



April 12–15, 2012 Thursday–Sunday

SuperHealth®: Breaking Habits and Addictive Behavior: From Recovery to Self-Discovery

Mukta Kaur Khalsa

SuperHealth is a cutting-edge behavioral health and addiction-therapy system created by Yogi Bhajan. A proven and precise yogic technology, the SuperHealth approach rebuilds the nervous and glandular systems, recalibrates the imprint of addictive patterning on the brain, and inspires and uplifts the human spirit.

Consisting of Kundalini Yoga, meditation, and nutrition restoration, this technology is effective for anyone whose well-being has been compromised by drugs, alcohol, food issues, smoking, codependency, depression, worry, stress, or information overload. An overtaxed nervous system can leave you vulnerable to temptations, urges, fatigue, anxiety, and disconnection from your intuition and sense of fulfillment.

This training also offers specially prepared therapeutic juice formulas to release toxins and cleanse and rebuild the system. Topics include

- Identifying and understanding unconscious triggers and the impact of stress on relationships
- Identifying immediate gratification behaviors that activate impulse and urge instincts to counter the debilitating effects of addiction
- How anxiety, fatigue, headaches, trauma, insomnia, and depression can be relieved through Kundalini Yoga and nutrition
- Detoxification and the rehabilitation process
- Techniques to bring balance and joy
- Meditation, breathing exercises, conscious relaxation, and muscle tension release to cultivate a state of happiness and well-being.

Have fun, laugh, and experience simple yoga and meditation practices that can be used in your life, your yoga teaching, or integrated into a treatment regimen in a clinical setting.

Note Tuition includes books and other materials. Approved for continuing education credits through the California Board of Sciences for MFTs and LCSWs and through the presenter for NAADAC credits. Contact superhealth12@gmail.com with questions.



Mukta Kaur Khalsa, PhD, is the director of SuperHealth® and studied the technology of behavioral addictions with Yogi Bhajan. She serves as Special Representative to the United Nations Office of Drug Control and Crime in Vienna, Austria. Author of *Meditations for Addictive Behavior*, Mukta directed a pilot project for substance abusers in collaboration with the Punjab government in India. She is also the coauthor of a research paper in the *Journal of Ethnicity in Substance Abuse*. A worldwide trainer and lecturer, she incorporates SuperHealth technology with other modalities to enhance the healing process and expedite recovery. www.super-health.net



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While you are here... Enjoy yoga classes, healthy food, massage and healing arts, hiking trails, whirlpool and sauna—all in the natural beauty of the Berkshire Mountains of western Massachusetts.

Kripalu is 3 hours north of New York City.

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