

Ipsalu Tantra Kriya Yoga

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

May 5-11, 2025 ~ Heartwood Retreat Center in Blue Ridge, GA

Tuition is \$1450, and includes lodging, meals & study materials ~ (early-bird discount, see below)

**Facilitated by Nayano**

**Experience this transformational workshop in a supportive family setting - living together in a beautiful mountain retreat center**

- ❖ 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 90 days before receiving Second Level.

Begins with dinner at 6pm on May 5, and ends with brunch at 11am on May 11

Deposit of \$450 holds your space

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

**Early Tuition Special: \$1350 when you register by December 1, 2024**

Full payment due April 15, 2025   Cancellation policy applies

**To register, contact Nayano at [Beachvegan@bellsouth.net](mailto:Beachvegan@bellsouth.net)**

This intensive workshop 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.