

Over the years, one of the most powerful tools for change that I've encountered is mantra. I haven't encountered anything that focuses and relaxes the mind while gently activating the yogic energy body, all in service of positive shift, like mantra.

So, if you're having trouble shaking off the recent past and are ready to begin again and take a step toward...better.

Or, if you're just ready to have some fun...

This is it!

Mantra

Vibrational medicine, mantra combines prayer and song with meditation. I've always loved this ancient art and have been enjoying and pulling together the latest science & practice resources just for you. Recent mindfulness & neurobiology findings have translated into some fresh and excellent books and resources that support practical life change. I've been sifting and pulling it all together (so you don't have to!) and have an easy program that I think you'll love and find helpful.

Do you need a boost - that's easy to do - right about now?

As many of you know my great nerdy love is to blend wisdom & science so I hope you join me in June to...

Chant your way back to....YOU, healthy and happy!

Is mantra practice for you?

Here's a checklist to help find out.

Answer yes to the following to be a great candidate for mantra transformation:

- Can you adopt a growth mindset toward mantra? That is, you need to believe it could help. Gotta be open. At least a little. Tentative is OK.
- Do you want to change, or want to want to? Mantra is great at gently loosening you from being stuck.

- Are you curious about it and willing to give it a go?

If you answered yes, you're ready to join this program!

BUT,

- If you can have an open mind about a universal consciousness that we can tap into (or, believe in a God/Goddess of your understanding), then mantra can *really* be helpful. It taps into the divine.
- If you would like to consider yourself a meditator but suffer a 'busy mind', mantra may be for you. It 'gives the mind a bone'.

Then you need this program!

Scroll on down for the details.

CEs WILL be available for RDNs, RYT's and C-IAYTs.

Read more about mantra in my latest blog post, [the art & science of mantra](#).

Let's chat in the comments!

Hare Om!

Much Love, Vibration, Song & Laughter to you,

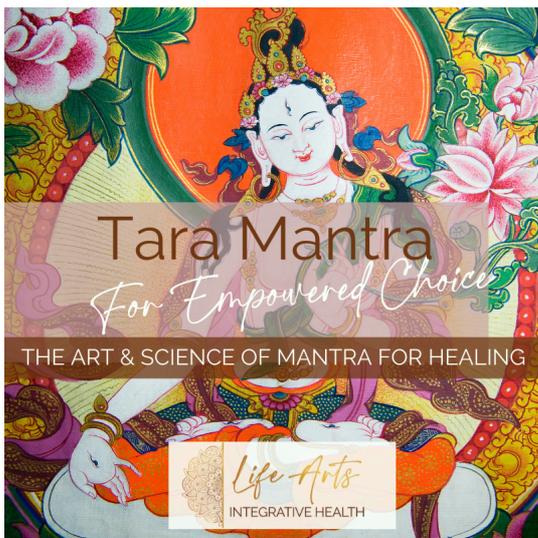
Annie



Annie B Kay MS RDN E-RYT500 C-IAYT

Integrative Dietitian, Yoga Therapist, Plant Alchemist

www.anniebkay.com



6 Week Program June 15-July 20, 2022

Tara Mantras for Empowered Choice

Mantra is a fun vibrational style of meditation that, when combined with the latest science of supporting habit change can be a powerful tool for the spirituality of everyday life. It shakes you up! Sweetly, gently.

Tara is the divine feminine in Eastern traditions. She is enlightened compassion embodied and helps us overcome our suffering in life as a spiritual path to helping all beings everywhere.

If you struggle with eating better, moving more, resting deeply or practicing self-care regularly, this one just may be for you.

If you are a health professional or yoga teacher looking for practical mind-body tools that work, this program is for you - and it has CEs for RDNs (3), for RYT's (19.5)

and for C-IAYTs (TBD but closer to 19.5!).

This course is designed to be EASY and FIT INTO a BUSY LIFE!

Program Overview:

Two live online sessions (Opening: Wed June 15th 6-8:15 pm, and Closing Integration: Wed July 20th, 6-8:15pm).

The remaining 5 modules are home-study, at your own pace, with interactive community support.

The program portal will open June 1st. At that time you can begin a pre-program module that includes:

- A 7-page interactive workbook: Intention, Mantra, Affirmation, and
- an accompanying 45 minute video to coach you through the process. You will also receive:
- a 12 minute Ganesh mantra video to support daily practice.

Over 6 weeks, we will practice 40 days of mantra. We'll share progress and encouragement with each other through a private group feed (like Facebook, but not Facebook - private, better).

You will create (or dust off existing) sacred space, chant a mala (108) mantra once or twice daily (your choice), have weekly journaling prompts, and compare notes with the community of support.

Teaching Objectives:

After this 6-week course, you will be able to:

- Set intention for a 40 day guided mantra practice and describe this practice's value in terms of behavior change and neurological science.
- Discuss the state of the science for the therapeutic use of meditation and mantra in lifestyle change.
- Discuss the history of mantra meditation in Eastern and Western contemplative practice, modern uses and other sound healing practices.
- Create sacred space appropriate for mantra practice and describe this practice's value.
- Discuss Ganesh (remover of obstacles) , and chant a Ganesh mantra.
- Discuss Tara ("Great Wisdom Goddess" of Buddhist and Hindu practice) and chat mantras for Green (change), Gold (abundance), Red (empowerment) and White (healing) Tara.
- Describe how to use Tara Empowerment in your life.
- Conduct your personal mantra experience targeting a specific lifestyle habit.
- Evaluate progress and determine next steps.

Here's What's Included:

- 2 - 2 1/4 hr Live Group Sessions:
 - June 15 Welcome & Orientation Session (6-8:15 pm EST) &
 - July 20 Final Integration Session (6-8:15 pm EST)
- 5 Home Study Modules (Pre-program, Green Tara, White Tara, Golden Tara, Red Tara).
- 5 - 15 min Mantra Videos

- 4 - 30 min 7 Fold Integration Meditation Audios
- Intention, Mantra, Affirmation: Mindful Transformation - 45 min Video & 7 pg Workbook
- 5 sets of Weekly Journaling Prompts
- 6 weeks of Community Support (private feed - like a Facebook group but more private)
- Resource List
- Additional handouts, tips sheets, research articles and guidance to make the process easy & interesting

Program Tuition: \$257

Discounts provided for current counseling clients. Email Annie for details.

Add-Ons:

There are 3 Add-ons to make the program your own.

Add-on #1) CEs for Health Pros

Additional objective:

- Create a simple, safe and effective mantra practice for someone in your yoga therapy or clinical practice with a chronic health condition to support change in lifestyle habits.

CEs Applied for:

3 for RDNs

19.5 CEs for RYT's

TBD - IAYTs (close to 19)

\$50 CE fee

Add-on #2): 50 min Personal Mentoring/Consultation Session with Annie:

\$97

Add-on #3): Amazon purchase: Mala Beads, Saffron Tea, lovely cup, Books & CDs for further study

\$ Up to you - we will send an Amazon list with ideas and optional recommendations. You may purchase what you need for the course or resources that interest you. (note I am not an Amazon affiliate).

Other Policies:

Students will receive downloadable copies of all videos, handouts and materials.

All materials are copyrighted and owned by The Annie B. Kay Cos, LLC and Life Arts Integrated Health, and may not be shared, reproduced or used beyond the program without written permission of Annie B Kay. For personal use only, not for resale.

Ready to Register?

Sign me up!

AnnieBKayCo

www.anniebkay.com

413.854.5407

assistantforanniebkay@gmail.com



You received this email because you signed up
on our website or made a purchase from us.

[Unsubscribe](#)