

**Tantrika Life/Urban Namaste Presents ~ Ipsalu  
Tantra Kriya Yoga**

## **Level 2 Cobra Breath ~ “Bliss of Inner Union”**

**May 17-21, 2012 ~ Historic Young Mansion ~ Hollywood  
Beach, FL**

Tuition is \$1150, and includes meals & lodging ~ (Discount  
for L2 Grads)

**Facilitated by Nayano with Gary Woodcox & assistants**

**Experience this transformational workshop in a supportive  
family setting – living together in a beautiful private mansion  
built in 1925.** (only 15 mins from the airport!)

- ❖ Break through the erroneous beliefs that underlie your limited self-image
- ❖ Rediscover your innocence & spontaneity
- ❖ Release yourself from bondage to self sabotaging emotional patterns
- ❖ Find true satisfaction in your work & play
- ❖ Recognize the God or Goddess in yourself, a partner & in every being



You will receive Second Level Cobra Breath in a self-initiation. One breath produces the spiritual growth that normally takes an entire year. You must have practiced First Level Cobra Breath at least 40 days before receiving Second Level.

Level 2 begins at 2pm on May 17, and ends with lunch on May 21.

**Register by March 25, 2012** after this date add \$75 to tuition **Deposit of \$350 holds your space**

**Workshop limited to 16 participants – Register Early!**

Full payment due April 15, 2012 Cancellation policy applies

**To register, contact Nayano at 954-467-9263 or**  
[\*\*Beachvegan@bellsouth.net\*\*](mailto:Beachvegan@bellsouth.net)

This intensive clears the issues that keep your sexual energy from flowing freely. You move past attitudes toward the opposite sex that keep you from actualizing your own opposite sex qualities. You learn to use the “problems” in relationships as opportunities to heal your wounded inner child, releasing blocked energies in the lower chakras while addressing and resolving the past. By using Witness Consciousness and the power of orgasmic energy, you quickly move through old limitations to greater joy and fulfillment.

[www.tantrikalife.com](http://www.tantrikalife.com)