



January 8–11, 2012 Sunday–Wednesday

SuperHealth® Spiritual Vacation

Mukta Kaur Khalsa

Take this golden opportunity to nurture yourself in a program specifically tailored to help you relax, rejuvenate, and discover life's deeper meaning through inner fulfillment. Each person has a unique purpose, with talents, interests, and passions that are special gifts from God. When you serve that source of inspiration, you live your destiny.

Kundalini Yoga and meditation allow you to see the habit patterns that subconsciously guide your behavior and keep you from fully expressing your creative gifts. Those patterns change only when you shift your attitude toward them with the newfound awareness cultivated in your practice.

In this workshop, you

- Strengthen your commitment to a peaceful life of serenity
- Claim your birthright to be happy
- Discover your own inner beauty and "grit"
- Gain clarity to appreciate what you value in life.

This program includes nutrition awareness, herbal therapy, tips on eating and food issues, a low-stress diet plan, reflexology, walks, and hikes. Your spiritual vacation awaits you. It is a moment in time, just for you!

Note Tuition includes a manual. Bring footwear and clothes for outdoor walks and hikes.

This program is eligible for CE Credits



Mukta Kaur Khalsa, PhD, is the director of SuperHealth® and studied the technology of behavioral addictions with Yogi Bajan. She serves as Special Representative to the United Nations Office of Drug Control and Crime in Vienna, Austria. Author of *Meditations for Addictive Behavior*, Mukta directed a pilot project for substance abusers in collaboration with the Punjab government in India. She is also the coauthor of a research paper in the *Journal of Ethnicity in Substance Abuse*. A worldwide trainer and lecturer,

she incorporates SuperHealth technology with other modalities to enhance the healing process and expedite recovery. www.super-health.net



exploring the yoga of life.

Take time away to do what you love. Kripalu Center for Yoga and Health offers hundreds of workshops, retreats, and trainings in yoga, personal growth, creative expression, holistic health, and more.

While you are here... Enjoy yoga classes, healthy food, massage and healing arts, hiking trails, whirlpool and sauna—all in the natural beauty of the Berkshire Mountains of western Massachusetts.

Kripalu is 3 hours north of New York City.

find out more ➔ kripalu.org • 800.741.7353