

*Peace, Love, Health & Happyness. Yay!
The World of the Joyous Life is for Us All!*

Kin 250. White Electric Dog Love, Loyalty, Heart

Priestess Yogini NuRa-Dina's presentations are humorous, witty, electrifying, full of wisdom and knowledge, challenging us to see things from different perspectives, question who, what, when and why life appears as it does.

***SOUL** Yoga BaKa is a fusion of her experiences, knowledge, wisdom and inspiration which expands the yoga experiences. **SOUL** Self Observation Unifying Living—merges melodic movements, systems, sounds, breaths and hues designed to align the practitioner with his/her own body systems. This begins the process of “listen-in” to develop a healthy relation with one’s Inner Crew, in order to evolve as an Impeccable Being.*

This body of knowledge has progressed though 55 years of living yoga. Priestess Yogini NuRa-Dina is an initiated priestess of Ancient Egyptian Yoga; and has traveled the worlds of Yoga, Tantra, Spiritual and Metaphysical orbits of living. Alone the Nile Valleys, yoga means to know thyself, physically, mentally, spiritually, inside and out, know our connection with our Earth and our Cosmicverse so we may live purposefully.

Priestess NuRa-Dina's passion is for us all to live as impeccable beings, fulfill our life's purposes, know and share our happyness and live conscious of our connection with all creation.

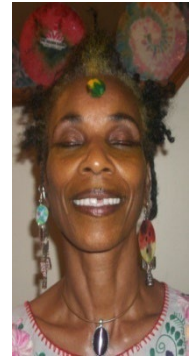
She has been a pioneer in many areas of her life and is now dancing through her—fit, fabulous and fine; clear mind, flowing in vibrant energy, endless creativity. “Ho-Chi- Mama!” (Ho = Love, Chi = Energy)

Her mission is to inspire, encourage and educate humans to live long, healthy, happy lives. Her mantra is “by all means necessary I will live for The World of the Joyous Life to be all of our reality. Healthy, happy, with vibrant energy.. Yay, Yay, Yay!”

To schedule workshops or personal sessions, contact Priestess NuRa-Dina at:

561-345-5291
yoginigriot@gmail.com

Priestess Yogini NuRa-Dina
Melodramatic Messenger and Pyramid-Carrying Environmentalist



Shares her Visions of the Joyous Life Worlds

via

Interactive

Purification, Performances

Connecting Inner and Outer Systems

In Spirited Movements

Stories & Poetic Expressions

Aromas, Formulas

Hues & Sounds

That Permeates Our Atmosphere with
Health, Happyness & Self-Sustainable Living

SOUL Yoga BaKa

Self Observation Unifying Living

The Art/Science to Sustainable Health and Happiness

Master your Primary Ship (body)

- Relate with your Inner Crew (organs)
- Align with the systems that govern you (digestive, immune, meridians & points)
- Overstand the forces and elements that flower all life
- Make the connections through the 13 moons, 13 articulations & 13 frequencies of Nature
- Ask the questions: & read the signs: know Divine mind
Who am I? Why am I here?

The Process: - Out of the Struggle and Into the Flow

- Listen-In: Effective communication/inner relations
- Trance Dance: Rhythms, sounds & moves
- Earth Formulas: Colors, aromas and tools
- 3x13 Attunement: Daily cycles, holons and universal tones
- Sweep the dust from your mind
- Hook up to the heart

SOUL Yoga BaKa guides you to:

- Know yourself and your relation to the Cosmos
- Master your Breath, Balance your Mind & Expand your brain capacity
- Remember your Soul's Purpose & Connections
- Create a happy, harmonious world, inside out

Experience

Inside – Out Workshops

Inner Cleanse/Outer Glow

Reverse Aging Process

Discover Fountains of Youth Within

You are as young as your spine.

A young spine supports a happy mind.

Learn formulas, moves, tools, hues & sounds

Open faucets that turn frowns upside down

Pain into Power

- SOUL Yoga & Naga Tantra Dances
Infuses
- Purification through the Elements:
 - Agnihotra: The Flames, cleansing the atmosphere and our mind
 - Neti-Gaggi: Cleansing Waters for the head
 - Pranayama: The Wind, illuminating the spine
- 3x13 Attunement to a Nu-Earth:
 - Align with Natural Time
 - Activate the 13 Major Articulations
 - Flow with the 13 Healing Frequencies of Mother Nature