

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.

December 6-8, 2019 ~ Fort Lauderdale, FL

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

Tuition: Singles \$325 Couples \$600 Grads \$175

(\$125 deposit to reserve your space)

To Register: Contact Nayano 954-467-9263 or beachvegan@bellsouth.net