



MASTERING THE  
ADDICTIVE PERSONALITY

# THE PATH OUT OF HELL

15-21 June 2024 on Zoom

9.30am-5.30pm UK time

CAROLYN COWAN

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# SHIT HAPPENS

## THE REST IS WHAT YOU DO WITH IT

My name is Carolyn Cowan and I am a psychotherapist who specialises in shame, trauma, hell states that manifest in all kinds of ways... I am also a Kundalini Global teacher and teacher trainer.

Shit happens and this, beautiful person, is all about what you do with it...

You are reading this because you have shown an interest in my workshop, The Path Out of Hell: Mastering the Addictive Personality. The fact that you are curious about training with me in these realms makes you different.

I like that. It means that you can recognise suffering, in yourself, certainly. And perhaps also in the other...



# MOVING BEYOND THE RECOVERY MODEL

When you are an addict, 12 step recovery says:

*“You have a disease. You're sick, you're ill, your behaviour is bad, what you're doing is not good. You are wrong. You are fucked. You are selfish and narcissistic.”*

This is not how I see it. In addiction, what we're looking at is the dysregulated self. In any of the anxious, self-harming addictive behaviours, whatever form they take, what you are experiencing is dysregulation, that you cannot manage to regulate yourself because your safety mechanism is wired to be dysregulated. Your brain is wired to be dysregulated.

What I do during this week, which I have taught now many, many times, is to help you work out how to disable safety mechanisms that have been in place for a very long time.

The workshop has a great manual. Huge numbers of lectures. There is breathwork and yoga every day and we will discuss other ways, other tools... it's not all about yoga. There is also a huge amount of group work.

Energetically, this workshop is equivalent, in its learning curve, to 1500-1700 hours of therapy. This is an interesting thing to be able to say as a therapist, but what is happening on this course is that I teach you about what is happening in your brain... what the shame, abuse and trauma does to the body.

There is no invitation to tell your story, it's not about that, it's not a sharing workshop where you're asked to eviscerate yourself. It's a workshop where you learn about transformation and growth. And, if you are a yoga teacher, you can certify to work with this modality, which is a powerful and potent thing to do.

# THE SYLLABUS

The Path Out of Hell, Mastering the Addictive Personality, is a 70-hour, Yoga Alliance certified, training. It forms part of Kundalini Global Level Two, but you do not have to be a Kundalini Global teacher, or a yoga teacher of any kind, to join.

I always describe the process of the learning over the week as a process of me weaving a web. We cover a lot, and every manifestation of this week-long training is slightly different, which is one of the most potent things about it, as the web will be unique to each group.

Each day will include yoga and breath work. Some of what you can expect to learn and explore includes:

