



# THE FOUR DESIRES

Sue Neufeld • January 27th - 29th

Come for a transformative weekend designed to help you uncover your unique dharma, the purpose of your soul.

Take charge of your life, tap into your potential and control your destiny by:

- Formulating a code to live your life by
- Uncovering false desires that prevent you from living your ideal life
- Learning techniques to dissolve unwanted behavior patterns
- Practicing yoga nidra, yogic sleep with awareness, to build vital reserves

Course will include journaling, reflection and meditation, with short asana breaks. Required reading: The first 7 chapters of Four Desires by Rod Stryker. Space is limited to 30 participants.

## Workshop Dates & Times:

Friday, January 27: 8:15pm - 10:15pm

Saturday, January 28: 2pm - 5pm & 6:30pm - 9:30pm

Sunday, January 29: 12pm - 4pm

Workshop Price: \$225 with workbook

Already taken the Four Desires? Return Students Welcome! \$185 with early registration by Jan 18



**SUE NEUFELD** is a Level 2 certified ParaYoga teacher and lead mentor for certified Four Desires Trainers as well as an International Consultant. ParaYoga founder Rod Stryker initiated her into the lineage of Swami Rama of the Himalayas in April 2005. A student of yoga for more than 30 years, Sue has been teaching since 2001. She practiced many styles before finding her lifelong teachers in Rod and his teacher, Pandit Rajmani Tigunait, Ph.D, spiritual leader of the Himalayan Institute in Pennsylvania. For more info on Sue, visit [sueneufeldyoga.com](http://sueneufeldyoga.com).