



CANADIAN YOGA ALLIANCE

INNER MYSTIC

*Yoga & Lifestyle
Training Program*

Created & Facilitated by Lana Boyuk

A Journey of Awakening
that Leads to Personal Discovery,
Transformation & Deeper Connection.

Level One: November 24 / 25, 2018

INNER MYSTIC YOGA & LIFESTYLE TRAINING PROGRAM

Welcome into a more advanced spiritual classroom of the Soul, a journey through three levels of awakening that leads to ***Personal Discovery, Transformation, and Connection to Your Inner Mystic; the powerful co-creator of your life.***

This is a guided journey of returning home to the wisdom, presence and power that you already know inside of you; your Loving Truth.

Become the embodied leader, alchemist, and co-creator of your own life, living with greater curiosity, sensitivity, awareness, respect, and an honoring love of supportive energies.

We first forge an intimate relationship with our inner world, developing the sensitivity to allow us to attune to and interpret the messages, insights, guidance, and direction that Life is always sharing with and through us.

It's by practicing simple yet ancient methods, tools, and rituals that provide a means for embracing more balance, flow, clarity, stability, safety and feelings of wholeness.

Feelings of integration offer a confidence and trust in Self to guide and navigate the obstacles and unknowns in life. We co-create the reassurance needed to relax and surrender into a fully-connected and graceful flow of Life.

The Inner Mystic Yoga & Lifestyle training will support you in accessing and living your life in a bigger and more inspiring way; to let go of fixed ideas and patterns, to expand beyond what you thought possible, and to allow more energy to move through you than you ever dreamt of.

And, if living in a more empowered and aware way inspires you, I invite you to read on about becoming a **1:1 Guide** (*level two*) and **Group Facilitator** (*level three*) so you can support others as they learn to gracefully journey home to their Heart.



*How This Program
Came to Be*

HOW THIS PROGRAM CAME TO BE

Inner Mystic Yoga & Lifestyle was seeded in August 2008, after a very difficult time in my life of moving through a 10-year cycle of incredible stress, illness, depression, and trauma release. And yet, the more time that I spent cultivating my relationship with my Source, Divine Essence, and Inner-Mystic Self, using the tools and practices that were being made available to me and through me, the more gracefully I was able to find a steadier ground to settle into. I could breathe more deeply, see more clearly, and, trust in the process of Life to move through me rather than happening to me.

This was an initiatory time – learning to surrender to the flow of Life that was teaching me how to be flexible, adaptable, and resilient so that I would become a powerful instrument of divine creativity, and healing for myself and others.

An aspect of the Inner Mystic Journey was first launched in Nosara, Costa Rica in March 2014, when I led a group of women through *The Empowered Woman Retreat*, a 7-day self-care immersion that offered an integrative map for becoming, supporting, and living as a personally embodied, powerful, and psychically aware woman.

It was during this retreat that I felt the culmination of 20 years of work being transmitted through me to these women who were experiencing deep healing, releasing, and transformation in their own lives, but didn't necessarily have the tools or know-how to navigate their cycles of destruction and growth in ways that felt supportive, safe, and hopeful.

Since then, I have been dedicating my efforts to expanding the awareness of Inner Mystic Yoga & Lifestyle to all through private work, group classes, mini-immersions, and ongoing facilitator trainings.

With humility & gratitude for the possibility of helping to guide you back Home to You.

Lana Boyuk,

Life Mentor & Spiritual Guide

Things to Know



LEVEL ONE: PERSONAL FOUNDATIONS

Embodiment. Presence. Confidence. (2 Month Journey*)

Personal Foundations is a unique, experiential intensive and mentoring program preparing you for embodied leadership, providing you with a myriad of practical, ancient, every-day tools for cultivating a deeper relationship with yourself as your own self-trusting guide, support, and inner-guru so that you can relax and surrender into the flow of Life.

ABOUT LEVEL ONE:

Inner Mystic – Level One: Personal Foundations reflects 20 hours of training in Inner Mystic Yoga & Lifestyle. If pursuing Level Two your additional 20-at-home hours will include assignments, group video calls, and personal mentoring time with me.

Inner Mystic – Level One: Personal Foundations is open to anyone who desires to elevate their energy, create deeper alignment with their awareness, and live in a more attuned, balanced, healthy, powerful, and fluid way as co-creator of their own life.

In order to move onto Level 2: Practitioner and Guide, you are required to have a competent understanding of and personal practice with yoga. Optionally, a 200-hour yoga training is helpful in order to lead your clients through chakra yoga poses.

