



BEYOND ADDICTION®

Recover Your True Self

# AMRITSAR RETREAT

November 16 to 24, 2023



9-day in-person immersion daily schedule

[www.beyondaddiction.ca](http://www.beyondaddiction.ca)

Beyond Addiction is Kundalini yoga combined with guidelines and research in Naturopathic Medicine, Counselling and neuroscience, and infused with the insights and experience of trauma & addiction experts.

**Since 2008, Beyond Addiction:**

- **Conducted over 75 programs**
- **Taught in 7 languages**
- **Transformed 3000 lives across 13 countries**

Created for:

- **For all those who have been impacted by addiction**
  - **Want to develop healthy habits**
    - **Yoga teachers**
    - **Therapists**
  - **Medical professionals and Coaches**
- **Health professionals and Addiction counselors**

For further Accomodation and Travel Assistance Please contact:  
Ms. Dishka Arora at +91-9779079792 or email [axis.pkgs@gmail.com](mailto:axis.pkgs@gmail.com)

For any other questions or assistance, you can reachout to:  
Michelle Peddle at [michelle@mytyoga.ca](mailto:michelle@mytyoga.ca)

## Retreat Highlights

- Daily Sadhana with Sat Dharam Kaur ND
- In-person Kundalini Yoga Practice
- Group Discussions and Meditation
- Breathing and Relaxation Practices
- Self-reflection and Journaling
- Curated Satvik Vegetarian Meals
- Morning Visits to Golden Temple
- Local Sight-Seeing

## Daily Schedule

4:15 - 6:30 am	<ul style="list-style-type: none"><li>• Optional Group Sadhana (early morning spiritual practice):</li></ul>
7:30 - 8:45 am	<ul style="list-style-type: none"><li>• Breakfast:</li></ul>
9:00 am - 12:30 pm	<ul style="list-style-type: none"><li>• Class time: Module Discussion, Pranayama, Yoga, Meditation, Group Discussion</li></ul>
12:30 pm - 1:30 pm	<ul style="list-style-type: none"><li>• Lunch:</li></ul>
1:30 pm - 5:00 pm	<ul style="list-style-type: none"><li>• Class time: Module Discussion, Pranayama, Yoga, Meditation, Group Discussion</li></ul>
Post 5:00 pm	<ul style="list-style-type: none"><li>• Evening relaxation, walking tours, visit Golden Temple</li></ul>

## **Module 1:**

### **I am a Spiritual Being Having a Human Experience**

Thursday  
November 16  
9:00 am - 12:30 pm  
1:30 pm - 5:00 pm

- Safety
- Definition of addiction
- What is addiction doing for you
- Cause of addiction
- Trauma and disconnection from Self
- Every adaptation is a coping strategy
- Conceptual self vs experiential self

## **Module 2:**

### **I Live by My Values and Develop My Virtues.**

Friday  
November 17  
9:00 am - 12:30 pm

- Trauma, stress and addiction
- Cortisol, memory
- Our brains need the right conditions for development
- Importance of frontal lobe and how trauma and addiction affect it
- Vagus nerve and stress response
- Three kinds of knowing – brain, gut feelings and heart
- Anything about values and virtues

## **Module 3:**

### **I Live by My Values and Develop My Virtues.**

Friday  
November 17  
1:30 pm - 5:00 pm

- Authentic communication
- Communication to oneself
- Assertive communication
- Active listening
- Non-violent communication



## Module 4:

### I Practice Kundalini Yoga and Meditation to Free Me from My Past and Access Wisdom.

Saturday  
November 18  
9:00 am - 12:30 pm

- Develop capacity to witness
- Body scan
- Importance of checking in with the body, accessing sensations and feelings
- Difference between feeling and interpretation
- Courage to be vulnerable
- Uncover your hurt; painbody
- Unacknowledged feelings
- Coping mechanisms
- 5-step mental processing

## Module 5:

### Act, Don't React: I Take Control Over My Reactions to People and Events.

Saturday  
November 18  
1:30 pm - 5:00 pm

- Mental programming is automatic
- Act, don't react (develop response flexibility)
- Train the mind to serve the Self/soul/essence
- Notice triggers
- Compassionate inquiry
- Take 100% responsibility for your reactions
- Blame is paralyzing

## Module 6:

### **Happiness is My Birthright. I Clear My Subconscious to Become Neutral. Through Commitment, Discipline and the Power to Sacrifice, I Achieve Happiness.**

Sunday  
November 19  
9:00 am - 12:30 pm

- Understand and cultivate your Negative, Positive, and Neutral minds.
- Utilize the strengths of the Negative, Positive and Neutral minds to overcome addiction
- Push, pull or be still and stay centred
- Recognize when you are caught between polarities
- Practice the Middle Way
- Know that Happiness is Your Birthright
- Learn the Seven Steps to Happiness
- Explore the Pleasant Life, the Life of Engagement and the Meaningful Life
- Practice exercises from Positive Psychology to develop happiness
- Learn exercises to develop the positive, negative and neutral minds
- Learn a kriya to benefit the lungs and open the heart centre
- Practice a meditation to open the heart and facilitate healing

