

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

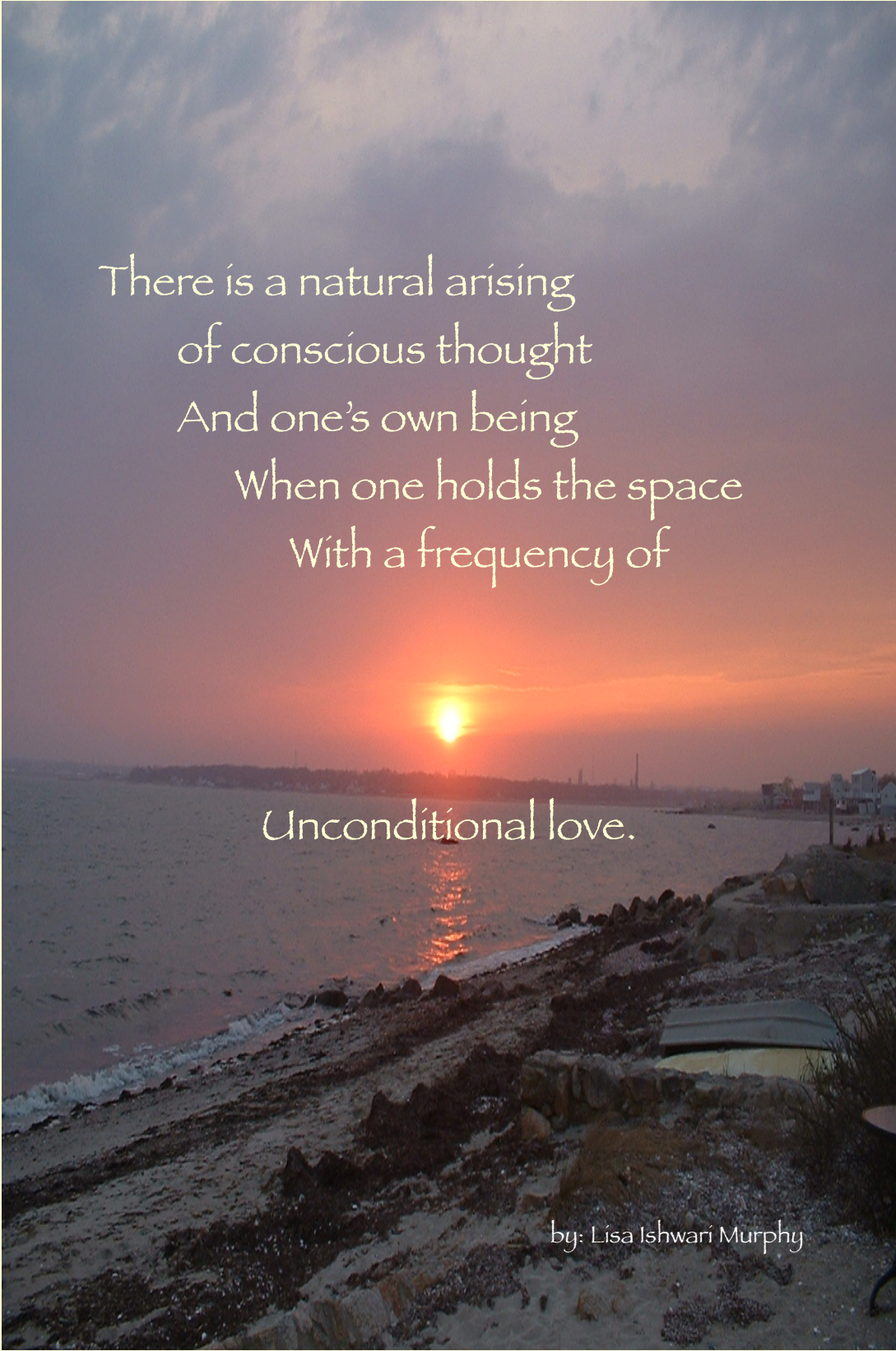
Wind Horse Mentoring Classes

Drum Circle Gatherings

Peruvian Whistling Vessels

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

Phone: (508) 999-1012
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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 shoreline with some seaweed. In the distance, there are some buildings and structures along the coast. The sky is filled with soft, wispy clouds.

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 12th, 2009 / Required Mentoring Class: 10:00am–1:00pm

June 26th, 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 7th, 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 28th, 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 18th, 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 16th, 2009 / Required Mentoring Class: 10:00am–1:00pm

October 30th, 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 1st, 2009 and \$300 due at the beginning of each session. Receive a \$200 discount if full course payment is made by April 1st, 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

Fairhaven Healing Arts Center

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

Wind Horse Alchemy & Sacred Sound

10 Alchemical Classes: 10:00am–4:00pm

Fee Per Class \$99 / includes lunch

1. October 17th, 2008—The Alchemical understanding of Natural Laws as a foundation for life and how to incorporate it every day.
2. November 28th, 2008—How to give healing initiations and build energy and create Sacred Space.
3. January 9th, 2009—Identifying frequencies of imbalance (MS, COPD, etc.) and how to balance them: Tracking frequencies, cutting cords or knowing affinities of lineage/genetic patterns.
4. February 20th, 2009—Understanding the Basics of Crystals: Lay-outs, Grids, Sacred Geometry, Frequency, Vibration and Planetary Connections.
5. April 3rd, 2009—Alchemical Bliss: The perfect trinity of Reiki (heaven), Sound (amplifies and expands), and Hot Stones (earth).
6. May 15th, 2009—Use of Tuning Forks: Sacred Geometry, Meridians and Sacred Pressure Points.
7. * June 26th, 2009—Yoga, Alchemy and the Brain States: How to create your own daily alchemical practice.
8. * August 7th, 2009—The Neurophysiological Understanding of Sound and Brain Frequencies. The most effective uses of the instruments and tools: the what, where and how to use them.
9. * September 18th, 2009—Entering streams of consciousness as an alchemical Journey: Opening the door to the Bon Tradition.
10. * October 30th, 2009—The alchemical process of rituals and ceremonies through Yoga, Sound, Sacred geometry, mantra, song, elements and thought forms, The Power of Intention. Embodying the elements.

Experience an amazing journey into the alchemical understanding of Energy Medicine. Explore and expand in the mysteries of the Sound Bodies of Knowledge.

* Denotes classes that yoga students must attend.

Wind Horse Mentoring Classes

10 Mentoring classes: 10:00am–1:00pm

(Fee: Donations Appreciated)

- 1) October 24th, 2008
- 2) November 21st, 2008
- 3) December 19th, 2008
- 4) February 6th, 2009
- 5) March 20th, 2009
- 6) May 1st, 2009
- 7) * June 12th, 2009
- 8) * August 28th, 2009
- 9) * October 16th, 2009
- 10) December 4th, 2009

* denotes classes that yoga students must attend.

Drum Circle Gatherings

6:30pm–8:30pm / \$10 (no CEU's offered)

- 1) September 26th, 2008
- 2) November 14th, 2008
- 3) December 19th, 2008
- 4) January 30th, 2009

Peruvian Whistling Vessels Gatherings

10:00am–6:00pm / \$100 (no CEU's offered)

- 1) October 4th, 2008
- 2) December 6th, 2008
- 3) January 17th, 2009

New Class

Mantra with Dance—Synchronizing dance & yoga with elements, colors, mantras, mudras & sound (rhythmic music & sacred sound). All choreographed with White Gold Alchemy. (Dates and Times TBA)