

## **September 13-16, 2017 Sedona, AZ**

### **Times:**

Sept 13 7:30-4:30

Sept 14-15 9-6

Sept 16 9-6:30

### **Sept 13th**

#### *Morning:*

Welcome

Overview

Circle Share

Mandukya Upanishad

Yoga Nidra

Receive Cards

Introduction to cards

Remind of Structure and how to use cards – put together a sequence

#### *Afternoon:*

Chit and Chitta

Importance of Wisdom Body – secondary intention

Yoga Nidra with secondary intention

Practice teaching of new cards

### **Sept 14th**

#### *Morning:*

Chitta and Prana- energy and mind connected to source: unconscious sub, super

How to ask Wisdom Body

Experience of coming up w issue and asking wisdom body

Mahanirvana Tantra

Abbreviated YN with 61 Points

Practice teaching of divine mother

#### *Afternoon:*

Yoga Sutras and applications to Yoga Nidra

Yoga nidra with EDT

How blocks are created

Where to use EDT in card deck – practice opening

EDT practice in partners

### **Sept 15th**

#### *Morning:*

Yoga Nidra with safe place – show where to place card and how to use intention

PTSD and trauma

4 stages

Get into groups – put together YN for stages 2,3 or 4. Small groups to help. Then deliver 2,3,4 in small groups consecutively.

Afternoon:

Time to finish putting together cards.

Remind of structure, pauses, and how many of what cards to use

Lead each other 3hours.

### **Sept 16th**

*Morning:*

Hand out kids cards

Working with Kids in General

Go over kids cards and suggestions

Yoga Nidra for kids

*Afternoon:*

Kids cards for adults Yoga Nidra

Getting into schools and common conditions

Suggestions for putting it together

Put together YN for kids

Deliver to each other

Closing session