

Kundalini

Yoga

SERVICES AVAILABLE

- **IBOGAINE TREATMENT**

Safe, monitored and compassionate ibogaine treatments

- **PRE AND POST CARE**

We help you start your ibogaine journey on the right footing with our expert pre care and help you integrate afterwards

- **HOLISTIC THERAPIES**

Yoga, Pranayama, Meditation, Breathwork, Physical exercise, Healthy food

- **ON/OFF SITE COUNSELLING**

Our expert counsellors will hold space and guide you through your processes

- **NAIKAN THERAPY**

Naikan introspection therapy is a wonderful way to get back in touch with yourself

- **IRM**

FREE lifetime membership to the IRM – Ibogaine Recovery Movement online meetings and recovery community

“The attitude of gratitude is the highest
Yoga.”

~Yogi Bhajan

More than any other type of yoga, Kundalini Yoga (KY) focuses on awareness. People who struggle with addiction issues need to look within to see personal knots in their energy system. KY – with its wide variety of powerful yoga and meditation techniques – is a perfect tool to help and aid.

Practising KY gives an uplifting feeling that integrates mind, body and soul after the ibogaine experience to create deep fulfilment and understanding. Acknowledging, releasing and transforming emotional pain helps to overcome the need for addictive substances or behaviour.

Many addicts use harmful substances to blunt or avoid their emotional pain. KY encourages acknowledgement, safe expression, release and transformation of those emotions. Many people “use” because they are disconnected from their spiritual identity. The main power and purpose of KY is to (re-) establish this. Kundalini yoga creates a new way of looking towards to the self in a positive, uplifting way to recognise the divinity in each of us, no matter how obscured it may be by pain, anger or ignorance. Kundalini yoga massively increases our capacity for self love.

