



BEYOND ADDICTION®

Recover Your True Self

AMRITSAR RETREAT

November 15 to 23, 2024

9-day in-person immersion daily schedule

www.beyondaddiction.ca

The Beyond Addiction program includes Kundalini Yoga combined with counselling, as well as naturopathic guidelines for physical and emotional well-being. The program is infused with the insights of trauma and addiction experts.

Since 2008, Beyond Addiction has:

- Facilitated over 75 programs
- Taught in 7 languages
- Transformed 3000 lives in 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

Retreat Highlights

- Daily Sadhana
- In-person Kundalini Yoga Practice
- Group Discussions and Meditation
- Breathing and Relaxation Practices
- Self-reflection and Journalling
- Morning Visits to the Golden Temple
- Local Sight-Seeing

Daily Schedule

- | | |
|-----------------|--|
| 4:15 - 6:30 am | • Optional Group Sadhana (early morning spiritual practice): |
| 7:30 - 8:45 am | • Breakfast: |
| 9 am - 12:30 pm | • Class time: Module Discussion, Pranayama, Yoga, Meditation, Group Discussion |
| 12:30 - 1:30 pm | |
| 1:30 - 5:00 pm | • Lunch: |
| 5:00 pm onward | • Class time: Module Discussion, Pranayama, Yoga, Meditation, Group Discussion |
| | • Evening relaxation, walking tours, visit Golden Temple |

Module 1:

I am a Spiritual Being Having a Human Experience

Friday November 15
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.

Saturday November 16
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.

Saturday

November 16

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.

Sunday November 17
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.

Sunday November 17
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.

Monday November 18
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

Monday November 18
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.

Tuesday November 19
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.

Tuesday November 19
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

Wednesday November 20
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

Wednesday

November 20

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

Thursday November 21
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

Thursday November 21
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

Friday November 22
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

Friday November 22
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

Saturday November 23
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

Saturday November 23, 2023: Closing Ceremony