

THE MEETING OF KUNDALINI YOGA AND THE 12 STEPS OF RECOVERY



A WORKSHOP IN SÓLHEIMAR 15th – 17th JANUARY 2010

The meeting of Kundalini Yoga and the 12 steps of recovery

Dramas and challenges arrive in our life to push into new realms of spiritual growth. Sometimes addiction rears it's head and recovery can seem relentless and too much to bear.

Carolyn Cowan has been clean and sober since 1991 and teaching Kundalini yoga since 1998. The combination of these two powerful forces for change have been her specialist area and this workshop will bring the two together in a way that will give you practical tools for your day to day experiences, a powerful spiritual connection and a great map for the journey onwards to your higher self using your history and personal experiences as the rock upon which you stand, victorious.



We will look at addiction in all it's forms including drugs, alcohol, sex, anger, intensity, food, the victim and shame

No need to know Kundalini yoga or 12 step work, just an open heart and will to work on selfgrowth!

**Price: 32.000 kr. for workshop, housing and accommodation.
Booking fee: 7.000 kr.**

**Introduction on The meeting of Kundalini Yoga and the 12 steps of recovery:
TUESDAY 29th DECEMBER 17.45-19.00 & SATURDAY 9th JANUARY 15.30-16.45**

**LÓTUS JÓGASETUR – BORGARTÚN 20, www.lotusjogasetur.is
Book at audur@vortex.is or call Audur 8461970**