



# SuperHealth®

[www.Super-Health.net](http://www.Super-Health.net)

Yogic Science for Breaking Habits & Addictive Behaviors

## SPECIALTY PROFESSIONAL TRAINING

“as authentically taught by Yogi Bhajan”

**March 23 – 30, 2019 • Española, New Mexico, USA**

**\$1,740** with **Promo Code: SPT11** for KRI Certified Yoga Teachers, Int'l Travelers, Seniors (62+)

**\$1,795** with **Promo Code: SPT12** for All Others

*(Original Price \$1,895)*

***Join us in beautiful Española, New Mexico, USA***

A comprehensive 8+ day course in the time-tested system of yogic science and western medicine. SuperHealth is at the forefront of helping people break habits and harmful behaviors for many decades. This highly specific training broadens its impact and puts more qualified people on the front in the fight against addictions of all kinds.

With a wide range of Kundalini Yoga teachers and health specialists, each will be in a position to offer their students and patients a systematic line of effective technology which can be integrated into current therapy platforms with a sustainable and healthy lifestyle.

### SuperHealth Specialty Professional Training:

- ❖ Drugs & Alcohol
- ❖ Eating Disorders & Food Issues
- ❖ Smoking
- ❖ Gambling
- ❖ Relationship Issues & Co-Dependency
- ❖ Opioids & Prescription Meds
- ❖ Depression, Anxiety, Insomnia
- ❖ Computers, IT devices
- ❖ Stress

### Training Components:

- ❖ **Kundalini Yoga & Meditation** basis to recalibrate change
- ❖ **(2) Experiential days of Detox & Rehab** regimen including:
  - Diets & therapeutic juice blends
  - Vitamin & Herbal Regimen
- ❖ **Yogic Physiology and Anatomy** – with formulas and therapies to help restore compromised systems
- ❖ **DVDs by Yogi Bhajan:** “Understanding the Nature of Addictive Behavior”, An Effective Approach to Change, Smoking, Breaking the Subconscious Blocks, etc.
- ❖ **Science of Humanology** – study of realized total human potential
  - Parental Generational Phobias
  - Self-Reliance
  - Self-Hatred, Fear, Inverted Anger, Cold Depression
  - Counseling – a spiritual touchstone
  - Touching the Human Spirit – Protocol of service to reach out compassionately and neutrally

## Fee Includes:

### **SuperHealth Food:**

Mostly organic meals with specialized detox & rehab diets, therapeutic juice formulas, herbal blends & vitamins

### **SuperHealth Manuals:**

For easy use & teaching: Synthesized perfectly for each substance group & behavioral issue:

- ❖ Principles & Practices
- ❖ Technology Manual

## Course Overview:

The complete **Immersion Training** is a perfectly integrated physically, mentally and spiritual based methodology for breaking habits and behavioral addictions.

We live in a global society filled with many kinds of addictions. Pressures are growing daily and will not subside anytime soon. To cope with these demands, we seek momentary relief with external stimulations and other gratifications. To replace the “urge” to decompress reaching for drugs, alcohol or food, we can replace the impulse with healthy, productive and self-sustaining technologies. This leads to our greatest well-being and personal excellence.

The training is a golden opportunity to understand through your own personal process, the effectiveness of the technology. The Kundalini Yoga Certified Teacher can teach with a depth through their firsthand experience. The healthcare professional will find it effective to integrate into a clinical treatment protocol.

## Training Modules:

### ❖ **Kundalini Yoga**

- Eliminate toxic overload and strengthens nervous and glandular systems weakened by substances, junk food and stressful lifestyle. Develops “grit” attitude and self-control
- Space Age aerobics

### ❖ **Meditation**

- Addresses mental trauma forming root cause of problems and recalibrates imprint of addictive patterning on psyche

### ❖ **Nutrition Restoration**

- Detoxification and Rehabilitation Process with ancient formulas to cleanse and rebuild the system, change chemistry of the blood and affect food metabolism
- Two-Day Experiential Detoxification and Rehabilitation Regimen – you will be served a blend of specific therapeutic juice formulas, diets, herbs and vitamins as directed by Yogi Bhajan

### ❖ **Science of Humanology - Optimal human potential, transcending self-destructive patterns**

- Parental Phobias
- Self-Defeating Mental Attitude
- Compassionate Parental Identity
- Generational Wounding

### ❖ **Yogic Physiology and Anatomy**

- Science of Addiction: The effect on the brain, nervous and glandular system from particular substances. Therapeutic formulas and specific perspectives to combat urges, cravings and address mental trauma and physical weakening of central nervous system.
- Sound Affirmation Therapy – a psychological clearance of subconscious blocks.
- Hypothalamus and frontal lobe of the brain.
- Recalibrating automatic habitual and addictive patterning through mantra and chanting.

