



## *Introductory SuperHealth® Weekend Training*

*“SuperHealth®: A Yogic Science for Breaking Habits & Addictive Behavior”*

*as authentically taught by Yogi Bhajan*

### **Friday Night Class \*\***

7:00 – 9:00 pm      Yoga Class Topic: Relationships, Food Issues & How to Live Complete Within

### **Day 1 (Saturday)**

9:00 – 10:00 am      Welcome  
Framing for the weekend  
Break into small group activity

10:00 – 11:00 am      Yoga Set: Aerobic Capacity:  
Building Stamina & Self Determination

11:00 – 11:15 am      Juice break -Therapeutic affect and specific formula

11:15 – 11:45 am      Power Point – Overview

11:45 – 12:15 pm      Components of SuperHealth®  
Physiology and Psychology of Addictions

12:15 – 1:15 pm      Lunch \*\*

1:15 – 2:15 pm      Historic Perspective and Climate of Society  
Causes of Addiction  
Development of Habit Formation

2:15 – 2:30 pm      Celestial Communication Therapy

2:30 – 3:15 pm      Nutrition Restoration & Life Recovery  
Food Metabolism, Blood Chemistry

3:15 - 3:45 pm      Science of Humanology overview – Fear  
Self-Animosity with Meditation

3:45 – 4:00 pm      Break



- 4:00 – 4:15 pm Steps of Awareness Building. From Recovery to Self-Discovery
- 4:15 – 4:40 pm The Addictive Personality and the Exploitation of Hope
- 4:40 – 5:00 pm Touching the Human Spirit: Protocol for Analytic Technician & technology for process of healing.

## **Day 2 – SuperHealth® Training Course**

- 9:00 – 9:30 am Welcome.Warm ups.
- 9:30 – 10:30 am Yogi Bhajan DVD  
“Anger and Fear”
- 10:30 – 10:45 am Discussion with small groups
- 10:45 – 11:00 am Juice break  
Therapeutic effect and specific formula
- 11:00 – 11:45 am Yogic Science of Addictions  
Marijuana, Crack Cocaine, Alcohol, Tobacco:  
Impact on brain, nervous & glandular system:  
Therapeutic Formulas & Specific Technology  
Combat urges/cravings/address physical breakdown & mental trauma.
- 11:45 – 12:15 pm Break Habit Meditation
- 12:15 – 1:15 pm Lunch \*\*
- 1:15 – 2: 30 pm Foods, Herbs & Vitamins – Cleansing & Rebuilding Properties
- 2:30 – 2:45 pm Break
- 2:45 – 3:15 pm Science of Humanology: Theme of Forgiveness



3:15 – 4:00 pm      Practical application how to incorporate into the community, personal, yogic or clinical setting

Questions & Answers

Evaluation and Certificates

Closing

\*\* Please Note: Continuing Education Credits are not awarded for the Friday night class and lunch breaks.