



ILEANA STEFANESCU is a yoga teacher certified by **MISA** (Romanian Yoga School) and **ATMAN** - The International Federation of Yoga and Meditation (London, U.K.). She is also registered with Yoga Alliance (U.S.A.)

Ileana has been studying and practicing yoga at MISA's classes for 16 years, including Tantra Yoga (integrated with Hatha Yoga and Kundalini Yoga), Jnana Yoga, Laya Yoga, Svara Yoga, etc. She also studied yoga in US and Switzerland.

She has over 14 years experience in teaching yoga to hundreds of students.

MISA (The Movement for Spiritual Integration in the Absolute) has its headquarters in Romania and is widely recognized as the largest yoga school of Europe, having over 35,000 students all over the world.

Ileana's yoga teacher is **GREGORIAN BIVOLARU**, a spiritual master with an acclaimed experience of over 35 years in yoga practice and teaching. He trained, inspired and motivated Ileana to become a practitioner and teacher of Yoga.

His unique way of teaching, in a scientific yet easily accessible manner, has attracted tens of thousands of students to **MISA**'s classes in Romania, as well as all over the world, including Europe, India, America, Australia.



TESTIMONIAL

I started the yoga practice in 1993, at Ileana's class. By that time I was suffering because of a big ovarian cyst and I had severe depressions. I was addicted to cigarettes, coffee and alcohol and I was unable to have a harmonious relationship with a man. After only 4 months of Hatha Yoga practice, I was able to naturally quit smoking and stop using coffee and alcohol. Under Ileana's advice, I did many yogic purification techniques and adopted a vegetarian diet.

My cyst disappeared completely after 7 months and I rediscovered my optimism and joy. My body also regained it's beautiful shape in about 1 year (I had 40 extra pounds when I started yoga).

I am married now and have a wonderful child.

But the most important thing that I have gained from yoga is the positive attitude towards life, the faith in God and the deep sense of the fundamental unity of all beings.

Daniela Porav, 40, Physician

This workshop is meant to reveal the **universal laws that are the basis for all the tantric practices.**

Presented in a scientific, clear and easy to understand manner, it will give you **the key of obtaining great results in any yoga practice.** And, most important, the key to understand at a very deep level your own life.

The focus will be on **practical immediate applications** of the theoretical aspects presented.

Techniques from Yoga tradition – that are safe and accessible, but most efficient, together with spiritual exemplifications using music, video sequences, private discussions, spiritual games and a para-psychological experiment – they will be **tools for helping you to have a direct experience** of the aspects of Tantra Yoga.

Upon completing this training, you **will be able to take home practical methods that can bring miracles in your life, from health and sexuality to spirituality.**

They are simple and logical, fun and enchanting, and most of all, efficient.

REGISTRATION DETAILS

TRAINING LOCATION:

REGISTRATION FORM and other information:

www.traditionalyogacenter.com

yoga@traditionalyogacenter.com

or call us at **(707) 280-1562** or **(732) 331-9295**

EARLY REGISTRATION RECOMMENDED



TRADITIONAL
YOGA
CENTER

TANTRA YOGA FUNDAMENTALS

A 3 Day Intensive Training
on Esoteric Aspects of Tantra



Instructor: **Ileana Stefanescu** - Yoga Teacher from

MISA
the Largest Yoga School
in EUROPE

see the reverse side for date, location and
registration details

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What is Tantra Yoga?

TRADITION

Several thousand years old, Tantra Yoga is a wise synthesis of the traditions of Yoga. *Tantra is the science of using the infinite forces of the Universe* to transform ourselves in a spiritual way. In the tantric vision, all the conditions and events of our everyday lives are considered to be valuable tools for a spiritual evolution.

SCIENCE

While Tantra has existed since ancient times, *it has recently begun to be recognized as the science of the future*. Proof of its universality and practical efficiency have been strengthened rather than refuted by current thinking. The most advanced scientific discoveries of our times are closer and closer to the tantric vision of the Universe.

TECHNIQUES

Tantra Yoga includes physical exercises, breathing methods, purifications, mental techniques and meditative practices, all of which lead to the physical and emotional balance of the human being, elevate consciousness, and gradually reveal the Spirit.

SEXUAL ENERGY

In the tantric discipline, the creative potential of sexual energy is taught to be controlled and sublimated. This leads to the profound and beneficial transformation of all aspects of the practitioner's life.

TANTRA FOR COUPLES

The tantric techniques applied by a couple lead to a refined sensitivity and greater understanding of the relationship. The couple reaches a very deep spiritual experience, feeling together the oceanic happiness in its infinite nuances.

GOAL

The idea that Tantra equals sexual practices, while widely advertised in the West, cannot be further from the true spirit of this ancient science. Tantra embraces all aspects of life and offers methods that can be applied with great results by anybody, young or old, woman or man, single or living as a couple.



The Content of the Course (part I)

DAY ONE – FRIDAY, 6:00PM – 9:00PM

1. Orientation
2. Introduction to Tantra Yoga
3. The Law of Resonance as a basis of tantric practices
 - The concept of *resonance in physics*
 - *The analogy* between the human being and the Universe

DAY TWO – SATURDAY, 9:00AM – 7:00PM

1. The Law of Resonance as a basis of tantric practices
 - *The esoteric anatomy* of the human being
 - *Understanding Tantra* through Resonance
2. The Universal Law of Karma in the Tantric Tradition
 - *Law of Karma* - the key to a deep understanding of our lives
 - The practical way of *liberation from the karmic chains* as a step toward spiritual realization
 - *Particular application* for sexual life



The Content of the Course (part II)

3. Transfiguration - revealing the sacred into the profane

- Brief presentation of the *10 Great Cosmic Powers* from the tantric tradition and ways of using their energies
- *Transfiguration* in a love relationship – practical methods

DAY THREE – SUNDAY, 9:00AM-6:00PM

1. Sexual continence (control over sexual energy) – the secret of ancient kings

- *Sexual energy* – a fuel for great spiritual development
- *The biological transmutation* – a reality of our world
- *Practical methods* for obtaining control over sexual energy
- *Amazing effects* of sexual continence– physical, psychical, mental and spiritual
- The glorious *state of androgynous being*

2. The awakening of Kundalini in a natural, pleasant and safe way

- *Presentation of Kundalini*, the fundamental energy of the human being
- *The link between Kundalini* and sexual energy
- *Practical methods* for awakening Kundalini
- *Parapsychological experiment* – **Yang Spiral** for awakening Kundalini

CONCLUSION

Tantra Yoga means to live simply, spontaneously and full of happiness, recognizing the same Spirit in everything that exists. Any human being can obtain benefits from practicing it.



Transform your whole life in the most exciting adventure by using the art of tantric living!