

## Tennis Holidays Croatia

Learn more about your host and teacher on our

### Detox holidays with Yoga and Tennis

**Branko Markovic, B. S. of Ayurveda (Bachelor of Ayurvedic Medicine)  
qualified counselor - practitioner of traditional Ayurveda**

After graduating in economics in Zagreb, I got a job in the profession. It is during this period that my interest in herbs, diet and a healthy lifestyle began. Although I came across information very easily, everything seemed unsystematic to me, and I would often come across conflicting views and advice.

Already on my first encounter with a book on Ayurveda, I realized how I had found a holistic and systematic approach to human psychophysical health, an approach that is extremely comprehensive, precise and scientific.

Through many years of self-study of Ayurvedic principles, practicing them at the same time on myself, I became convinced of the effectiveness of Ayurveda in everyday life. Therefore, I enthusiastically start my official education through a four-year study of Ayurveda in Zagreb within the Middlesex University of London / College of Ayurveda.

The study was led by the renowned Dr. Mauroof Athique and Dr. Venkat N. Joshi in collaboration with the International University of Yoga and Ayurveda in Florida, USA. After completing a four-year program, I received the title of B. S. Ayurveda (Bachelor of Science Ayurveda, Bachelor of Science in Ayurveda) from the International University of Yoga and Ayurveda by eminent professors Dr. Shekhar Annambhoita and Dr. Vijay Jain.

I continued my professional training in France (Normandy) - Tapovan Center, and in five clinics in India; (ALN Rao Ayurveda Medical School and Hospital, Koppa. AVN Arogyam Ayurvedic Hospital, Madhurai. Ashtangavaidyam Ayurvedics, Ayurvedic Clinic, Thrissur.)

In 2015 I started a research at Artemis Hospital (Gurgaon, India) in the oncology department with world-renowned oncologist Dr. Hari K. Goyal and the esteemed Ayurvedic doctor Dr. Meenakshi Joshi. The aim of the research was to find out how **medicine of Ayurveda** can help with the side effects of chemotherapy and radiation, ie. in general how Ayurveda can help cancer patients.

I continued my professional development at SDM Ayurvedic University in Udupi, Karnataka and privately under the guidance of the esteemed Dr. Mr. Srinivas Achary and Dr. Muralidar Ballal. During training, under the guidance of these two doctors and professors, I discovered a somewhat forgotten and mystical knowledge called Rasayana. Rasayana is a therapy that is not widely known and is not practiced in many places in both India and the West. My wish is to bring this wonderful knowledge, whose translation means "rejuvenation", to Europe with fast results and exceptional features.

Apart from Zagreb, I gave lectures and consultations in Paris, and trainings and consultations in Norway at the Green Village Ayurvedic Center in Oslo.