

# A Sound Body of Knowledge

Center for Alchemical Studies & Energy Medicine



## Wind Horse Training Series

Offered by

Lisa Ishwari Murphy — Master Healer/Teacher

Wind Horse Alchemical Yoga & Sacred Sound Teacher Training

Wind Horse Alchemy & Sacred Sound Classes

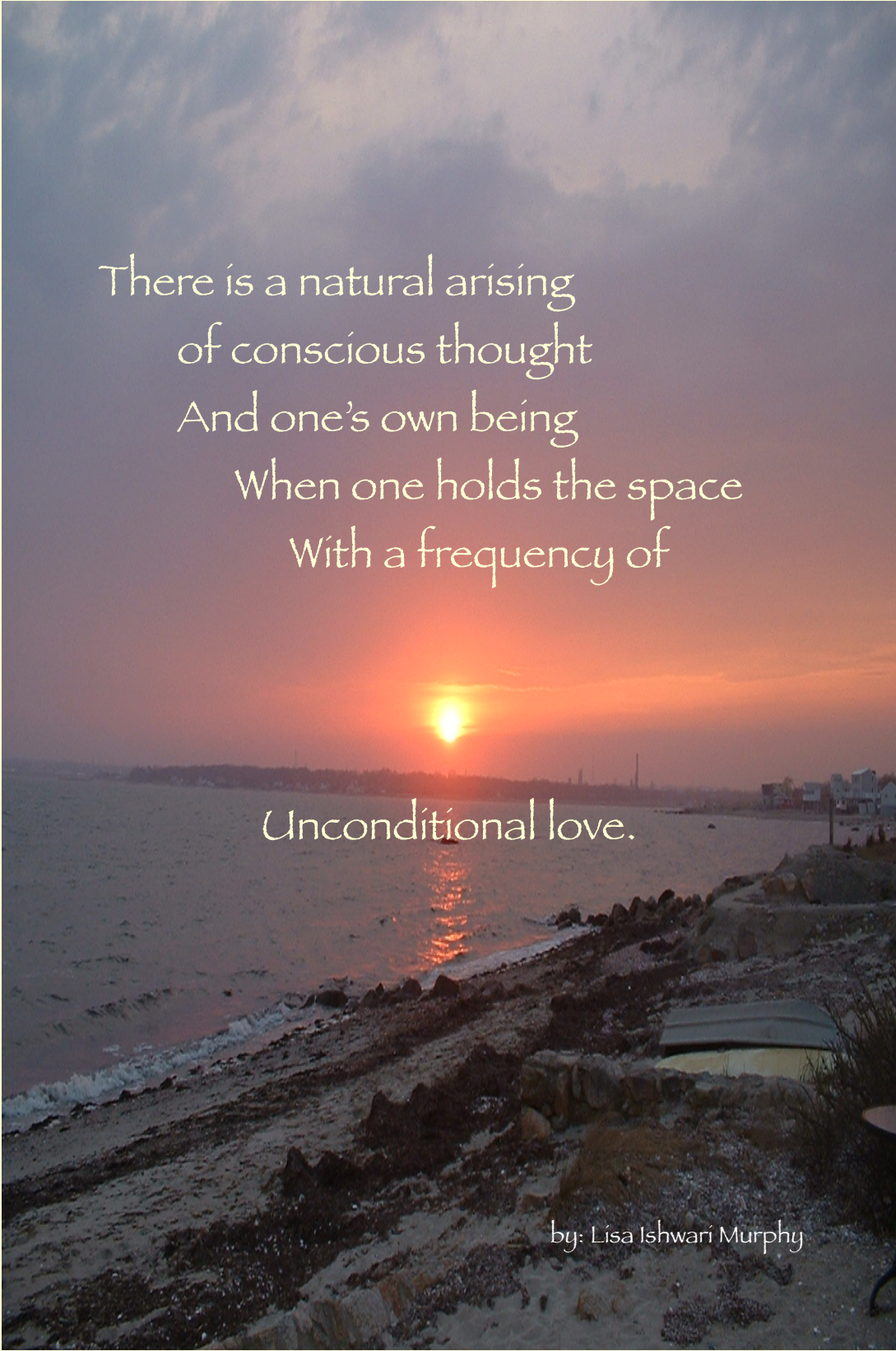
Wind Horse Mentoring Classes

Drum Circle Gatherings

Peruvian Whistling Vessels

Fairhaven Healing Arts Center  
266 Sconticut Neck Rd., Fairhaven, MA 02719

Phone: (508) 999-1012  
Email: [fairhavenhealing@comcast.net](mailto:fairhavenhealing@comcast.net)

A photograph of a sunset over a body of water. The sun is low on the horizon, casting a bright orange glow across the sky and reflecting on the water. The foreground shows a rocky and sandy shore with some seaweed. In the distance, there are some buildings and structures along the coast. The overall mood is serene and contemplative.

