

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 30 – December 3, 2023

Heartwood Retreat Center in Blue Ridge, Georgia

Begins Thursday at 6:00pm / Ends on Sunday with brunch at approximately 11:30am

Tuition: \$890 early registration / \$950 after May 31

(\$350 deposit to reserve your space)

Tuition includes your lodging, meals and study materials

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