THIS PHASE OF YOUR TRAINING INTEGRATES TEACHINGS FROM:

- **7-Chakra Systems Theory:**

Discover ancient wisdom for understanding and healing the mind, body, emotions, and spirit.

- **Elemental Alchemy:**

Discover a deeper understanding of being connected to All of Life. By listening to and learning from Gaia, you soon remember that you also embody the powers of Earth, Air, Fire, Water, and Ether for your use.

- **Chakra Yoga:**
Discover the elegance of chakra yoga poses to gently move you into a place where you are able to re-balance your own energy centers through physically attuning your body.
- **Living & Raw Food as Medicine:**
Discover why expanding your bodies' capacity to hold more energy is imperative for being able to access more steadiness, clarity, aliveness, comfort, and spaciousness.
- **Breathwork & Movement as Core Healing Modalities:**
Discover how your ability to breathe and move your body directly impacts your ability to gracefully flow emotionally, express yourself sensually, and creatively adapt to the fluctuations that life promises.
- **Mantras & Mudras:**
Discover the mystery of working with sounds, and hand symbols for easier alignment.
- **Meditation & Reflective Journaling:**
Discover contemplative practices that help to create an internal space for clarity, calm, and deeper levels of personal insight.
- **Oracles, Gemstones, Aromatherapy & Altar Building:**
Explore tools that support you in creating a more intimate relationship with your Inner-Mystic.

WHAT'S INCLUDED IN YOUR TRAINING:

- All course fees for instruction with me.
- Additional hours for those in 40-hour training program.
- Workbook.
- Access to a private Facebook group and a training buddy. *Be supported by a tribe of like-minded others who are invested in their own similar life-journey.*
- Cultivate a relationship with yourself as a wise, self-sufficient, and connected leader.

WHAT'S NOT INCLUDED IN YOUR TRAINING:

- Additional book purchases which may be required for 40-hour training.

YOU ALSO RECEIVE:

** Features marked with an (*) are for those pursuing the 40-hour training program.*

- 1:1 Lifestyle Mentoring Session with Lana*: (1-hour)
This session will be used to help you customize your personal desires for an integrative lifestyle plan.
- Certificate of Completion*: (40-hours)
You will be acknowledged with a certificate of completion that is also recognized by the Canadian Yoga Alliance for 40-CEU's (if you are a registered member) that can be used towards your annual continuing education yoga requirements.
- You will be able to confidently create strategic rituals that supportively guide your own life in a more holistic and integrated way.

BENEFITS OF TAKING THIS TRAINING:

During our time together, you will discover that who or what you seek is already within you, and that by investing consistently in this most important and intimate relationship – the one with yourself – that Life begins to unfold more like a graceful dance between your human self and your higher self.

By embodying your leadership, and creating customized self-care programs, you begin to notice that you flow more elegantly through your energetic fluctuations and challenges; you feel steadier, more confident, and begin to hear, sense, and attune to the You that you are here to authentically express in the world.

ADDITIONAL INFORMATION:

Feel free to write to me to arrange a time to have a conversation about **Level 1: *Personal Foundations***, to register, or are interested in receiving additional information.

Email address: Lana@LanaBoyuk.com

TRAINING INVESTMENT:

LEVEL ONE – PERSONAL FOUNDATIONS

Before September 23rd: \$597 - 20-hours

\$897 - 40-hours

After September 23rd: \$779 - 20-hours

\$1079 - 40-hours

PAYMENT PLAN: A 3-part payment plan can be arranged for these trainings.

YOUR COMMITMENT:

100% attendance is mandatory.

PRE-REQUISITE:

Interest and some yoga experience.

DATES:

November 24 & 25, 2018

HOURS:

Saturday: 9:00 am – 8:00 pm | Sunday: 9:00 am – 8:00 pm

LOCATION:

Northern Water Sports Centre (upstairs)
206 Ramsey Lake Rd, Sudbury, ON P3E 5J1

LEVEL TWO: PRACTITIONER & GUIDE

Embodied Leadership (4-6 Month Journey)

Practitioner & Guide is designed to be experienced as a *rite of passage into spiritual leadership*. In addition to being a comprehensive immersion for the trainee, you will also heal, shed, learn, and create as you dedicate yourself more deeply into being the embodiment of your soul. This level takes maturity, desire, and a sincere commitment to show up and learn to lead your life from the level of your highest, wisest, Inner Mystic Self.

