

**UmaaTantra.com Welcomes You
to the February 2008 Miami
“Improved Kundalini Awakening Process”
Workshops!**

Level 1 Workshop:

Saturday, Feb 9th and Sunday February 10th

Friday: 10am-6pm

Saturday: 11am –5pm

Level 2 Workshop:

Saturday Feb 15th and Sunday Feb 16th

Saturday 10am-6pm

Sunday 11am-5pm

Shaktipat by appointment only, after 7pm Saturday

Thank you so much for signing up, and welcome to your kundalini experience!

Location:

Home of Santiago Dobles, head of the KAP program for Hoshin Budo Ryu

12368 SW 94th Terrace, Miami, FL, 33186

Telephone: 786-753-0052

Please bring the following (each participant):

1. a beach towel/ blanket and/or yoga mat to lie on,
2. bottled water to drink (room temperature so as to keep your belly warm, please)
3. a comfortable meditation cushion or folded blanket to sit on, or bring a small folding chair or stool if you prefer.
4. a pencil or pen.
5. comfortable, functional, clothing, in layers. You will want to be able to keep warm or cool depending on whether you are being active, or relaxing and listening.
6. a keen but open mind,
7. an open, smiling heart.

What to expect:

- There will be a 1 hr break for lunch each day.
- The atmosphere of the program is spiritual, not religious; relaxed, no-pressure, and well-structured; focused, and friendly.
- You will not be expected to do anything that runs counter to your personal belief system.
- You will have the chance to learn and practice all of the exercises extensively. We will demonstrate/explain everything..
- You will be given ample opportunity to ask questions during and afterwards...
- Level 1 students will take home a practice CD and 20 page manual.
- The home practice takes 40 minutes to do, and done properly, typically achieves kundalini arousal in 45 consecutive days of practice. Often it takes substantially less time, in some cases taking less than two weeks!

(Please Turn over for Driving Directions)

How to Get to the Workshop (Driving Directions):

1. From all points north and from the Gulf Coast, take your easiest route to
2. Florida's Turnpike (Florida-821) Southbound. The turnpike is a toll road, but
3. it is the fastest route.
4. Take the Turnpike South to Exit 20 (88 Street SW/ N. Kendall Drive, Miami),
5. Exit right at Exit 20 turning right onto 88th street/ Kendall Drive (westbound)
6. Gradually make your way towards the left lane of SW 88th Street.
7. Take 88 Street/ Kendall Drive west to SW 127 Ave
8. Turn Left on SW 127th Ave. (southbound)
9. Turn left on SW 93rd Terrace (eastbound).
10. Make your 2nd right, onto SW 124th Court.
11. Park there in the visitor parking spaces (marked in orange).
12. Walk left onto 94th Terrace, to 12368 SW 94th Terrace (on your right, with Tibetan Prayer Flags in the front walkway of the house).
13. Knock on the door, smile, introduce yourself and say you're there for the workshop!
14. If you get lost, call 786-753-0052

