



KRIYA YOGA IPSALU TANTRA

Learning to Live in Bliss -
Cobra Breath Intensive Seminar

November 14 - 17, 2024

Seminarhotel Seidenbuch, in Lindenfels
(one hour south of Frankfurt)

In this transformative seminar, you will...

- Forge a deeper connection between heart and mind, fostering spirituality and self-awareness.
- Experience relief from stress & anxiety, embrace playfulness, and learn to calm the overthinking mind.
- Actualize your heart's desires and heal emotional wounds, dissolving energetic barriers and creating new patterns.
- Nurture stronger connections an acceptance of both shadow and light aspects.
- Utilize sexual life force energy to revitalize your body and spark creativity.
- Prepare yourself for Kundalini awakening with the transformative Cobra Breath.
- Enhance your relationships with love & authenticity by integrating a daily routine.
- Develop awareness of healthy masculine and feminine energies for deeper intimacy and connection.

Welcome to a Safe Space for Transformation...

- Discover the IPSALU family, a spiritual path free from dogma, accessible to all.
- Open to singles and couples seeking to elevate their consciousness.
- Both experienced and beginners are welcome.
- We provide a safe space where you can be yourself.
- Please note that there are no sexual activities in the course.
- As we work with polarities, we strive to balance the genders.
- Conducted in English with German translation if needed.

Times: Beginning Thursday at 6 pm / Ending on Sunday around noon with lunch

Tuition (per person), including administration and organization fees, study materials (text and audio), and follow-up support. Payment plans are available.

Early Bird single €444 / couple €422 (until May 31st)

Regular single €499 / couple €466 (until Sept. 30th)

Late Bird single €555 / couple €499

Lodging: Includes full-board accommodation and delicious vegetarian (with vegan option) meals. Prices start at €82 per night.

Write me for more information (chris@chriszulauf.de) or simply go to the registration site.

**Are You Ready? Reserve your place now and
take a step towards a life of love, bliss, and abundance.**