



TRANSFORM YOUR LIFE WITH VIBRATIONAL BREATH THERAPY



- Experience true health
- Rehabilitate from physical and mental illness
- Develop physical, mental and emotional wellbeing
- Evolve spiritually

Based on the advanced scientific breathing techniques in the Gitananda Yoga tradition, and combined with the primal sound AUM to experience the causal silence within, this Vibrational Breath Therapy course is a profound and transformative journey.

Release tensions and traumas of this and previous births and discover your true potential. This 81 day course is the product of over forty years of study, practice and research by the author.

TAUGHT IN 4 SESSIONS & practiced daily for 81 consecutive days to:

REGENERATE, REJUVENATE & SELF HEAL

A POWERFUL TOOL – YOURS FOR LIFE!

Session 1 (May 27: 10 am – 5 pm)

Initiates a process of healing by activating the consciousness, energizing, magnetizing and integrating all three planes of existence at the (microscopic) cell and (macrocosmic) universe, allowing the primal sound AUM to vibrate and resonate at the seat of the problem and meditating on AUM at the Navel Centre (Manipura Chakra) associated with the Physical Plane of Existence.

Session 2 (June 17: 10 am – 5 pm)

Initiates further the process of healing by neutralizing traumas and tensions of this and previous births by allowing AUM to vibrate and resonate at the seat of the problem and meditating on AUM at the Throat Centre (Vishuddha Chakra) associated with the Astral Plane of Existence, preventing a recurrence of the condition.

Session 3 (July 8: 10 am – 5 pm)

Activates the process of healing by harmonizing the three planes of existence by allowing AUM to vibrate and resonate at the seat of the problem and meditating on AUM at the Brow Centre (Ajna Chakra) associated with the Causal Plane of Existence.

Session 4 (July 29: 10 am – 5 pm)

Enhances the process of healing by creating a state of physical, mental, emotional & spiritual wellbeing by allowing AUM to vibrate and resonate at the seat of the problem and meditating on AUM at the Heart Centre (Anahata Chakra), the seat of the soul.

The practice demonstrates a method by which one can rise above the body and conscious mind, negate ego consciousness (with its cares and wares of this worldly life) and attune to a higher state of consciousness, wherein one finds peace, happiness and resultant good health. The practice takes less than one hour to do as you start the Course, and goes on to more than one hour as you proceed. The abbreviated Follow-up program to be done after the Course, takes only half an hour of daily practice to maintain good health.

Once one bases one's life on the eternal values of Truth, Duty and Service, and conforms to the discipline of the daily practice for 81 days (it takes approximately three months for both body and mind to accept VBT and benefit from it) one will progressively heal oneself within the constraints of one's karma and complementing any medical treatment. And one will learn to discipline oneself and evolve spiritually.

Cost: \$750 in total. A non refundable deposit of \$100 paid on booking & 4 installments of \$162.50, if preferred.

Early Bird: on or before May 20th - \$700.

Discount rate to: Members/patients/staff of National Institute of Integrative Medicine, Australian Association of Yoga Therapists, graduates of Gitananda Yoga and past-participants of VBT: \$650 or Deposit \$ 100 + 4 installments of \$ 137.50.

Concessions: Apply

Venue: NATIONAL INSTITUTE OF INTEGRATIVE MEDICINE, 759, Burwood Road, East Hawthorn.

Visit: www.vbt.com.au for more information and to download Application Form.

Inquiries: Founder of Vibrational Breath Therapy -Yoga Bhismacharya Sri Bala Ratnam on sribala@vbt.com.au; + 61 3 9545 0545

Registration: Vibrational Breath Therapy Secretary – Vibrational Breath Therapist Bernadette Hearn on benhearn@bigpond.com ; 0419 541 479

VIBRATIONAL BREATH THERAPY

In collaboration with

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