

# 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.

**June 22-25, 2023**

**Beautiful Private Seaside Venue in Mani, Greece**

*Begins Thursday at 6:00pm / Ends on Sunday with brunch at approximately 11:00am*

**Tuition: \$790 early registration / \$850 after March 31**

**(\$350 deposit to reserve your space)**

*\*Tuition includes your lodging, meals and study materials\**

**To Register Contact: Nayano +1 954-812-8687 or [Beachvegan@bellsouth.net](mailto:Beachvegan@bellsouth.net)**