

# Sex, Love & Yoga

iogadīp®

2019

| an online  
experience

# A UNIQUE EXPERIENCE

Sexuality occupies a very important part of our lives, yet mature discussions of its connection to yoga are often lacking. Simply put: What happens to sexuality on the path of yoga? What is the role of sexual energy? How can we use sexuality as a way to revitalize body and soul, instead of depleting them?

Similarly, the topic of love is everywhere in our culture, yet often treated superficially, or as a matter of gratification. But, what is love, truly? And how can we connect with our heart; how can we fully experience the infinite ocean of love that dwells in every human heart? How can we fill our lives with love and let it grow?

These and other questions will be the focal point of our exploration. Drawing amply from the depths of traditional yoga sources, as well as our own modern experience, we will learn to avoid the pitfalls of jealousy, guilt and narcissism, among others, while learning how to nurture the fullness of the heart.

Join us for this vital exploration.



# AT A GLANCE:

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- ❖ Interactive presentation, including meditative practices
- ❖ Based on traditional sources of Yoga and Āyurveda, as well as on contemporary sources
- ❖ 3 live online sessions, 1 hr each
- ❖ Sessions will be held live at 7 AM, Pacific Time and can also be accessed through recording
- ❖ Dates: November 19, 20 and 21, 2019
- ❖ All course materials will be provided in the form of a course reader

# REGISTRATION DETAILS:

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- ❖ Minimum participants required: 15.  
Please, help us spread the word
- ❖ Each session will include brief  
reading assignments
- ❖ For questions, please write to  
[registration@pomeda.com](mailto:registration@pomeda.com)
- ❖ To register, simply send contact  
information to  
[registration@pomeda.com](mailto:registration@pomeda.com). Please,  
include the following: Full name,  
address and email address at which  
you wish to be contacted during the  
course
- ❖ Tuition cost, including course  
materials: US\$75. Payment can be  
processed securely by credit card





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