

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.

October 2-4, 2020 ~ StoneHedge Eco-Farm ~ Sherwood Park, Alberta

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

Tuition: Singles \$555 Couples \$1010

Tuition includes light lunch & snacks each day, and study materials

Option for shared rustic lodging available \$25 per night

To Register Contact: Vanessa 780-905-9532 vanessa@glowyogakids.com

For Questions about the Workshop Contact Nayano: beachvegan@bellsouth.net