

## CONSCIOUS COMMUNICATION



As human beings we have the ability to transcend ordinary methods of communication through the very essence of our presence. A radiant, clear mind and heart can uplift and inspire millions without having uttered a word. Yet, we are also creatures of sound who have the capacity to shape and move the ethers to express our thoughts, needs and ideas. The guiding principle to both modes of effective communicating is the realization that how we communicate with others is a direct reflection of how we see and communicate with our Self.

As part of this global awakening Golden Bridge is privileged to offer a course in Conscious Communication. Taught by our senior staff, you will experience cutting edge techniques guiding you into illuminating energies, astonishing perceptual shifts and accelerated gains in awareness and consciousness. This six day course gives you tools to effectively communicate with yourself and with others and to speak from the voice of your soul. We approach effective communication as an art.

If you want to live a happy, harmonious life, Conscious Communication with your Self and others is essential. The Level 2 "Conscious Communication" course provides you with the tools and experience you need to create a more powerful, authentic projection in all your daily relationships.

## TRANSFORMATION

This week-long immersion is about the transformation and deepening of your own core capacities, character and consciousness. Though this is a Level 2 Teacher Training course, Level 1 is not required. In this immersion, we will share new ideas, information, techniques and themes, and establish the ability to use your applied mind, applied intelligence and applied awareness.



## WHO CAN TAKE THIS COURSE - EVERYONE

This immersion is open to everybody and is perfect and complete in itself. For Level 1 Kundalini Yoga Certified Instructors the course will give you KRI Level 2 certification for the "Conscious Communication" module. For requirements on pursuing a Level 2 certification, visit [www.goldenbridgeyoga.com](http://www.goldenbridgeyoga.com).



## HOURS OF THE COURSE



Tuesday, March 27 - Sunday, April 1, 2012  
Sadhana: 4:00 am - 6:00 am  
Classroom Study: 7:00 am - 5:00 pm  
Classroom study includes yoga classes, long gong lay-out, lectures and Yogi Bhajan videos. There are ample breaks throughout the day.

## ENROLLMENT & TUITION

To enroll in the course, Golden Bridge must receive your down payment of \$500 along with your registration application.

Enrollment is limited.

Pre-registration: \$ 1054.00  
(registered by March 13th, 2012)

Full Payment after March 13th, 2012:  
\$1154.00 (must be paid in full by  
March 27, 2012)

Questions? E-mail  
[rachel@goldenbridgeyoga.com](mailto:rachel@goldenbridgeyoga.com)

*To withdraw from the course we must receive your request in writing before March 20th. You will be eligible for a refund minus a non-refundable \$150. No refunds will be given after March 20th.*



"Let your heart speak to others' hearts"

~Yogi Bhajan



Immerse yourself in deep meditation at Golden Bridge