m. to 6 p.m or Monday from 9 a.m. to 12 p.m.
Reception not available after 6 p.m. on Sunday.

Arrival by train :

for those arriving by train (Fécamp station), you will need to book your taxi (around € 30).

Tel Taxi Fromager: 06 64 91 21 31 or Taxi 'des Hautes Falaises': 02 35 10 85 88. Recommended train: departure from Paris at 11:02 (Sat) or 10:34 (Sun) - arrival at Fécamp at 1:23 p.m.

• Return: organized on site between other retreat guests or students by car-sharing, or by taxi to be booked by yourselves.

Registration and fees

For your registration to be considered, please send us the below at Tapovan Normandy:

- registration form page 12
 - payment of your deposit
 - a medical certificate in case of a serious health problem or regular medication
- Only fully completed applications will be processed. (*oral requests are not accepted*).

The payment of the balance is to be sent 3 weeks before the beginning of your stay (cheques and credit card payments will be cashed at the beginning of your stay only)

Registrations are closed 10 days before the beginning of the stay.

To calculate the cost of your stay :

retreat + accomodation + meals + tourist tax (0,50 € /day)

Accomodation conditions for retreats and massage weekends

Tapovan proposes various types of accomodation **onsite** (with bathroom and towels provided) :

- **Superior** : bright studio, with living room, bedroom and bathroom (see photo next page)
- **Standard** : simple comfort

Before sending your registration form, please check by tel the available rooms for the length of your stay

Type	Per night	4 nights package		5 nights package		6 nights package	
		Room for 2	Individual room	Room for 2	Individual room	Room for 2	Individual room
Standard	95 €	370 €	340 €	460 €	425 €	550 €	510 €
Superior	125 €	470 €	440 €	590 €	550 €	700 €	660 €

Meals

The diet at Tapovan is vegetarian and Indian, according to the principles of Ayurveda. **All our meals are cooked largely with organic produce and in season from organically vegetables grown onsite.**

Ojaskar retreat		Specialised retreats except Kayakalpa(*)	Kayakalpa retreat
4 days 240 €	5 days 270 €	290 €	310 €

(*) : the cost of specialised retreats include juices, potions and Ayurvedic beverages along with special preparations and supplements

RETREATS - registration form *(please fill in legibly)*

**to be sent to TAPOVAN • 65 route d'Anneville - 76540 Sassetot le Mauconduit
(+33) (0)2.35.29.20.21 - cures@tapovan.com**

Date(s) of selected retreat(s) : _____ to _____ 2020
: _____ to _____ 2020

Type of retreat: _____

(specify : Ojaskar, Karshan, Tejas, Kayakalpa, Maternity, Detox, Shanti, Lavanya New Year)

Additions : Ayurvedic Consultation Panchakarma

Meals at Tapovan : yes no

Length of your stay :

Arrival day *(before 12 a.m.)* : Sunday or Monday

Other *(please specify)*

Departure day : Thursday *(from 7 p.m.)* or Friday *(from 1 p.m.)*
or Saturday *(from 9 a.m.)*

Other *(please specify)*

Accommodation choice at Tapovan :

Superior Standard

Individual or Shared *(in couple ou with a friend))*

or I will book my own accomodation out of Tapovan
please specify where :

Transport mode: I will arrive by car by train

I will arrive with my car that I will park onsite

if you have already visited Tapovan,
please specify the **no of retreats done at Tapovan** :

First Name / Last Name : _____

Full address : _____

Zip/City/Country : _____

Telephone _____ Mobile : _____

Mail : _____

Date of birth : _____ Gender : _____

I pay 360 € deposit/ person *(or 80 € for mini-retreat)*

by chèque in € *(in the name of ADI SHAKTI)*

par bank transfer

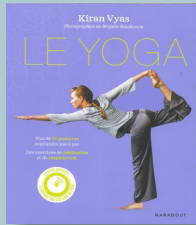
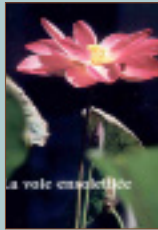
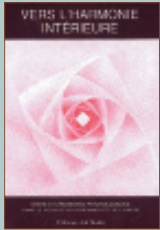
by credit card *(visa or master card)*

Card n°: | _ | _ | _ | _ | _ | _ | _ | _ | _ | _ | _ | _ | _ | _ | _ | _ | _ | _ | _ | _ |

Expiry date : | _ | _ | _ | / | _ | _ | _ | Signature : _____

CVV *(3 digits at the back of your card)* | _ | _ | _ |

**Before sending your registration form with an onsite accomodation,
please call us on +33 (0) 2 35 29 20 21 to check its availability**



Books

Adi Shakti Editions
Ayurvedic products

A peaceful forest, filled with joy, light and spirituality,
this is the image that Tapovan evokes,
a place where the sages of India practice their yoga.
This symbolic name illustrates the ideal
towards which we want to strive.

TAPOVAN PARIS

9, rue Gutenberg - 75015 PARIS

Ayurvedic treatments, mini-treatments

regular yoga classes and yoga trainings **01 45 77 90 59**

e-mail : accueil@tapovan.com

Admin: 01 45 77 62 69

e-mail : tapovan.paris@tapovan.com

TAPOVAN Normandy

65 route d'Anneville - 76540 SASSETOT le MAUCONDUIT

Ayurvedic retreats, training courses, seminars,

Ayurvedic treatments : **02 35 29 20 21**

e-mail : tapovan@tapovan.com

