



# Vedanta

Spiritual & Holistic Retreat

PH: 661 548 6424 Website: [www.VSHR.ORG](http://www.VSHR.ORG)

## “Bliss in Relationship”

- a luxury retreat for couples' intimate connection

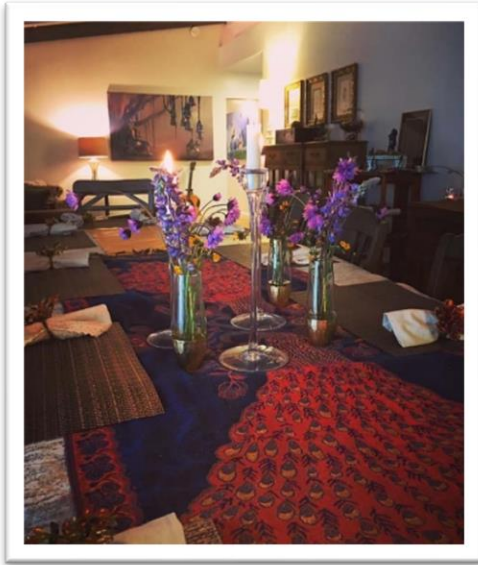
**Ipsalu Level 1 Cobra Breath Couple's Intensive**

**With Senior Ipsalu Teacher: Nayano**

~ 7 days / 6 nights to Bliss ~ September 18-24, 2022



Beyond the field of heightened sexual pleasures is a depth of love so rare and sweet, a mystery tasted by very few...it's the water your soul has been thirsting for through lifetimes.



A Spiritual Path is the Core of a Blissful, Divine Relationship. Are You Ready to Rise in Love? To Build a Bridge between Your two Hearts & then Cross over this Bridge into Your Highest Human Potential? To Completely Disappear into Oneness? And to Co-Create a Beautiful & Magical Life Together?

Learn an ancient and juicy practice that will continually evolve and awaken your consciousness. As you take this practice into your daily life together you will cultivate trust, a new relationship to truth, playfulness and an ever-deepening love.

### YOU WILL LEARN TO:

- Connect your sexual energy with spirituality & expand your heart.
- Transmute sexual energy to rejuvenate the body & stimulate creativity.
- 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, and open to great pleasure and intimacy in life and with your beloved.
- Open yourself to manifest your heart's longing.
- Learn and practice conscious communication ~ speaking from your heart.
- Discover ways to create a safe, loving and playful life together.

**This exclusive retreat is limited to 6-7 couples**

**Tuition includes Lodging, Organic Meals & Study Materials:**

\$5500 per couple / \$5100 early discount by May 30

**Questions:** Nayano Burdine [beachvegan@bellsouth.net](mailto:beachvegan@bellsouth.net) **Registration:** Deepak [deepak@vshr.org](mailto:deepak@vshr.org)