

# Transforming Fear into Trust

Ipsalu Tantra Kriya Yoga  
Daylong Workshop  
October 17, 2009 1pm - 8pm



In this time of great transformation on the planet, you may be experiencing fear...it can manifest in many ways: anger, irritability, impatience, contraction, sadness, depression, a feeling of "floating" ...the mind may be working overtime trying to "figure" your way out of this feeling.

Join us for a daylong workshop to invite a new way of being...moving through, looking at and having compassion for the shadows of fear and contraction, seeing them as simply energy attempting to get your attention for a great opportunity.

Using ancient and modern Tantric techniques, we utilize these expressions of energy and use them as a tool to transform them into excitement, creative flow, great insight, stillness and peace...

This is who we are meant to be.

**Date:**

Saturday, October 17th 2009

**Time:**

1 pm- 8pm

**Location:**

Vara Healing Arts Center  
850 Talbot Ave., Albany, CA  
<http://www.varahealing.com>  
510-526-9642

**Cost:**

\$125 includes nourishing mid-schedule meal

**Registration:**

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