



Join us for Vitality and Stress Online program July 1 – 4 and July 23 – 24.

- Explore Your Vitality and Recognize Consciousness as the Core of Vitality
- Identify Your Stress
- Heal Cold Depression and Emotional Fatigue
- Relieve, Relax, Recharge
- Realize the Victory of the Spiritual Warrior

Introduction:

In this 60 hour course (48 hours in class) is open to everyone. Cultivate the core skill for this coming age – the ability to recognize stress in ourselves and others and develop the tools to transform it and balance it with conscious relaxation. Kundalini Yoga prepares each of us to act with undaunted spirit, exalted caliber and character, and the vitality to cross every crisis. This course is a chance to look closely at how we react to, cope with and master our vitality.

Location:

Online via ZOOM. You will get a new link for each weekend of training

Times:

9am – 4:30pm Pacific time zone each day; lunch approximately 12:30-1:30pm

Manual Cost:

1. You have a choice of e-book or print manual, however there is an additional shipping charge for the print manual. Print Manual cost is \$24.99

Program Cost

* *Early Bird registration* : \$695

* *Regular price* : \$895

* Half price for those who have taken this course before. Go even deeper into your understanding and experience of Vitality & Stress!

Note: payment plans available. Also 1/2 price if you've taken this program before!

Ready to Register?

Please send email with the following information:

- Let us know if you are Signing up for All Journey's, One, Two, Single day
- Full Legal Name, Email Address, WhatsApp, Phone, Mailing Address
- Include Spiritual Name if you have one
- Name you prefer to go by in this program
- Birth date, city state country, and time
- Do you have prior Meditation experience?
- Any health concerns you want to share with us
- Do you have a device available for this program that will allow you good audio as well as be able to have your video on so that we can see you during class time?

Cancellation Policy:

All requests for refunds due to inability to attend will be subject to an administration fee of \$150. Thank you for your understanding.