

# Ipsalu Tantra Level 1 "Learning to Live in Bliss"

March 16<sup>th</sup> - 18<sup>th</sup> 2012

With Lexi Fisher and Bob Adam

Presented by AHA Tantra at  
Abundant Health Wellness Center

Palm Springs, CA  
ahatantra.com



"Tantra is much more than glorified sex. Sexual Energy becomes a powerful tool for awakening True Self. You can live in bliss by just removing the obstructions. When the mind is still and the body flowing with primal energy, something remarkable happens—an alchemical merging of spirit and matter and you can experience presence of the Divine in all aspects of life." -- Bodhi Avinasha, founder Ipsalu Tantra

The Level 1 course includes meditation, mantra, kriya yoga, massage, emotional flow practice, dance and breath work. A highlight is the initiation into level 1 Cobra Breath, a powerful and safe technique to awaken Kundalini energy, most easily experienced as our sexual energy and then bathe the brain and spine with this energy.

The experience is both profound and playful, Relationships blossom. While sexual techniques for spiritual awakening are included in the course, explicit practices are reserved for your private time, alone or with a partner.

- ✓ Be fully present with your Beloved.
- ✓ Generating & containing more sexual energy.
- ✓ Transmute sexual energy to rejuvenate your body and stimulate creativity.
- ✓ Discover your unlimited Self as creator of your reality and experience.

## Registration Instructions

<p>Cost: \$360.00 for 1 &amp; \$700.00 for 2 Your deposit of \$150 will hold your space. Full tuition is due at beginning of the Program. For credit card call 760-327-4041</p>	<p>Send your deposit via check to Abundant Health Wellness Center 1281 N. Gene Autry Trail, Suite L Palm Springs, CA 92262</p>
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## Cancellation Policy:

A \$50 processing fee is deducted from all cancellations. If notice of cancellation is received more than 6 days prior to the course, the deposit is transferable to a future course or the amount of registration minus the processing fee is refundable to the registrant. If notice of cancellation is received less than 6 days prior to the course, the deposit is forfeited, and the amount of registration tuition over the deposit is refundable or that amount is transferable to a future AHA Tantra course. This class is presented in association with

