

Beyond Addiction

The Yogic Path to Recovery



9 Day Immersion Course May 16 - 24, 2015 Owen Sound, ON

This course is designed for individuals seeking to develop healthy habits and overcome addictive behaviour, for health professionals and yoga teachers who work with addiction, and for certified Kundalini Yoga teachers who would like to teach a yoga-based addiction recovery program.

The program integrates the teaching of Yogi Bhajan, Dr. Gabor Maté and experts in the addiction field. The course includes online webinars, videos with Dr. Gabor Maté, a manual, a 16 week home practice program and group support.

Instructors:



Sat Dharam Kaur N.D. and Teaching Team

Sat Dharam is a certified Kundalini Yoga teacher trainer and instructor, author, and naturopathic doctor practicing in Owen Sound, Ontario. She has developed an addiction recovery program using Kundalini Yoga and Naturopathic therapies.

Dates:

May 16 - 24, 2015

Hours:

9:00 a.m. - 6:00 p.m. daily

Location:

Trillium Healing Arts Centre
235 9th St E, Owen Sound, ON N4K 1N8

Cost:

First time participants \$1300 + HST
Returning participants \$650 + HST
Potential Instructors & Trainers \$400 + HST
(those who have taken the course at least two times previously)

Registration and information:

519 372 9212 | satdharamkaur@gmail.com

Participants can stay at local hotels, B&Bs, or camping sites. Vegetarian lunches will be arranged with local restaurants but are not included in the course fee.