



with Mukta Kaur Khalsa, Ph.D.

SuperHealth is on the cutting edge of behavioral health and addiction recovery blending wisdom of yogic science with western medicine to inspire and uplift the human spirit.

**Training open to everyone!** Yoga teachers, practitioners, psychologists, social workers, nurses, doctors, counselors and anyone in their own personal healing process.

**The system addresses:**

- \* Alcohol & Drugs
- \* Smoking \* Food Issues
- \* Relationships
- \* Gambling, Sex, Computers, etc.

**Course Objectives:**

- Identify unconscious triggers and the impact on relationships.
- Understand the imprint on the psyche and how the addictive personality is set and how to recalibrate its patterning.
- Nutritional formulas and diets for detoxifying & rehabilitating; therapeutic juice formulas will be served.

**Approved for Continuing Education by:**



- The American Holistic Nurses Association: 12.16 CNEs, #1046
- State of California Board of Behavioral Sciences, MFT's & LCSW's: 13.15 CEUs, #4325
- NAADAC, (National Certification Commission), addiction counselors and therapists: 13.15 CEUs, #759

**Location:**

Khalsa Montessori School  
3244 E. Camden Street (room is the former sanctuary)  
Tucson, AZ 85716

**Dates & Times:**

Friday, October 23, 2015, 7 - 9pm  
Saturday, October 24, 2015, 9am - 5pm  
Sunday, October 25, 2015, 9am - 4pm

**Questions? Please Contact:**

Helen Hess - [hhess47@msn.com](mailto:hhess47@msn.com) or call (520) 888 - 9338  
Harkamal Kaur - [superhealthevents@gmail.com](mailto:superhealthevents@gmail.com)

**Cost:**

**Full Weekend (Fri - Sun)  
\$295 Register by August 15  
\$325 after.  
Friday Night Only \$25**

Mukta's books, "Meditations for Addictive Behavior" and "Healing Addictive Behavior" will be available for sale.

**REGISTER HERE:**

[www.super-health.net](http://www.super-health.net) (under trainings & events)



Mukta Kaur Khalsa, Ph.D., Director SuperHealth, directed first yogic-based specialized hospital for substance abuse & mental health. Trained personally with Yogi Bhajan for 30 years. Special Representative: UN Office Drug Control & Crime.  
[www.super-health.net](http://www.super-health.net)

**Personal Consultations available all weekend. \$145 hour; 30 minute sessions: \$75.**