



SRI LANKA



CONSCIOUS COMMUNICATION



lead by Tonie Nooyens in person

13 - 21 February 2023 (9 days)

Investment:\$1600 (Course fee, FB, shared accomodation)



www.sanasumayoga.com

Experience and integrate conscious communication into all areas of life: represent your whole Self directly; qualify your words as you speak; Be heard in the hearts of others; create a harmonious communication even with those who oppose you; uplift others unto their own consciousness; Speak each word consciously, knowing it is witnessed and honored here, now, unto infinity.

This course is about deepening of awareness and experience in communication: interpersonally, in groups and universally. Its primary objective is to examine our communication and improve our projection and effectiveness. During the course we will explore the basic concepts behind conscious



communication and apply this to our goals, character and identity as human being. Through exercises and meditation, and reflection and self-examination we will work on increasing our sensitivity.

"What do we mean by communication? The definition of communication is a practice that creates a "common notion" with another person or object of attention....

But at what level do we communicate? Did you ever learn that your existence is your communication? Your projection is your relationship? You are the power? But life is often sour. There is no happiness, because your communication has no purpose of self. You communicate to impress someone. You don't communicate to relate you to someone. That's why you suffer now. You don't communicate consciously." Yogi Bhajan



The Conscious Communication course is part of the level two ('Transformation') teacher certification program, The Aquarian Teacher™ of the Kundalini Yoga Research Institute (KRI) based in the USA. The program consists of five modules: Conscious Communication, Mind & Meditation, Authentic Relationships, LifeCycles & LifeStyles, and Vitality & Stress. All courses are based on the contemporary teachings of Yogi Bhajan.



Persons interested in this course but not certified as KRI level 1 instructor can apply to attend, writing to the lead trainer indicating reason and motivation, and previous yoga and meditation experience. Acceptance on the course is at the discretion of the lead trainer.

What to expect...

- * Staying at Bougainvillea Boutique Hotel in the mountains near Kandy, overlooking a lake, with all facilities and great vegetarian food (www.bv-retreat.com).
- * An intensive retreat with, at least, 2 hours of meditation on most days as well as practice of pranayama and kriyas.
- * Practicing together in a group of 10 or more practitioners, there will be yoga and relaxation, time off and possibility for side activities such as a walk into the surrounding area.
- * There will be lectures and study sessions, and reference to lectures and teachings of Yogi Bhajan.
- * During parts of the retreat we will practice periods of silence and deep listening.
- * Each participant will be asked to do individual meditations during the retreat days. Many meditations will include mantra.
- * Swim and relax at the on-site pool or in one of the many sitting spaces, or while having a massage.