

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

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

**September 9-13, 2010 ~ Historic Young Mansion ~ Hollywood Beach,  
FL.**

Tuition is \$1250, and includes meals and lodging

**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 September 9, and ends with lunch on September 13.

**Register by Aug. 4, 2010** After this date add \$75 to tuition **Deposit of \$325 holds your space**

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

Full payment due August 25, 2010 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)