

The Inner Harmony Approach was designed to provide personal development and transformational learning experiences based on a time-honored approach to the pursuit of consciousness. By purposefully harmonizing an individual's mind, body, and spirit, the Approach will begin to shape a refreshing and exhilarating perspective on life for all who are touched by the program.

The Inner Harmony Approach is offered in a series of three workshops, customized for each market served. We also offer a teacher certification program, qualifying practitioners to teach Level One Workshops. Inner Harmony trainings are currently being offered at Harmony Mountain in Waverly PA, Nashville TN, Los Angeles CA, St. Martin in the Caribbean and other locations.

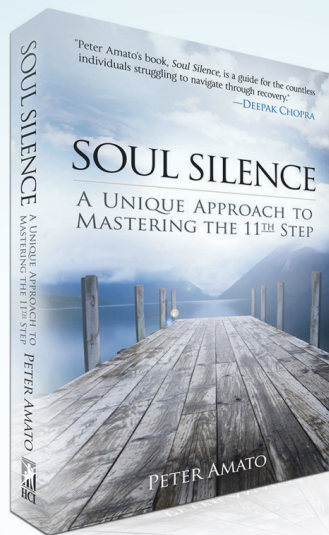
## INNER HARMONY APPROACH LEVEL ONE

**Level One** is a two-day workshop integrating spiritual concepts, mind-body techniques, breathing practices, yoga and meditation. Research studies have adequately verified the beneficial impact of these ancient practices on mind, body and spirit. When integrated with a holistic perspective on life's challenges, these physical and spiritual techniques lead program participants to a state of higher and happier functioning in all areas of their lives. The workshop includes materials and support systems designed to facilitate a regular daily practice incorporating these techniques, with the intention of deepening and expanding the workshop experience.

**Duration:** 2 days  
**Tuition:** \$289

# SOUL SILENCE: A UNIQUE APPROACH TO MASTERING THE 11TH STEP

By: Peter Amato



Part guidebook, part memoir, **Soul Silence: A Unique Approach to Mastering the 11th Step**, is written by Peter Amato, M.A., a meditation master and psychotherapist with sixteen years of sobriety. His tried-and-true approach to prayer and meditation is the cornerstone of his Inner Harmony Workshops, which have helped thousands of men and women develop a new understanding of the 11th Step, recommit to their recovery, and enjoy lives filled with peace, passion, and purpose. **“Peter Amato’s book, Soul Silence, is a guide for the countless individuals struggling to navigate through recovery,”** says Deepak Chopra.

## INNER HARMONY APPROACH LEVEL TWO

**Level Two** is presented as a four-day off-site retreat. This retreat is designed to expand our understanding of the structure of human consciousness, deepen our level of self-awareness, and provide the tools for a consistent spiritual practice. Level Two is a unique exploration of consciousness that synthesizes ancient yogic knowledge with contemporary research into human development. Topics covered include integral theory, developmental models, personality types, structure of the ego, yogic philosophy, and the chakras. Practices taught and worked with include inquiry, primordial sound meditation, guided meditations, yoga, pranayama, chanting and ecstatic dance. The program will enable participants to function from a space of “integrally informed” awareness and increased capacity for intentional transformation.

**Duration:** 4 days  
**Tuition:** \$499

## INNER HARMONY APPROACH LEVEL THREE

**Level Three** is a seven-day immersion that creates the space for participants to experience the depth of their own consciousness, assess the level of their spiritual, emotional and cognitive development, and learn life long practices and ways of functioning that facilitate a life of conscious growth and inner satisfaction. The program includes lectures, individual assessments and practices. Through individual assessments, participants will understand their own capacity in different aspects of development: spiritual, emotional and cognitive, as well as their personality types that define their personal growth challenges. Practices include silence, deep meditation, and a process of self inquiry that leads to direct experience of deep states of consciousness beyond ego.

**Duration:** 7 days with separate individual  
assessment and coaching sessions.

**Tuition:** \$999



## PETER AMATO

Founder & Master Teacher,  
Inner Harmony Approach  
CEO, Inner Harmony Wellness Centers  
and Inner Harmony Approach

Peter is a certified meditation and yoga teacher, with certifications from Deepak Chopra, M.D., Jon Kabat-Zinn, PhD., and yogi Amrit Desai. He is also a student

of Thich Nhat Hanh, world-renowned Buddhist monk and teacher, and Noble Peace Prize nominee. Peter has worked with and received blessings from the Dalai Lama, having partnered with Smithsonian Institution in bringing his Holiness to Washington, D.C. He was also a member of the Board of Regents of Bastyr University, and a former board member of the Clearbrook Foundation.

In the holistic health world, Peter was invited by Andrew Weil, M.D. to serve on the Board of Directors of his Foundation for integrative Medicine at the University of Arizona, and as founding Chair of the Board of the National Integrative Medicine Council, whose mission was to influence and guide the future of healthcare through grassroots advocacy activities, public awareness campaigns, and strategic partnerships with business and academic institutions.

A frequent traveler and student of many global healing systems for the past 20 years, Peter speaks to audiences across the world on his vision of Inner Harmony.

## SUNIL AHUJA

Co-founder of Inner Harmony Approach  
Founder of Integral Transformation Systems,  
Spiritual development teacher and coach.



As a workshop leader Sunil is certified to lead the Avatar® Course, the Chopra Center's Seven Laws for Engaging Spirit in the Workplace, and has developed the Inner Harmony Approach and Soul Dance workshops. As a Developmental Coach, he is certified in Spiral Dynamics and assessment tools in emotional and cognitive development and spiritual intelligence. He has studied with Deepak Chopra, A.H Almaas, Harry Palmer, Werner Erhard, Caroline Myss, Shakti Gawain, John Friedlander, Don Beck, Otto Laske, Cindy Wigglesworth, and Fred Kofman at Ken Wilber's Integral Institute.

Before founding Integral Transformation Systems, Sunil had over thirty years experience as a consultant and technology project manager in the USA and India. His degrees include an MSIA from Carnegie-Mellon University and a B.Tech from the Indian Institute of Technology.

## Embrace a career with peace passion & purpose

### THE INNER HARMONY APPROACH TEACHER TRAINING

The Teacher Training program qualifies participants for Inner Harmony Approach Teacher Certification. Graduates of the course will be eligible to intern as teacher candidates in Inner Harmony Approach Level One workshops, and will be granted licenses permitting them to offer the course independently on completion of a successful internship.

The objectives of this program are to prepare the participants to teach the Level One workshop through practice and processes that deepen their capacity to embody the material as well as teach it. Accordingly, there will be more in-depth individual work and practice in this program, including a two day workshop, three month home study and practice and group coaching designed to facilitate each teacher's spiritual development and capacity to be an Inner Harmony Teacher.

*Duration: 2 day workshop 3 month home study and  
group phone coaching program*

*Tuition: \$1499*



innerharmony  
approach

For more information on workshops and  
teacher training, please contact:

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570-346-4621 • info@ihwc.com

[www.innerharmonyapproach.com](http://www.innerharmonyapproach.com)

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BECOME A WHOLE PERSON

LIVE IN HARMONY WITH YOURSELF AND  
THOSE AROUND YOU

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