

Study Ipsalu Tantra and Receive the Cobra Breath via a Collaborative Online Self-Study Class

Next Class - February 1st - May 31st, 2012

\$385 includes on-line mentoring support, all lessons, one conference call to receive the Cobra Breath and a further review call

The On-Line Ipsalu Tantra class is another way to receive the Level 1 Cobra Breath. It is appealing to those who are not able to attend a Level 1 workshop and to those who want to deepen their practice of living in bliss. To sign-up send an email ipsalutantraonline@gmail.com or and you will be invited to join in an on-line group. Every 10 days or so a new lesson of the class will be posted. You will be supported by on-line Ipsalu Tantra Certified Teachers and by the other on-line students. You do the work at your leisure and post your own experiences in the group room. This class is for singles or couples.



With the Ipsalu Tantra On-Line class you can:

- ~ Transmute sexual energy to rejuvenate the body
- ~ Reconnect your heart and sex
- ~ Honor the divine in yourself and in all beings
- ~ Stimulate your immune system for improved health
- ~ Prepare to safely awaken Kundalini energy using Babaji's Cobra Breath.

This Ipsalu Tantra On-Line class is provided to help you incorporate into your daily life the principles and practices offered in the book 'The Ipsalu Formula - A Method for Tantra Bliss' by Bodhi Avinasha. In 8 on-line lessons, the class presents a step-by-step process that guides you to an experience of Ipsalu Tantra. You will receive the Cobra Breath during Lesson 7 in a pre-arranged conference call. Join like-minded seekers who are also using the Ipsalu Tantra On-Line class.

Each on-line lesson includes some of the following:

- Suggestions to enhance your sexual experience, energy and awareness;
- Technical insights, deeper understanding of how the energy works;
- Energy experiments with application to daily life;
- A reading assignment of manageable length;
- A writing assignment inviting you to clarify your thoughts and feelings about the ideas presented;
- A daily practice, exploring powerful tantric techniques appropriate to that lesson.

You will need a copy of the Tantra Bliss book Tantra Bliss, which is available through the Ipsalu Tantra Website www.ipsalutantra.org or through most discount on-line book sellers. A daily practice CD will be provided as part of the course. A DVD of the practices can be purchased through the Ipsalu Tantra website.

E-mail ipsalutantraonline@gmail.com for more information