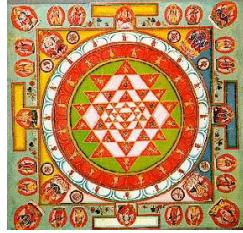


Ginseng presents a
Deep Yoga Devi Workshop
TANTRA
The Yoga of Ecstasy



Tantra emphasizes the cultivation of “Divine Power” (Shakti) as a path to infinite bliss. Widely misunderstood in the West, where it is often confused with eroticism and licentiousness, Tantra holds that our world is infused with the Divine in everything, and thus sees the body as sacred and as a powerful tool for realizing higher states of consciousness.

Tantra can help you purify, gain more energy, understand your place in the world, heal, transform & achieve your inherent greatness. Through practice, theory, and various exercises, we will highlight the practical wisdom of Tantra in order to experience the richness that Yoga offers. This workshop will include:

- Asana and techniques to awaken Kundalini
- Yoga as an energetic practice
- Pranayama & Bandha
- The science of the Chakras
- Awakening the power of Kundalini
- The Devas, Devis & Tantric cosmology
- Enlivening Shakti to increase mental and physical capacity
- Designing a Mantra *sadhana* (daily practice) for yourself

Tantra is saying yes to every aspect of life, embracing it all! Join us for this journey to the Divine through the perfection of the body, breath, mind and spirit.

WHERE: Ginseng Yoga Studio (www.ginsengyoga.com)

WHEN: Sunday, February 26th, 12:30-4:30 pm

COST: \$30 pre-registration / \$35 at door

RSVP: Ginseng Yoga, 619 338-9642