There is a natural arising  
of conscious thought  
And one's own being  
When one holds the space  
With a frequency of

Unconditional love.

by: Lisa Ishwari Murphy

# Wind Horse Alchemical Yoga & Sacred Sound™

Yoga Teacher Certification 200 Hours  
Recognized by Yoga Alliance

Certification Fee: \$2,222, which includes:

- ❖ Six, Three-day workshops, with two taking place at Sacred locations.
- ❖ Wind Horse Yoga Training Manual / 4 Alchemy Classes / 3 Mentoring Classes

(Does not include Air, Accommodations or Meals for Session's 1 & 6)

## Session 1

June 5–7, 2009 (Full Moon)

Location: Magdalena Mts, New Mexico      Hours: 27      CEU's: 2.7

Schedule: 7:00am–9:00am      Yoga & Meditation  
              9:15am–10:00am      Breakfast  
              10:00am–1:00pm      Alchemical class with lecture  
              1:00pm–2:00pm      Lunch  
              2:00pm–6:00pm      Alchemical class with lecture  
              6:00pm–7:00pm      Dinner

June 12<sup>th</sup>, 2009 / Required Mentoring Class: 10:00am–1:00pm

June 26<sup>th</sup>, 2009 / Required Alchemy Class: 10:00am–4:00pm

Yoga, Alchemy & the Brain States: How to create your own daily alchemical practice.

## Session 2

July 24–26, 2009 (New Moon)

Location: Fairhaven Healing Arts Center      Hours: 24      CEU's: 2.7

Schedule: 9:30am–1:00pm      Lecture—Postures, Asanas & Mudras  
              1:00pm–2:00pm      Lunch  
              2:00pm–6:00pm      Alchemical class & lecture.

Quiz: The Yoga Sutra's / Book 1: 51 Sutras

August 7<sup>th</sup>, 2009 / Required Alchemy Class: 10:00am–4:00pm

The Neurophysiological Understanding of Sound & Brain Frequencies. The most effective uses of the instruments & tools: the what, where & how to use them.

### Session 3

August 14–16, 2009 (Between Full and New Moon)

Location: Fairhaven Healing Arts Center    Hours: 24    CEU's: 2.7

Schedule: 9:30am–1:00pm    Lecture—Postures, Asanas & Mudras

1:00pm–2:00pm    Lunch

2:00pm–6:00pm    Alchemical class & lecture.

Quiz: The Yoga Sutra's / Book 2: 55 Sutras

August 28<sup>th</sup>, 2009 / Required Mentoring Class: 10:00am–1:00pm

### Session 4

September 4–6, 2009 (Full Moon)

Location: Fairhaven Healing Arts Center    Hours: 24    CEU's: 2.7

Schedule: 9:30am–1:00pm    Lecture—Postures, Asanas & Mudras

1:00pm–2:00pm    Lunch

2:00pm–6:00pm    Alchemical class & lecture.

Quiz: The Yoga Sutra's / Book 3: 56 Sutras

September 18<sup>th</sup>, 2009 / Required Alchemy Class: 10:00am–4:00pm

Entering streams of consciousness as an alchemical Journey: Opening the door to the Bon Tradition.

### Session 5

October 2–4, 2009 (Full Moon)

Location: Fairhaven Healing Arts Center    Hours: 24    CEU's: 2.7

Schedule: 9:30am–1:00pm    Lecture—Postures, Asanas & Mudras

1:00pm–2:00pm    Lunch

2:00pm–6:00pm    Alchemical class & lecture.

Quiz: The Yoga Sutra's / Book 4: 34 Sutras

October 16<sup>th</sup>, 2009 / Required Mentoring Class: 10:00am–1:00pm

October 30<sup>th</sup>, 2009 / Required Alchemy Class: 10:00am–4:00pm

The alchemical process of rituals & ceremonies through Yoga, sound, sacred geometry, mantra, song, elements & thought forms (the power of intention).

Embodying the elements.

## Session 6

December 29, 2009–January 3, 2010 (Full Moon) Tentative

Location: TBA      Hours: 27      CEU's: 2.7

Schedule:    7:00am–9:00am    Yoga & Meditation  
                 9:15am–10:00am    Breakfast  
                 10:00am–1:00pm    Alchemical class with lecture  
                 1:00pm–2:00pm    Lunch  
                 2:00pm–6:00pm    Alchemical class with lecture  
                 6:00pm–7:00pm    Dinner

Required reading : books may be ordered through Amazon.com

1. [The Living Gita, by Sri Swami Satchidananda \[ISBN: 978-0932040275\]](#)
2. [Autobiography of a Yogi, by Paramahansa Yogananda \[ISBN: 978-0876120835\]](#)
3. [Yoga Anatomy, by Leslie Kaminoff \[ISBN: 9780736062787\]](#)
4. [Sonic Alchemy, by Joshua Leeds \[ISBN: 0-9657786-0-6\]](#)
5. [The Yoga Sutras of Pantangali, by Sri Swami Satchidananda \[ISBN: 978-0932040381\]](#) (Tested on Sutra Books 1–4 which consists of 196 Sutra)

Graduate January 2010. Be on the cutting edge of The Science of Sound & Yoga.

Payment Details: Cash, Check, Visa or Mastercard

Course cost is \$2,222. A non-refundable deposit of \$422 is due by April 1<sup>st</sup>, 2009 and \$300 due at the beginning of each session. Receive a \$200 discount if full course payment is made by April 1<sup>st</sup>, 2009 (total due \$2,022).

Space is limited to 10 students. Register early to secure a space.

Please inquire about: Yoga, Sound & the Journey through the Chakras.

Location: India      When: April, 2009

(508) 999-1012, or (508) 274-4012

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