

# 50 HOUR ONLINE TRAINING



## KEY MESSAGES

Provided below are a collection of key points, including course themes and main topics covered for each course. Please read through the info, feel free to cut and paste it exactly as it is, or communicate the essence of message in your own authentic way. Whatever you feel will have the greatest impact with your audience.

If you have any questions about any of the content, please reach out for clarification.

### 50 HOUR MOON SUN FIRE INTENSIVE

1. Modern Yoga is not evolving us in the way Yoga should. The reason is simple: we are not practicing it in the way it was intended to be practiced.
2. Executed correctly, this path will revolutionize every aspect of your life, making you into a vibrant, fearless, stable and clear minded unstoppable force of nature.
3. 100% of this training, including all practices and content have been handed down in an unbroken line over thousands of years following the tradition of Parampara (from one to another). Now they have arrived to you.

TOPICS COVERED:

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- Tantric philosophy and methodology.
- Key practices of Hatha Yoga: Asana, Kumbhaka, Bandha, Mudra and Kriya.
- Moon, Sun and Fire: The seven stage progressive map to heal the mind, awaken subtle sensitivity and access and stabilize Kundalini.
- Tantra, Kundalini and the Chakras.
- Advanced sequencing: The energetics of Asana.
- Working with Prana for self-empowerment, intuition and healing.
- Mantra Vidya: The science of Mantra, Yantra, geometry, sound and vibration.
- Developing a complete Tantric practice.
- Honoring the Tantric Path in the modern age.