



Yogic Science to Break Habits & Addictive Behavior

February 17– 20, 2017

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This training provides a place for the profound personal transformation needed to live a life of increased awareness and deeper insight. It is open to all those interested in their own personal healing process or seeking a renewed lifestyle.

Support whole-body rehabilitation through:

- Kundalini Yoga sets
- Breathing exercises
- Meditation
- Nutritional therapeutic formulas
- Detoxification recipes

Prerequisites: None.

Tuition, text: \$270

Add three nights accommodation

Official time for check-in: 4 pm

and check-out: 2 pm

**Approved for 12 CEUs for
several healthcare professionals
and their boards.**



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Located in central Virginia: 40 mi south of Charlottesville, 75 mi west of Richmond, 150 mi southwest of Washington, DC