



MAY 11, 12, 13, 2018

SUPERHEALTH® "A Yogic Science to Break Habits and Addictive Behavior" as authentically taught by Yogi Bhajan

Weekend Training Proposal

SuperHealth® addresses habits, tendencies and behavioral addictions, including stress disabilities, depression and emotional imbalances. This includes alcohol, drugs, smoking, eating disorders, co-dependency, work, and computers --even attachment to advancement, rejection and worry. The program has been developed for a specialized hospital in the USA where it was utilized successfully for eighteen years. The approach combines the ancient wisdom of yogic science with the precision and innovations of the West. We believe, the human potential of each person is infinite -- body, mind and spirit interconnected.

The structure of the training is didactic and experiential including specific Kundalini yoga sets, breathing exercises, meditation, nutritional therapeutic formulas and recipes with a specific detoxification and rehabilitation diet. These foods easily digest and assimilate allowing the elimination of toxins from the body quickly. Specific therapeutic juice blends will be served each day to directly experience their healing properties and potent effects.

This training provides a profound personal transformation to authentically experience the effect of the technology and the kindness and compassion necessary to touch and inspire the human spirit.

This workshop is held in English and will be translated in the language of your community. There will be sufficient time allowed for question and answers.

The training is open to everyone - yoga teachers and practitioners, healthcare professionals (psychologists, social workers, nurses, doctors and counselors) and anyone in their own personal healing process or seeking a renewed change in lifestyle.

SuperHealth® is approved by the National Certified Commission as an Educational and Training provider and awards CEUs to addiction professionals and counselors by NAADAC, the American Holistic Nurses Association and the State of California Board of Sciences for MFTs, LCSWs, LPCCs and LEPs.