



Tantric Revolution: Weaving Purpose, Power, and Passion with Yoga!

You Are Worthy to Live Your Dream!

*With internationally acclaimed yoga teacher, author, musician, and founder of
Ashaya Yoga,*

Todd Norian

May 2-4, 2025

Lake Placid, NY

Reconnect. Realign. Renew.

In a shifting universe, it's easy to feel adrift – disconnected from yourself, your dreams, and the world around you. The pace of life has changed and so have you. Perhaps you're searching for clarity, peace, and a sense of purpose.

Tantra offers a solution: a path of radical affirmation. It asks you to embrace your whole self, imperfections and all, and rediscover the love, power, and fullness that already exist within you.

*What does your heart most deeply desire?

*What value is that to you?

*And what are you prepared to do about it?

If you're ready to come home to your heart and live your dream, this workshop is for you.

What You Will Experience:

- Transformational Tools for Living: Explore how purpose, passion, and power can create shifts in your life.
- Nondual Tantra Philosophy: A life-affirming, spiritually uplifting perspective that celebrates your wholeness.
- Ashaya Yoga: Build inner strength, balance, and flexibility with alignment-based practices for all levels.
- Inner Peace and Stillness: Quiet the mind through meditation, pranayama, chanting, and Yoga Nidra.
- Hands-On Support: Receive personal adjustments to deepen your poses and improve alignment.
- Joyful Music and Mantra: Experience Todd's beautiful live music and sacred chanting throughout the weekend.

Why Now?

The time to reconnect is now. Life is waiting. You are worthy of love, wholeness, and joy. When you step onto the path of your heart, you inspire others to do the same.

Join a supportive community of heart-centered yogis ready to rediscover purpose, power, and peace.

No matter where you are on your journey – from beginner to experienced practitioner – Ashaya Yoga meets you where you are. This practice is therapeutic, accessible, and empowering, with modifications to ensure a safe and joyful experience.

By the end of the weekend, you will leave with a renewed sense of energy, clarity, and inspiration to live your dream and bring more light into the world.

Register Now to Reserve Your Spot!
Limited capacity and this will sell out!

This is your moment to reconnect and return to yourself.

Recommended reading: *(Available at ashayayoga.com) Todd Norian, Tantra Yoga: Journey to Unbreakable Wholeness, A Memoir; Ashaya Yoga: Align Your Body, Awaken Your Heart Manual; Introduction to Ashaya Yoga Therapy Manual*

Schedule and Session Descriptions:

Friday 7-9 p.m.: The Power of Purpose: Getting Clear About What You Want

Purpose is our north star. It serves as our guidance system. It's who we are. Some people don't find their purpose until later in life. Some find it early. When our mind is clear and calm, we'll be able to hear the whisper of our soul. During this session, we'll ask the three Tantric questions: "*What does my heart most deeply desire? What value is that to me? And what am I prepared to do about it?*", as our way to tune into and clarify our purpose. Practice includes gentle stretches, partner work, a restorative pose, mantra chanting, meditation, journal writing, and group sharing.

Saturday 10-1230 p.m. The Power of Passion: Doing What Lights You Up

Passion is the heart of the practice. It's your desire, your calling. What lights you up in life? What moves you? What turns you on? What gives you energy every time you think about it? When you're passionate about your purpose, nothing can stop you from achieving it. There will always be obstacles and challenges, but with passion, you'll find your way through. Practice includes standing poses, hip openers, core-strengtheners, backbends, twists, partner work, journal writing, and a deep relaxation.

Saturday, 2-430 p.m. Listen to the Call of Your Heart: Passion Born of Stillness

Often our passion is hidden underneath a pile of resistance to life, an unwillingness to accept or embrace life. The heart screams what it needs through a faint whisper. In order to hear your own heart, you have to get still. Practice includes quiet poses, hip openers, leg stretches, twists, chanting, pranayama, meditation, and a deep guided Yoga Nidra healing journey.

Sunday 10 a.m.-1 p.m. Purnatva: Fulfillment through Purpose, Passion, and Power

We all seek fulfillment in life. But how do we access it? Through the teaching of Purnatva, the Tantric principle of fullness, we come to accept our whole self as full and perfect just as we are, including our imperfections. Purpose is what guides our way forward. Passion is the fuel. And power is our capacity to act. During this session, you'll discover that you are worthy to live your dream and find complete happiness beyond your wildest imagination. Practice includes up-tempo warmups, standing poses, core work, hip openers, backbends, twists, a deep relaxation, journal writing, and group sharing to integrate your insights from the weekend.

CEU's available for every session. 10 hours for the full weekend!

Pricing:

Weekend Workshop: \$295. Early Bird \$275, if paid in full by April 11th, 2025.

No Refunds.

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