## ❖ **Counseling: A Spiritual Touchstone**

- Discuss application of therapeutic techniques in professional practice and clinical settings
- Use in personal life for self-help and growth
- Teaching tool

## ❖ **Touching the Human Spirit**

- Protocol of service to reach out compassionately and neutrally as an *Analytic Technician* of the Teachings

## ❖ **Hydrotherapy**

- Cold water therapy to stimulate circulation and revitalize entire body systems

## **This training is opportune for:**

- Kundalini Yoga Certified Level One Teachers
- Teachers or students in all yoga traditions
- Healthcare professionals and healing specialists
- Anyone in the process of making serious lifestyle changes

## **Objectives:**

- 1) Identify impulsive and gratification behaviors to counter the effects of addiction.
- 2) Understand how mental trauma and subconscious blocks can be relieved through yogic technology.
- 3) Demonstrate the cleansing and rehabilitation process through food, diet and therapeutic juice formulas.
- 4) Training Kundalini Yoga teachers and healthcare professionals.

## **Other Themes:**

- Introduction: History of SuperHealth® and yogic philosophy as it pertains to the pressures and stress of modern day times
- Physiology and psychology of addictions
- The causes and development of addictions
- The Addictive Personality and Exploitation of Hope

## **Testimonials:**

- “A life-changing experience.” *Dr. Hari Kirn Kaur, Massachusetts*
- “Pure teachings – professional, practical and wonderful. *Chandra Kirn Kaur, Taipei, Taiwan*
- “A precious gift – what the world has been waiting for.” *Sherry Berger, Illinois*

## **During the course you will also experience:**

- DVDs by Yogi Bhajan on specific approaches to SuperHealth modality
- Open discussions and group process
- Hands on Training & Role Playing
- Celestial Communication Therapy
- Share meals together – with delicious and nutritious vegetarian food
- Group Sadhana daily (early morning spiritual discipline)



## Accommodations:

Graceful and modest rooms are available. It is not necessary to have a car. However, if you have a physical hardship or for your easiest convenience, you may want to rent a vehicle.

Please contact Nirbhe Kaur at:

[www.lyfrentals.com](http://www.lyfrentals.com)

“khalsanirbhe@gmail.com”

(505) 927-8665 or (505) 753-7523

## Weather:

Please know that March weather is usually pre-spring with comfortable temperatures which are quite pleasant. However, please check the website for current weather conditions before departing and be prepared with layered clothing.

## Travel:

Espanola is located in northern New Mexico. Arrange your flight into Albuquerque or Santa Fe and a shuttle service or a rental car to Espanola. Directions to Espanola and the course location will be provided with your registration.

- **Travel time from the Albuquerque Airport** is about 1.5 hours.
- **Travel time from Santa Fe** is about 30 minutes.

### Shuttle from Albuquerque Airport to Santa Fe and Espanola

**Twin Hearts Shuttle Service:** (800) 654-9456 or 575-751-1201.

- From Albuquerque Airport to Espanola community departs airport at: 11:30 am, 1:30 pm, 3:30 pm, 5:30 pm.
- The return from Espanola community back to Albuquerque Airport departs 8 am, 10 am, 12 noon and 2:30 pm.
- The cost is \$40 one way and \$75 round trip service is 7 days a week.
- *Please Note:* Sometimes it may take a few times to get them on the phone. The people driving the shuttle are the same that take the reservations.

