

# **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 2, 2012 ~ Fort Lauderdale, Florida**

**Friday 7:30-10:30pm, Saturday 9am-7pm, Sunday 9am-6:30pm**

**Tuition: Singles \$295 Couples \$550**

**Special discount to review (\$100 deposit to reserve your space)**

**To Register: Contact Nayano - 954-467-9263 or [Beachvegan@bellsouth.net](mailto:Beachvegan@bellsouth.net)**