

Ipsalu Tantra International's De-Armoring Intensive

Bliss of Surrender

With Nayano



*A deep exploration and opening of the physical, emotional and mental bodies. *Calm the effects of trauma in the nervous system and brain. *Discover your inner resistance and blocks to self-care and relaxation, finding ways to bring a greater sense of self-love into your life and being.

Costa Rica

June 4-11, 2024

This workshop is open to Ipsalu Cobra Breath graduates of all levels

Register: Alykhan@braveearth.com Questions: Beachvegan@bellsouth.net