

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.

November 11-14, 2021 ~ California Hot Springs, California

Vedanta Spiritual & Holistic Retreat Center

**This is a residential retreat with special Bonus Session on last morning.*

**Lodging, gourmet vegan meals and study materials are included in tuition.*

**Limited to 12 participants: 6-women & 6-men*

Early Registration by Sept 15: \$1150 person After Sept 15: \$1200 person

**Workshop begins Thursday at 6pm with dinner and ends Sunday at 11:00am with Brunch*

To Register Contact Nayano: 954-812-8687 or Beachvegan@bellsouth.net