

Croatia TT

Inner Awareness Teacher Training

Inner Awareness Teacher Training is designed around the concepts of self-knowing, self-healing, and the subtle awakening of consciousness to attain soul-realization.

Guru Rattana's approach to teaching teachers is inspired by Yogi Bhanan, 'Consciousness is not taught. Consciousness is caught.'

In addition to sharing vital information, this course focuses on cultivating inner experiences of love and peace. Guru Rattana is dedicated to assisting students in elevating their consciousness, learning how to hold the space of love, and radiating the love and peace that we wish students to 'catch' in our presence.

First Course with Guru Rattana, Ph.D.

Live and Love in Peace

We can **Live and Love in Peace** when we align with the path and the perspective of our soul.

Guru Rattana will share her unique methodology using the Ten Body System (as given to us by Yogi Bhanan) to cultivate inner peace. You will learn to

- ♥ Identify your individual path to inner peace
- ♥ Awaken and align the sensory faculties of your soul
- ♥ Expand your sense of identity from ego to soul consciousness
- ♥ Elevate each of your subtle bodies to the vibration of Peace.
- ♥ Trust and enjoy your relationship with your soul and the Divine.

Be inspired by Guru Rattana who teaches from 40 years of personal experience how to integrate *awareness training* into your Kundalini Yoga and Meditation practice and teaching.

Join together for a very informative, fun, and transformational week. Experience and enjoy the vibration of Love and Peace!

Course Manuals by Guru Rattana, Ph.D.

- ♥ *The Inner Art of Love - Awakening the Heart with Kundalini Yoga,*
- ♥ *Introduction to Kundalini Yoga and Meditation Volume 1- Begin and Deepen Your Practice*
- ♥ *Introduction to Kundalini Yoga and Meditation Volume 2 - Awareness and Self-Initiation*

Other course materials will be made available.

The internal shift from ego to soul consciousness is the foundation of self-realization. Through our self-experience of wholeness, peace, and love within our own being, we 'realize' our oneness with the Infinite. When we see God within, we can see God in all. The Tao asks - How do I know? And answers - I look inside myself.

Other topics that need to be covered during the year.
Life Style, Diet, Posture, Practicum

"Darkness cannot drive out darkness, only light can do that. Hate cannot drive out hate, only love can do that." Martin Luther King