## Pre-requisites for this course:

### Pre-requisites for Kundalini Yoga Level 1 Certified Teachers and above:

- Read “Meditations for Addictive Behavior” by Mukta Kaur Khalsa
- Read “Healing Addictive Behaviors” by Mukta Kaur Khalsa
- Conduct two interviews with any healthcare professional in the field of addictions counseling, prevention or treatment, i.e. nurse, MD, psychologist, social worker, addictions educator or counselor
  - a) Inquire about their insight into substance abuse philosophy and methodology as well as behavioral addictions such as stress, depression, food issues, sex, gambling, etc.
  - b) Philosophy and modality they use for prevention, treatment or healing.
  - c) What is most challenging and most rewarding about their work.

## Pre-requisites for those not certified in Kundalini Yoga

### (Not Level 1 KRI - Certified Kundalini Teachers):

The following requirements will prepare you in the basics of Kundalini Yoga and introduce you to the teachings of Yogi Bhajan, founder of SuperHealth.

- 1) **Attend** a minimum five Kundalini Yoga classes either live or DVD classes online. To find an instructor near you go to <http://www.3ho.org/IKYTA>. Another option is to attend DVD classes which can be viewed online at the KRI website: <http://www.kriteachings.org> Suggested teachers: Nirvair Singh Khalsa and Gurmukh Kaur Khalsa <http://www.goldenbridge.com>.
- 2) **Read:** “The Flow of Eternal Power” by Shakti Parwaha Kaur Khalsa.
- 3) **Read:** “Meditations for Addictive Behavior” by Mukta Kaur Khalsa, Ph.D.
- 4) **Read:** “Healing Addictive Behaviors” by Mukta Kaur Khalsa, Ph.D.
- 5) **Conduct (1) interview** with either a person in recovery or with any healthcare professional in the field of addictions counseling, prevention or treatment i.e. nurse, MD, psychologist, social worker, addictions educator or counselor.
  - Inquire about their insight into substance abuse philosophy and methodology as well as behavioral addictions such as stress, depression, food issues, sex, gambling, etc.
  - Philosophy and modality they use for prevention, treatment or healing.
  - What is most challenging and most rewarding about their work.

## Frequently Asked Questions:

### Q: When should I arrive and depart?

- **A:** We recommend you to **Arrive** Friday, March 22<sup>nd</sup> by 5:00 pm or earlier, as course begins on Saturday at 9:00 am. This will allow you to check-in regarding logistics and your accommodations.
- **Depart** Sunday, March 31<sup>st</sup> anytime. The course will conclude Saturday, March 30<sup>th</sup> at 4:00 pm. If you chose to depart on Saturday evening, please be sure to schedule departure **after** the course concludes.

### Q: Although I understand sadhana is conducted daily from 3:45 am – 6:45 am and is optional, how do I get through such a long day?

- **A:** Participation in sadhana is the one single activity to make significant lifestyle changes for anyone. This is an opportunity to give a full experience and understanding of the technology. Sadhana is recommended though optional and you can participate as best you can. 70% of the benefits are just getting there. You can sleep and rest during sadhana. Bedtime is recommended at 9 pm.

### Q: Will I need a car and how far is the course location from the Albuquerque Airport?

- **A:** It is not essential that you have a car though it is more convenient. Many people couple their rides. The Albuquerque Airport is 1.5 hours from Espanola. The Santa Fe Airport is 30 minutes from Espanola. There are shuttles into Santa Fe and Espanola. Please see TRAVEL section.
- If you have additional questions please contact Mukta Kaur at [superhealth12@gmail.com](mailto:superhealth12@gmail.com)
- **To register + more information:** [www.super-health.net](http://www.super-health.net)

### Lead Trainer: Mukta Kaur Khalsa, Ph.D. (Counseling & Psychology)

- Personally trained with Yogi Bhanan in SuperHealth technology.
- Directed SuperHealth as a Specialized Hospital for Substance Abuse and Mental Health accredited by Joint Commission on Accreditation of Healthcare Organizations; distinguished in top 10% of facilities in US
- Special Representative to Office of Drug Control and Crime - United Nations
- Licensed Professional Counselor - Drug & Alcohol and Mental Health

### Jocelyn Johnson – APRN, BS, AKA Suchas Kaur

- Advanced Practice Registered Nurse, Board Certified
- MS Psychiatric/ Mental Health Nursing
- Mechanical Engineer, BS –NASA
- Certified Kundalini Yoga Teacher, Level 2

