

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: \$249

AN INTEGRATED PATH TO INDIVIDUAL AND SOCIAL TRANSFORMATION

We live in interesting times, to paraphrase the Chinese proverb. The world is transforming in our lifetime, old systems are no longer functional and are collapsing, and different solutions and ways of living and being are being urgently demanded of us. As Einstein said, **"You cannot solve a problem at the level of understanding you created it."**

What's needed is a different consciousness, a more evolved understanding of who we are and how we can develop, and a capacity to live from and express that expanded level of awareness.

The Inner Harmony Approach provides a unique developmental path for the 21st century, blending ancient practices with contemporary research and spiritual understanding. It's offered as a series of three workshops, and a teacher training program. Each workshop introduces a new and deeper understanding of human development and practices that empower the participants to live full, joyful and successful lives from a stage of expanded cognitive, emotional and spiritual functioning.

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 Group

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 Group
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 us at:

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THE INNER HARMONY APPROACH TO PERSONAL TRANSFORMATION



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