



Mukta Kaur Khalsa, Ph.D., is the Executive Director of *SuperHealth*, and was personally trained by Yogi Bhajan. She directed a specialized hospital rated in the top 10% of all programs in the US by the Joint Commission on Accreditation of Healthcare Organizations. More recently, she directed a pilot program for substance abuse in collaboration with the Government of India. She is a licensed mental health counselor and drug and alcohol counselor, as well as a nationally certified addictions counselor

Mukta is the author of the newly released book, *Meditations for Addictive Behavior*, and is the Special Representative to the UN for the Office of Drug Control and Crime.

Mukta is offering private appointments for \$108 per hour during her stay in Millis.

www.super-health.net

Location:

Baba Siri Chand Yoga Center
at Guru Ram Das Ashram,
368 Village Street, Millis, Mass. 02054

Course Hours:

Friday, March 12th: 7-9 PM
Saturday, March 13th: 8 AM - 6 PM
(vegetarian lunch included)
Sunday, March 14th: 8 - 10:30 AM

Course Fee:

\$295 pre-registered by February 26th
\$315 thereafter

Course fee includes a vegetarian lunch on Saturday; therapeutic juices on Saturday and Sunday; and Yogi Tea and snacks throughout the course.

Approved for 12.25 CEUS by NAADAC

Mukta Kaur's book, *Meditations for Addictive Behavior*, will be available at the course for an additional \$27.

Baba Siri Chand Yoga Center
368 Village Street
Millis, MA 02054
508-376-4525

info@kundaliniyogane.com

SuperHealth

A System of Yogic Therapeutic
Technologies for Breaking Negative
Habits, Tendencies and Addictive
Behaviors

-as taught by Yogi Bhajan-



March 12 - 14th,
Friday 7 PM to Sunday 10:30 AM

The *SuperHealth* weekend course is both informative and experiential:

- Kundalini Yoga exercises designed to strengthen the nervous and glandular systems negatively affected by stress or substance abuse.
- Specific meditations and breath exercises offered by Yogi Bhajan to promote non-reactive calm in the most challenging situations.
- Relevant philosophical, lifestyle and nutritional information for detoxification - including therapeutic juice formulas. (The therapeutic juice formulas will be served on Saturday and Sunday in order for participants to directly experience their effects.)
- Discussion and self-reflection practices to assist in the cleansing, self-rehabilitation process as positive habits (chosen in alignment with an improved self-identification) replace negative emotions, habits and addictive behaviors.
- Individual components of the training will be discussed in relation to their usefulness and application:
 - ✓ in private practices;
 - ✓ in clinical and yogic settings
 - ✓ by any individual wanting to use or teach these technologies as a means to developing & maintaining a healthy, balanced self-care lifestyle.

SuperHealth

- *SuperHealth* is a system of yogic sciences to inspire and uplift the human spirit. It addresses addictive behaviors, stress, disabilities, and emotional imbalances related to alcohol, drugs, smoking, food abuse, co-dependent relationships, anxiety, stress, depression, work compulsion and computers. This course is a must for yoga teachers & practitioners, as well as for people seeking seek-exalted, life-changing habits.
- *“All knowledge, all help, all therapy - will become absolutely obsolete. What is needed is a self exalted experience. Otherwise you’re left with the hassle of life.” - Yogi Bhajan*

Friday Night 7:00 - 9:00 PM

7:00 - 8:00 PM	Welcome Framing for the weekend Introductions
8:00 - 8:30	Power Point Presentation
8:30 - 9:00	Components of <i>SuperHealth</i> ; Physiology and Psychology

Saturday

8:30 - 9:00 AM	Welcome Small Group Process
9:00 - 10:00 AM	Yoga Set: combat addictions with detoxifying, cleansing, rehabilitating effects
10:00 - 10:15 AM	Juice Break: special formulas for therapeutic effects
10:15 - 11:15 AM	Addiction: Historical perspectives Impact of Social Climate Causes & Development of Addictions Humanology overview: Parenting and Parental Phobias
11:15 - 11:30 AM	From Recovery to Self Discovery
11:30 - 12:15 PM	Nutrition Restoration; Food Metabolism; Blood Chemistry

12:15 - 12:45 PM	Heart of the Helper: Technology & process for healing and reaching out
12:45 - 1:45 PM	Lunch
1:45 - 2:45 PM	Yogi Bhajan DVD: “Anger & Fear”
2:45 - 3:00 PM	Small Group Discussion
3:00 - 3:15 PM	Break
3:15 - 4:15 PM	Forgiveness Meditation
5:15 - 5:30 PM	Break, Dance & Movement
5:30 - 5:45 PM	Questions & Answers
5:45 - 6:00	Meditation

Sunday

8:00 - 8:45 AM	The Addictive Personality and the Exploitation of Hope Divine Psychiatrist & Applied Technology Prescription Drugs, Computer Obsession, & Other Addictions Meditation for Breaking Negative Habits
8:45 - 9:00 AM	Juice Break
9:00 - 9:30 AM	Touching the Human Spirit; Practical applications
9:30 - 10:30 AM	Feedback and Certificates