

# **IPSALU TANTRA KRIYA YOGA**

## **LEVEL 1 COBRA BREATH INTENSIVE ~ with Nayano**



**“LEARNING TO LIVE IN BLISS” ~ DISCOVER YOUR MAGNIFICENCE**

### **YOU WILL LEARN TO:**

- Connect your sexual energy with spirituality & expand your heart.
- Transmute sexual energy to rejuvenate the body & stimulate creativity.
- Create and deepen relationships.
- Prepare to awaken Kundalini safely using Cobra Breath.
- Express both the shadow and light sides of your divine humanness.
- Surrender to removing energetic blocks at a cellular level in your body & heal stored emotions.
- Open yourself to manifest your heart’s longing.

**August 9-11, 2019 ~ Fort Lauderdale, Florida**

**Friday 7:30-10:30pm, Saturday 9:00am-7:30pm, Sunday 9:00am-7:00pm**

**Tuition: Singles \$325 Couples \$600 Graduate \$175**

**(\$125 deposit to reserve your space)**

**To Register Contact: Nayano 954-467-9263 or [Beachvegan@bellsouth.net](mailto:Beachvegan@bellsouth.net)**