

Ipsalu Tantra Kriya Yoga Level 2 Retreat

Pat Sheehan and Assistants
Body and Spirit Studio
Indianapolis IN 46268

January 9-13, 2015

In this workshop you will learn how to:

- Break through the shame that leads to the erroneous beliefs underlying your limited self-image
- Recover your innocence and spontaneity
- Release yourself from self-sabotaging emotional patterns
- Relax into true satisfaction in your work and play
- Recognize the innocence in yourself, your partner and every being

This Intensive helps your innocent sexual life force energy flow freely as you clear shame-based energy blocks. You move past attitudes toward the opposite sex that keep you from fully being the wonderful person that you are ~ and become how you want to be in relationship. You learn to use the 'problems' in relationships as opportunities to heal your wounded inner child, releasing blocked energies in the lower three chakras while addressing and resolving the past. By using the Witness Consciousness and the power of your own lower chakras' energy, you can begin to move through old limitations to greater joy and fulfillment.

You will receive Second Level Cobra Breath in a self-initiation to cleanse the chakras and balance male and female energies. You must have practiced First Level Cobra Breath at least 40 days before receiving Second Level.

Friday, January 9 at 2:00pm through Tuesday, January 13 at 1:30pm

- Appropriate for couples or singles
- \$650 per person or \$1200/couple
- \$150 deposit will save your space
- Discount for repeaters
- Payment plans are available
- Limited to 16 people
- Pre-registration is required

Fee includes tuition, lunch, dinner, course materials, a practice CD and satsangs to review the Practice and the Cobra Breath and to support each other as we evolve.

Registration/Information:

www.patsheehan.org ~ pat11sheehan@gmail.com ~ 317-872-6646