

# Ipsalu Tantra Kriya Yoga Level One Retreat "Learning to Live in Bliss"

with Diane Zarse

assisted by Douglas Knapke and April Woodcox



at Body and Spirit Studio

7842 Melbourne Road, Indianapolis, IN 46268

## March 6 – 8<sup>th</sup> 2015

Ipsalu Tantra is a unique path to inner joy. While everyone's experience will be different...unique to your own journey, the following are commonly expressed after participating in "Learning to Live in Bliss". ~*It is a space that invites healing. ~ Powerful life force energy is gently and masterfully explored. ~The feeling after the workshop is an immersion in loving energy. ~My heart opened and my self-love intensified. ~I learned techniques to enhance relationships and intimacy.*

Ipsalu Tantra gives you exquisite time-tested techniques, including emotional clearings, a daily practice and \*Cobra Breath.

Something divine happens as you deepen into a meditative space. You feel the divinity within you. You discover your sexual root chakra energy as a powerful tool for awakening and grounding your true self. You learn the \*Cobra Breath, a magnificent way to clear your chakras.

Imagine living in a blissful state in all aspects of your life. By calming the emotions and enhancing the thought process, you come to a balance that opens the door to spiritual awareness.

You will have the opportunity to continue contact with other Ipsalu grads at free satsangs for ongoing support, Cobra Breath review and discussion of your life experiences as you evolve.

**Namaste,**

**Diane Zarse**

**317-442-6273**

[diane.laughing@yahoo.com](mailto:diane.laughing@yahoo.com)

[www.ipsalutantra.org](http://www.ipsalutantra.org)

### DATES AND TIMES

**March 6th – 8th, 2015**

**Friday: 7:30pm -10:00pm**

**Saturday: 9:00am-7:00pm**

**Sunday: 9:00am-6:30pm**

### FEES

**\$250/person**

**\$450/couples**

**\$175/repeaters** \$15 early  
bird discount (send in  
deposit by Feb. 11<sup>th</sup>)

**\$100 deposit required**

*Fee includes tuition, course materials, lunches and regular meetings to review the Practice and the Cobra Breath and to support each other as we evolve.*

**Please send \$100 deposit to:**

**Diane Zarse**

**P.O. Box 502023**

**Indianapolis, IN 46250**

**Cash and checks only are accepted.**

### **\*Receiving Cobra Breath**

Cobra Breath is a sacred tradition. When receiving Cobra Breath, one must first promise not to reveal it to others. It is a powerful method for quickly opening the third eye, which enables you to perceive things as they truly are (witness consciousness), rather than in ways that only support your ego.

