

SuperHealth:

A System of Yogic Science to Break Habits & Addictive Behaviors as taught by Yogi Bhajan

With author & Kundalini Yoga Teacher, Mukta Kaur Khalsa, PhD

Two-Day Training Includes:

- Kundalini Yoga to strengthen the nervous and glandular systems weakened by stress or substance abuse
- Specific meditations and breath exercises to promote calmness in the most challenging situations
- Nutritional formulas for detoxifying, including vegetable juices to be sampled in class
- Working through emotional traumas, habits and addictive behaviors through discussion and self-reflection practices



SuperHealth is an approved Education and Training Provider that meets the requirements for 13.5 CEUs by Board of Sciences, State of California MFTs and LCSW #4325; NAADAC Addiction Counselors #759; IKYTA and Yoga Alliance

Saturday, April 28 - 9am to 5pm

Sunday, April 29 - 9am to 4pm

\$260 until April 14 - \$285 after April 14



Dr. Mukta Kaur Khalsa

is the Director of SuperHealth and personally trained with Yogi Bhajan. She has her PhD in Psychology and Counseling and is the author of "Meditations for Addictive Behavior." In collaboration with the Indian government, Dr. Mukta Kaur directed a pilot program for substance abuse that was published in "The Journal on Ethnicity of Substance Abuse." In addition, Dr. Mukta Kaur directed a specialized hospital that was rated in the top 10% of programs in the United States by the Joint Commission on Accreditation of Healthcare Organizations.



YOGA VILLAGE

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