

## **Bliss of Inner Union –Ipsalu Tantra Level 2 July 9-13, 2012 at Hawkwood College, Stroud**

### **In this class you will:**

- Celebrate the balancing of your internal relationship between masculine and feminine, ego and soul
- Bring loving balance between sex and heart, sex and spirit
- Recognise limiting beliefs, identify them in your body and reframe childhood conclusions, transforming shame to joy
- Awaken the lower 3 chakras, releasing blocked energy
- Receive the second level Cobra Breath together with tools to support it
- Prepare the body/mind for Kundalini awakening at level 3



**Led by Pat Sheehan, senior Ipsalu Tantra teacher from the US, and Gerry Russell**

**Price: £725 (fully inclusive of meals and accommodation). Non-Refundable Deposit of £200 secures place. Staged payment plans available – please ask. Repeater price: £397.**

**For further details contact:**

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**Image: Heart Space – Nadean O'Brien [www.jeweledlotus.com](http://www.jeweledlotus.com)**