ABOUT LEVEL TWO:

- This training will help you to become an effective Practitioner by assisting your deeper understanding of Level One: Personal Foundations of Inner Mystic Yoga & Lifestyle.
- Explore personal obstacles that may be preventing you from expanding, and receiving enhanced health, vitality, abundance, and opportunities.
- Trust your ability to create and sustain personal yoga & lifestyle practices.
- Become better able to receive intuitive information to help guide 1:1 clients.
- Learn how to create simple yet effective programs that help your clients feel more connected, nourished, and empowered on all levels as you gently support and guide them into a deeper, and more trusting relationship with their own Inner Mystic.
- **Reflects 40-hours of training** that can be put towards the 40-CEU's required to honour your annual Canadian Yoga Alliance training hours. (CEU's in Lifestyle Training & Yoga)

PLEASE NOTE:

You are required to have a minimum 200-hour Yoga Teacher Certification in order to move into Level Three.

More details about this program will be shared in a personal interview so that we can discuss if you pursuing the tracks of **Practitioner & Guide** (1:1 Coaching), **and Facilitator** (small group facilitation), are suitable options. We will also use the time to see if there are other potential obstacles that might be best to explore beforehand.

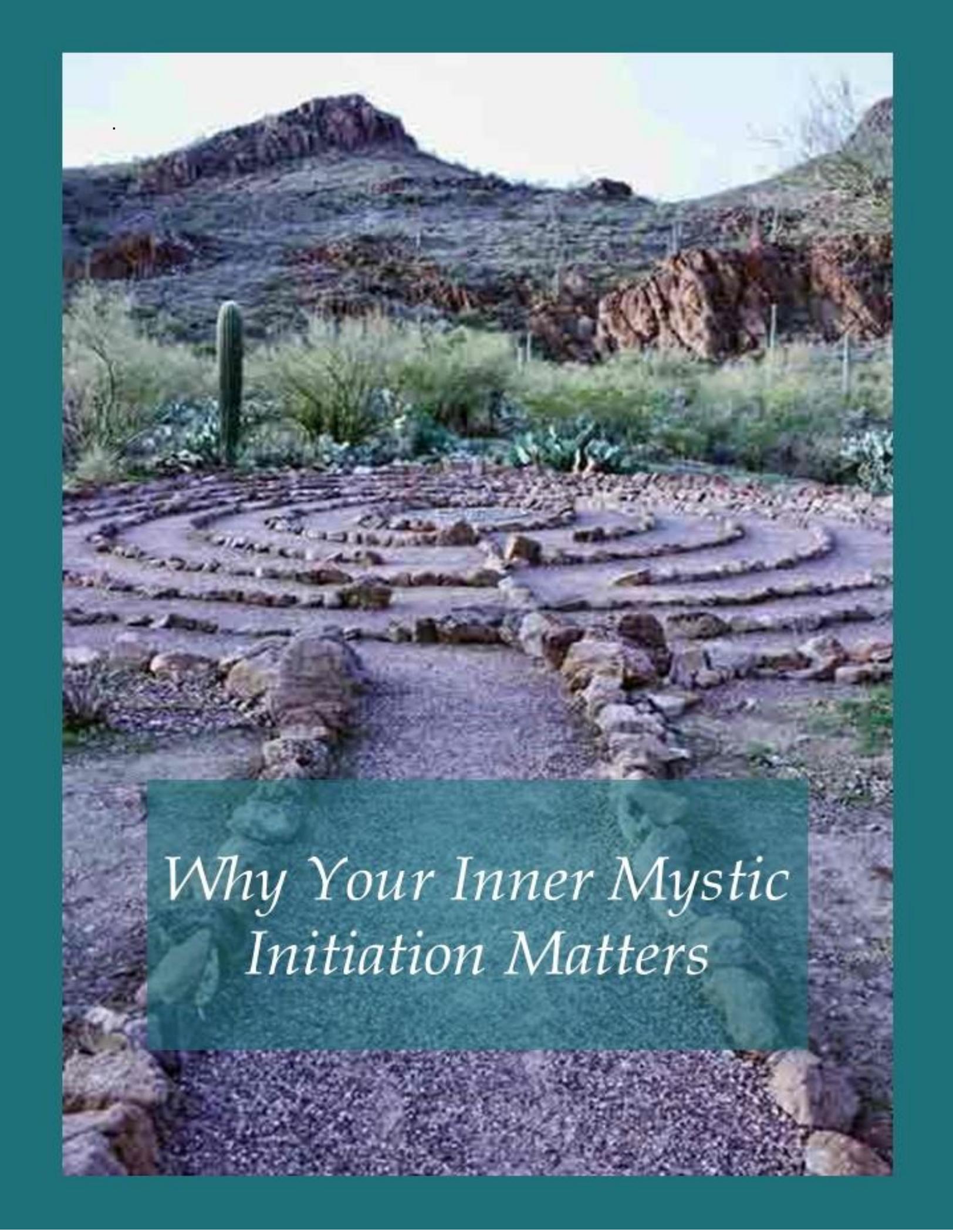
LEVEL THREE: FACILITATOR

Living Your Leadership (1-Year Journey)

If you want to really apply this methodology in your work and learn to lead your own groups, here is your opportunity to apprentice with me more closely and intimately, as you integrate the material you learn and become a graceful leader for facilitating small workshops.

