

Ipsalu Tantra Kriya Yoga Level 1 Weekend Retreat

with Pat Sheehan

Body and Spirit Studio ♦ Indianapolis IN

October 1-3, 2010

Friday: 7:30pm - 10:00pm ♦ Saturday: 9:00am - 7:00pm ♦ Sunday: 9:00am - 6:00pm

In this workshop you will learn how to:



- Practice the Level 1 Cobra Breath
 - Accept and Love your Body
 - Unite Spiritual and Sexual Energy
 - Live in True Intimacy
 - Release Emotional Blocks
 - Rediscover Your Original Innocence
 - Prepare to Safely Awaken Kundalini
 - Honor and Balance Your Inner Male and Female
 - Experience Ecstatic Oneness with Your Self, Your Partner and All of Existence
 - Circulate and Transmute Sexual Energy to Rejuvenate the Body and Stimulate Creativity
 - Utilize Techniques that Prolong and Deepen Lovemaking by Generating and Containing More Sexual Energy
 - Be More Present and Less Critical as You Live in the Witness Consciousness
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\$250/person ♦ \$450/couple ♦ \$175/repeaters ♦ \$225/ AHP members

Fees include tuition, course materials, lunches and on-going meetings to review the Daily Practice and the Cobra Breath and to support each other as we evolve.

CEU are available for nurses, social workers, massage therapists, counselors and marriage/family therapists.

Please include a \$20 application fee, in addition to the retreat tuition, if applying for CE units.

Appropriate for couples or singles

Pre-registration required. Limited to 18 people.

Registration and Information:

Pat Sheehan, RN, DNS

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