## Module 7:

### **I Create My Habits; My Habits Create Me. I Promote Habits that Serve My Divinity**

Sunday  
November 19  
1:30 pm - 5:00 pm

- Differentiate promoting habits from demoting habits.
- Choose promoting habits to cultivate.
- Become familiar with the Cycles of Habits
- Relate to your body as a temple
- Pay attention to diet
- Choosing your projection
- How to start and end your day
- The benefits of cold showers
- Utilize the gift of sadhana

## **Module 8:**

### **I Choose Dharma Over Karma.**

Monday  
November 20  
9:00 am - 12:30 pm

- Understand the difference between karma and dharma
- Relate more fully to your dharma
- Identify ways in which to receive more dharmic support
- Use Mul mantra to align with dharma

## **Module 9:**

### **I Replace Addiction with Self-Reliance.**

### **I Compassionately Re-parent Myself.**

Monday  
November 20  
1:30 pm - 5:00 pm

- Understand healthy and unhealthy attachment
- Recognize your original environmental deficits
- Know your needs and take responsibility for them
- Understand oxytocin, the love hormone
- Identify the qualities of a good parent
- Recognize what good parents can deliver
- Learn how to nurture yourself
- Lean on the Self
- Explore Self-reliance
- Recognize co-dependency
- Strategies for re-parenting and Self-reliance

## **Module 10:**

### **In Shifting My Perspective on the Past, I Embrace the Present and Future**

Tuesday  
November 21  
9:00 am - 12:30 pm

- Appreciate the qualities, strengths, passions and values gained from your life story.
- Have identified ways to utilize and develop your strengths.
- Are more available experiencing the present moment.
- Pay more attention to your intuition and inner guidance system.
- Act on your inner guidance.
- Begin to use yoga, meditation and diet to strengthen the nervous system.
- Have enjoyed Super Matcha Golden Milk

## **Module 11:**

### **I Replace Addiction with Reliance on the Self.**

### **I Compassionately Reparent Myself**

Tuesday  
November 21  
1:30 pm - 5:00 pm

- Understand healthy and unhealthy attachment
- Attachment patterns
- Authenticity vs attachment
- If you didn't feel safe, you'll have trouble learning
- Recognize your original environmental deficits
- Know your needs and take responsibility for them
- In what ways do you abandon yourself
- Understand oxytocin, the love hormone
- Identify the qualities of a good parent
- Recognize what good parents can deliver
- Three actions to heal your inner child
- Learn how to nurture yourself
- Lean on the Self (ie True Self)
- Explore Self-reliance (on the True Self)
- Recognize co-dependency
- Give yourself the attention you deserve
- Strategies for re-parenting and Self-reliance

## **Module 12:**

### **I Am Accountable and Responsible to MySelf and Others**

Wednesday  
November 22  
9:00 am - 12:30 pm

- Become more aware of to what or to whom you are responsible and accountable
- Assess your capacity to commit
- Do a Life Audit
- Establish a healthy weekly schedule, honouring conscious choices of how to direct your time and energy
- Cleanse the blood.



**Module 13:**  
**I Forgive Myself and Those Who Have Hurt Me;**  
**I Acknowledge My Errors in Hurting Others**

Wednesday  
November 22  
1:30 pm - 5:00 pm

- Talk about prayer and forgiveness
- From the perspective of the True Self, there is nothing to forgive
- Do more Compassionate Inquiry

**Module 14:**  
**I am Born with a Mission and a Magnitude.**  
**I Co-Create My Future with God**

Thursday  
November 23  
9:00 am - 12:30 pm

- Understand the concept of destiny versus fate
- Begin the process of tuning in to your destiny; identifying some areas to focus on
- Learn the steps to activate your destiny
- Learn how to enhance your destiny
- Create a more meaningful life
- Explore the 38th pauree from Japji as a guideline for what is required to rewrite one's destiny.
- Identify who you want to be and what you want to accomplish in the future
- Learn and practice the kriyas and meditations for nervous system and glandular strength to assist you in living your destiny on a daily basis.

## **Module 15:**

### **As I Keep Up, I Am Kept Up**

Thursday  
November 23  
1:30 pm - 5:00 pm

- Acknowledge the ways you already Keep Up
- Recognize what gets in the way of you “Keeping Up”
- Identify what helps you to “Keep Up”
- Become familiar with the concept of Guru and Shabd Guru
- Become familiar with passages of spiritual scripture that can help to transform you by reminding you of your True Nature. Practice recitation of these.
- Become familiar with the common signs, symptoms and risk factors for relapse in order to recognize them should they arise.
- Begin to connect with a supportive, uplifting community or sangat.
- Become more conscious about regulating your thoughts and words.

## **Module 16:**

### **In Serving Others, I Serve My Soul and God**

Friday  
November 24  
9:00 am - 12:30 pm

- Understand the concept of seva and begin to practice it
- Develop an effective recovery “tool kit”
- Identify where you will find group support after the course is over
- Create a daily schedule for recovery success
- Create and commit to a recovery contract

## **Friday November 24, 2023: Closing Ceremony**

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