Incentive: Upon completion of Level Three you will be able to facilitate groups of up to 8 students through Level One: Personal Foundations workshops.

Additional information will be shared in a personal interview.

A photograph of a desert landscape. In the foreground, a stone labyrinth is constructed from large, flat, reddish-brown rocks, forming a complex, winding path. To the left of the labyrinth, a tall saguaro cactus stands prominently. The middle ground is filled with various desert shrubs and grasses. In the background, a large, rocky mountain peak rises against a clear sky. The overall scene is arid and rugged.

*Why Your Inner Mystic
Initiation Matters*

AS MAY BE THE CASE FOR MANY OF YOU READING THIS ...

My journey to be sitting here now was certainly an agonizing, isolating, depressing, fear-based, and unbearably lonely one. Rites of passage are often tough with the contrast teaching us about perspective, resiliency, adaptability, and to trust in an unknown guiding force that presents opportunities, possibilities, and shows us how to create and maintain powerful relationships with our Inner Mystic, and our outside helpers and guides.

Inner Mystic Initiations happened many times throughout my life. I was and continue to be incredibly blessed to be surrounded by women who were wiser than I was. Some 10, 20, 40 years my elders, they taught me to read signs, and feel more deeply; to root into my safety and sense energy, and to practice simple yet ancient rituals that helped me to reclaim my hurt and broken parts. I journeyed through reclaiming personal power while I healed, released, and learned how to create from a clearer, more attuned, higher mind so I could trust and flow with Life.

I am here because of these women, and this is why your Inner Mystic initiation matters.

Here are some of the initiations I required in order to be an embodied leader for you:

- Grew up in an environment of impoverishment, anger, violence, and addiction.
- Powerful imprints of shame, anger, guilt, irrelevance, and suicidal tendencies.
- Fostered and displaced for many years so never felt settled, safe, and grounded.
- Suicide attempt 12 & 26 years, fear and anguish becoming an unbearable burden.
- Addiction and powerful, actively sought out self-destructive tendencies.
- Had to trust that for 25 years now, I would support myself and raise my 2 sons in a community that wasn't very forward-thinking, while offering my programs and teachings in things like yoga, life coaching, chakras, raw foods, crystals, sacred intimacy, dance therapy, and alternative healing modalities.

For me, it's about learning to flow with Life's rhythms and cycles more elegantly and gracefully, while receiving help from lovely mentors, tools, rituals & practices.



Choose Wisely

WHY I FEEL CONFIDENT GUIDING & MENTORING YOU:

“What is a teacher? I’ll tell you: it isn’t someone who teaches something, but someone who inspires the student to give of her best in order to discover what she already knows.” - Paulo Coelho

When you are committed to your own personal healing, growth, transformation, and evolution, it’s imperative that you find a mentor, guide, coach, and leader who has lived a life that has initiated them with experiences and opportunities to become more whole, integrated, confident, and wise. As one immerses themselves into the layers of learning, growing, and transforming, their acquired skills and trainings become a part of their fabric of who they are; not identifying them, but supporting them in being able to live their leadership, and not just talk a talk about life and leadership.

Be certain that whom you choose to study with is someone that you are inspired by, trust, and are able to learn more about yourself through when spending time with them.

My 25+ year journey has led me through thousands of hours of training and initiation, tens of thousands of hours of teaching, leading, and facilitating, five entrepreneurial ventures, and nearly three dozen courses, intensives, and certifications across the areas of yoga, nutrition, dance, tantra, shamanism, holistic wellness, and personal growth. It is a path that sees me stepping into my truth as both a student and teacher; it is an ongoing flow of learning, integrating, and re-channeling the wisdom back out into the world. It is a journey I am proud to embody, and share, and one that enables me to feel confident about my calling and purpose to guide others through theirs.

I look forward to the privilege of joining you as you navigate your path to your Inner Mystic.

“You will never be able to escape from your heart. So it’s better to listen to what it has to say. That way, you’ll never have to fear an unanticipated blow.”

Paulo Coelho,
The Alchemist