

The Inner Harmony Approach:

Moving Beyond Conditioning to Awakening

In this Four Week Workshop you will learn to cultivate Mindfulness, reduce stress, improve focus, gain clarity, and deepen your Spirituality. You will learn to see deeply moment to moment with out reacting and actually "experience" Yoga.

- Become more Authentic. Learn to navigate daily stress, make new decisions, and move beyond fear of change.
- Learn to be happy in the midst of chaos, maintain inward focus and meditative awareness even when the ego-mind wants to sabotage the present moment.

Week One:

Introduction to Mindfulness: Raising awareness to our conditioned behavior, thoughts, emotions and feelings. Learn conscious breath awareness.

Week Three:

We deepen our experience of awakening through transcending prior beliefs and patterns and begin re-contextualizing a renewed outlook and new perspective on Life. Here we will be reflecting, perceiving and unifying a different version through a learned mind-body connection. This week you will experience Yoga, Meditation and Yoga Nidra.

April 15, 22, 29, and May 6
6-8 PM

\$299 or \$249 if by April 1

Inner Harmony Wellness Centers
131 Reynolds Road Dalton, PA 18414

Call 570-319-6073



Week Two:

Learn to discern from moment to moment by using conscious breathing to intervene on the ego-mind. Gain insight on old patterns of behavior and realize that change is available. This week we will teach gentle Yoga and Meditation. This week we will discuss questions, discern reasoning, contemplate searching, and begin transitioning to a more authentic experience of the Self.

Week Four:

You will experience an embodiment, an actual Knowing of your Authentic Self beyond your mind, intellect, and ego. Through integration and alignment of thoughts, actions and behaviors you will experience your heart, soul, and Spirit. This oneness, yoga, or Union with the Divine will be realized as a synthesizing of who you always were but had never experienced. This week we will experience Yoga, Walking Meditation and closing reflection and sustainability.



Peter Amato, PhD

is a long-standing Meditation practitioner, Doctor of Natural Medicine and Los-Angeles Times best selling Author. Dr. Amato is trained and Certified by Deepak Chopra, Jon Kabat Zinn (MBSR), Yogi Amrit Desai (500 Hour Yoga Alliance Certified), and has been ordained as a lay Monk in the Mahayana Tradition of Buddhism,

having received the Lamp transmission, from Nobel Peace Prize Laureate, Zen Author, Teacher and poet Thich Nhat Hanh. Peter has studied with His Holiness the Dalai Lama and has Lectured and presented Worldwide. Come learn, practice and grow with his Inner Harmony Approach to Soul Silence.

