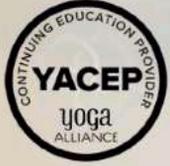




Embodied Shamanic Tantric Yoga

5 DAY IMMERSION



DATE: 26 FEB - 1 MARCH **TIME:** 8AM-5PM
INVESTMENT: \$999 EARLYBIRD | \$1,111 CASUAL

By Sacred Alchemy Yoga – Registered Yoga School
200 & 500hr Accredited by Yoga Alliance International

Venue: egg of the universe, Rozelle, Sydney

Yoga Alliance CEP credit 50hrs

location
rozelle

✉ info@eggoftheuniverse.com
📷 [@EggOfTheUniverse](https://www.instagram.com/EggOfTheUniverse)
📘 [EggOfTheUniverse](https://www.facebook.com/EggOfTheUniverse)





Who is this course for?

Anyone interested in the world of Soul, Spirit, Love, Energy and healing. Anyone interested in expanding their current experience into broader territories.

This course will not teach you the anatomical alignment of yoga poses, nor will we dwell on theory. This course will bring into awareness the non-dual philosophy of INCLUSIVITY and this is highly experiential week.

Shaiva Tantra includes Shamanism, neo-tantra (sacred sexuality) and all the traditions of Yoga that came before..

Inclusivity breaks down stereotypes, division of traditional gender roles, bias, right/wrong, good/bad and uncovers the parts of ourselves we didn't know we had exiled through conditioning. This course is humanistic and deeply accepting of all that is.

Shaiva Tantra teaches that EVERYTHING. IS. CONSCIOUSNESS and nothing is to be excluded, in shifting to conscious inclusion, we expand into richer Aliveness and wholeness.

This weekend is the next expansion. If you have been on your path for a couple of years now, this is for you.

This is an offering that calls you at a visceral level, one that calls your soul home in an embodied way.

As an eclectic teacher I do not follow any one singular tradition but seek the source of all of them. In doing so my experience is both vast and profound and I will organically tailor the practices and materials that enliven you the most. This is my way, to offer you the maps to find your own way.

We will be calling home your inner Shaman, your inner God/dess and your Luminous Self through ancient practices and rituals (please see the next page for a list of options and possibilities)

You do not need to be a Yoga teacher to complete this course, however should you wish To gain continuing education credits you will require A 200hr Yoga Teaching Certificate

Your Body is the manual for this training, note taking is internal and shared, the group is the playground and laboratory, we co-create as consciousness intended through the lens of energy and spirit dancing together. You will require a journal and colourful pens.





Course structure

This 50hr program is delivered face to face over five days plus reading assignments and a written class plan for teachers wishing to receive a 50hr Certificate.

This Course is the first of its kind and I endeavor to offer that which most interests you and the group. Please tick which of the following is most appealing to you (you may tick as many as you like) and screen shot / copy to return to us.

- Shamanic Rattle and Drumming
- Shamanic journeying meditations
- Connecting to your Spirit animal
- Embodying the Shamanic 7 directions
- Shamanic Breath of Death and Re-Birth
- The Philosophy of Non-Dual Shaiva Tantra
- The Philosophy of Neo- tantra and Eros
- Embodying the Goddess and Goddess worship
- Embodying the 5 bodies of Shamanic Tantra
- Ritual, Ceremonies (inc Cacao) , Altar and Rites of Passage
- The Mysteries of Myth, Medicine & Magik
- Healing through the elements
- The Witnessing presence of the Divine Masculine
- The Light and Dark Masculine and Feminine
- The Alchemy of Relationship between Divine Masculine & Divine Feminine
- Incorporating Shamanic Tantra into a Yoga Class
- Initiation and Activation of the Heart Fire with the Pineal and Kundalini Energy
- Facilitated Free Movement
- Emotional Release techniques and practices
- Conscious Touch, Boundaries and Consent
- Opening the energetic gates to circulate kundalini

Meet Your facilitators



Akasha Phoenix (Janine Leigh)

Akasha is a true devotee of life in all its beauty and wonder and has been following a diverse and intentional path for more than 25 years. She radiates a powerful passion for cultivating embodied connection, agency, and freedom through conscious movement, and has spent decades practicing a variety of yogic disciplines, Somatic Shamanic Tantric Temple Healing arts, and the art of sacred touch to bring about healing and transformation.

Over the course of her journey, Akasha Janine has accumulated an impressive 15,000 hours of yoga teaching experience around the world, inspiring and empowering a new generation of yogis and healers. She founded HYA Yoga Australia and Sacred Alchemy Yoga UK, and currently shares her embodied wisdom teachings with anyone who seeks them.

Akasha is a master of her craft, drawing from a wealth of knowledge and experience that includes over 2000 hours of yoga training, shamanism, tantric ritual and ceremony, grandmother and grandfather plant medicine, energy and chakra balancing, somatic movement therapy, shamanic death & rebirth, tetra breath-work, and more.

She holds a BSc Hons Sport Science Degree, is studying a MSc in Psychology, and is trained in Reiki, end of life doula work, mind-body trauma therapy, somatic attachment therapy, IFS, and parts work. She is also a Senior Facilitator for 500hr Teacher Training and specializes in Somatic Shamanic Trauma Release (SSTR).

Akasha Janine's offerings are infused with her deep love and reverence for the human experience, and she brings a unique blend of compassion, knowledge, and intuition to her work



Nick Garrow Fisher

Hi! I'm Nick.

I am passionate about creating deep, nourishing spaces, where we can reconnect with our innate wisdom - joining together to dissolve the shame and guilt that keeps us from living in alignment with our true nature.

I believe we are our own gurus, and we create the foundation for a more easeful and fulfilling life when we first acknowledge, then ultimately love all the parts of us - the easy and the uncomfortable.

It lights me up to see humans in their fullest expression - asking for what they want, being unapologetically themselves and lovingly dismantling the conditioning that no longer serves.

I am a trainer with Alchemy of Breath on the Inner Journey and 400hr breathwork facilitator training programs - accredited with the GBPA, IBF and Australian Breathwork Alliance.

I'm also passionate about men's work - joining and leading online and in person men's circles with the Manhood Ubud group since 2020.

In my facilitation, I draw on my experiences with and am inspired by a range of works including authentic relating, dance and authentic movement, internal family systems, boundaries and consent work, Vedanta, soul initiation among others.

In the wellness world, I also acknowledge there are outdated structures in place that promote a sense of urgency, escape and release above all - and while these mechanisms all have their place, I believe that when we cultivate the space to feel our feelings fully - it is the path to true transformation. We are both truly excited about what we're putting together for this week - a heart opening combination of powerful shamanic & tantric practices, embodiment, breath and yoga - with the intention of leaving you more aligned, clear in your boundaries and in who you are.



What is expected?

- Your commitment of 100% attendance of all sessions
- On time arrival for every session of the course (on time means please arrive early so we may commence at start time)
- Come prepared for every session. Bring your journal and pen and resources for practices.
- Completion of all home study hours and assignments required to successfully gain 50HR Certificate (Teachers only)

For Information and payment please got to Egg Of The Universe Website here

<https://eggoftheuniverse.com/events/embodyed-shamanic-tantric-yoga/>

We would like to take this opportunity to thank you for undertaking this commitment to yourself and therefore those you are in contact with.
Don't hesitate to reach out if we can support you further.

Love in Light and Shadow
Janine and Nick

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Nick Garrow Fisher
Insta @thelovingbreath