



NISCHALA JOY DEVI

Nischala Joy Devi is a masterful teacher, internationally renowned since 1974. She studied yoga with masters in the United States, India, and lived as a monk with Swami Satchidanandaji for 18 years. Her landmark research in adapting yoga for heart disease and cancer culminated in yoga of the heart® certification course for teachers and health professionals. Author of the healing path of yoga and the secret power of yoga, a woman's guide to the heart and spirit of the yoga sutras. Nischala's teachings reflect the compassionate heart perspective in spirituality and scripture.

www.abundantwellbeing.com

Friday March 30th 9:00 am - 4:00 pm FR1DEV

The Chakras in Healing

Every disease has its corresponding healer within. A blocked or misguided energy can make us feel fatigued, irritable or even cause life-threatening illnesses. Understand and explore how this energy moves and creates balance or disharmony. The basic theory of Chakras (energy vortices) and how to channel the energy will be explained opening us to a healthy and happy life.

Saturday March 31st 10:30 am - 12:30 pm SA2DEV

Breath and Imagery as Healers

The breath is the affirmation of life and health. When it is used consciously it can become a powerful healing tool that allows us to tap into our creativity. This is how our goals manifest. This workshop will delve into how the mind, emotions and breath interconnect and influence each other. We will see how our images of who we are and how we feel about ourselves can lead us to health or disease. Let us explore these ancient techniques and experience healing and wholeness.

Saturday March 31st 1:00 pm - 3:00 pm SA3DEV

Woman Heal Thyself

In this unique workshop tailored specifically for women, we will dynamically engage our intuitive sense allowing us to uncover radiant health. Through many years of helping women heal, Nischala has observed that combining the creative use of intuition, breath and imagery we are guided to a state of meditation that empowers us as the real healers. Lecture and gentle practice for all levels.

Sunday April 1st 9:00 am - 11:00 am SU1DEV

The Secret Power of Yoga, a woman's guide to the heart and spirit of the Yoga Sutras

This extraordinary workshop provides an opportunity to gain knowledge of and reinterpret Patanjali's Yoga Sutras from a heart-centered intuitive approach. Originally you may have come to Yoga for its powerful health and strengthening benefits, it is now time to partake in the unfathomable sense of peace, emotional and spiritual enlightenment that is our birthright.

Sunday April 1st 2:00 pm - 4:00 pm SU3DEV

Deep Relaxation through the Maya Koshas/subtle bodies

We all function with not just one, but five bodies or Maya Koshas. Our physical body is best known yet it does not function alone. The bodies of energy, thought and emotion, higher wisdom and peace all must come into alignment for a deep healing relaxation to occur. In this workshop we will explore and experience Deep Relaxation and these five layers that cover our true self. Through this understanding, we can remove obstacles that keep us from experiencing a natural balance and then we can bask in the peace of our own true nature.