**The Roots of Addiction and Anxiety**

**The Addictive Nature, Body and Mind**

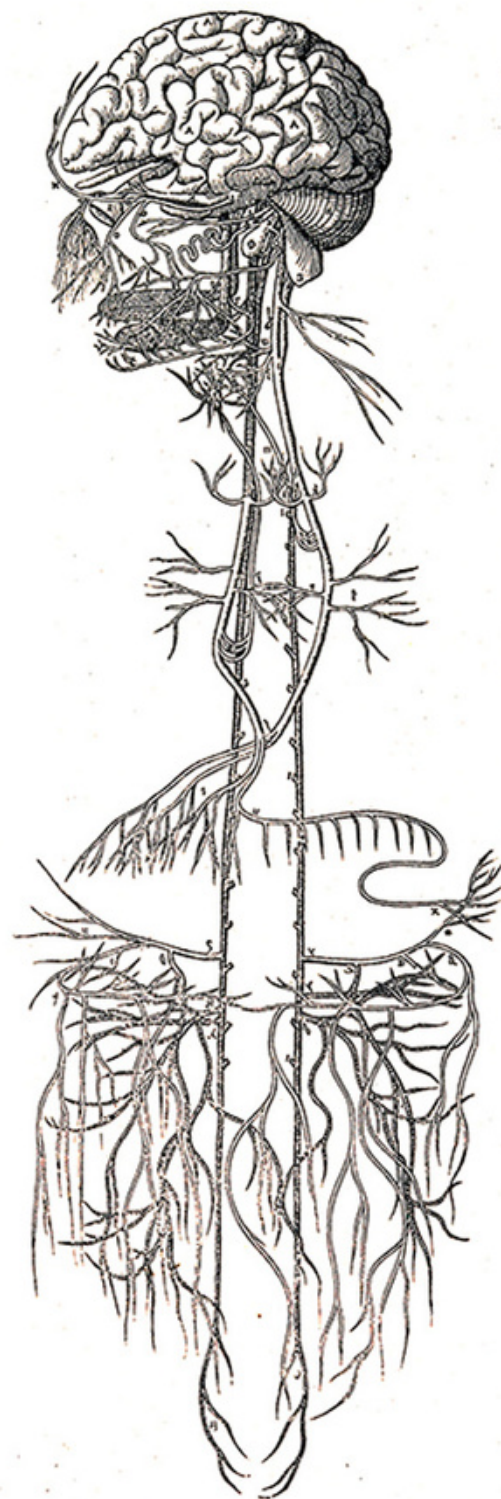
**The Hinterland**

**Taking Yourself On**

**Tools For Change**

**Yoga and Esoteric Thought**

**Teaching Skills**



# WHAT PREVIOUS PARTICIPANTS SAY

*“I didn’t know what to expect from the training, but the experience was profoundly transformative. I gained a wealth of knowledge as well as confronting hidden aspects of myself. I now feel inspired to share these powerful tools for self-transformation. Carolyn is a real force of nature – authentic, engaging and inspiring in her teaching style.”*



*“Carolyn gives you permission to be perfectly imperfect... so often with Kundalini there’s dogma and she’s the antithesis of this. Her knowledge of anatomy and biochemistry in the body is mind blowing and her explanations of what is happening where (in aforementioned areas) is hugely helpful. As a woman in recovery, it’s been great to soak in Carolyn’s huge knowledge of addiction and emotions/the body...”*



*“Carolyn’s teachings are practical and make practice accessible to all. She teaches from a place of wisdom through her own life experiences and the perspectives gained supporting others in their life experiences. Carolyn holds space and has the courage to go where others fear to tread. My experiences of Carolyn’s teachings have been transformative and I’ve made lifelong friends in the space and the processes she’s facilitated.”*

# WHAT PREVIOUS PARTICIPANTS SAY

*“Carolyn’s teachings are a unique experience not easily forgotten. She draws courageously on the hinterland of her own life experience, pain, victories, warts-and-all, and brings this forward into an ever-deepening enquiry about the nature of life and of being fully alive for all those she has taken into her care: clients, supervisees, students and all.”*



*“I had come to the workshop after many years of the occasional panic attack. I still get anxious, but have never had a panic attack since. Hypnotherapy, homeopathy, my yoga practice, hadn’t managed to cure them but this did. I believe this is because I felt incredibly safe. It is a great skill for a teacher to be able to offer that feeling. Those that come on your training can know that they are held by you and you will manage and hold space for all...”*



*“Carolyn is a tour de force of creativity and wisdom and this talent is uncommon and very necessary when teaching yoga. It is rare to have the courage and ability to inspire, inform and lift their students in the way she does. She uses all of her life experience to make her work inspirational and , like the best teachers, one has a sense that she would or could not coast and compromise. She is brave and informative; inspiring and knowledgeable... she is kind and funny. She is rare and loved by her clients.”*

# FAQS

You will find answers to the most common questions about The Path Our of Hell, Mastering The Addictive Personality, below. If you have any remaining questions you can email me at: [info@carolyncowan.com](mailto:info@carolyncowan.com)

**I am not a yoga teacher/I have never done yoga before, can I still do this training?**

Yes. No previous experience with yoga is necessary to fully benefit from this training.

**I am a Level One yoga teacher from another form of yoga, can I do this as part of Level Two Kundalini Global?**

This training is open to everyone. You do not have to be a yoga teacher. And if you are a yoga teacher, you do not have to be a Kundalini Global yoga teacher, trained by me.

However, to become, to name yourself, a Level Two Kundalini Global teacher, you must first complete Kundalini Global Level One.

If you are not a Kundalini Global teacher, and pass the exam from this training, you will still gain a Yoga Alliance certification for the hours spent on the training.

**If I do this training before your Level One, can I count it towards Level Two if I go on to do your 220-hour training?**

Yes.

# FAQS

## **Who will be teaching on the training?**

The vast majority of this training is delivered by me. I may bring in other teachers to teach small parts of the training, as appropriate.

## **Can I pay in instalments?**

We have a two-part payment plan option on our booking page. The course fees must be paid in advance of the training starting.

## **Is what I share on the training confidential?**

Yes. There is no invitation to share your story on the training, however, because the training includes group work, and the safety of participants is paramount, all participants are asked to sign a non-disclosure agreement before the course begins.

## **How long are the days?**

Generally, the days run from 9:30am – 5:30pm, UK time, for seven consecutive days. I allow for a morning and afternoon break and a generous lunch break too. Homework may be set for between the days, but this is usually reflective in nature, to aid the work we are doing through the week.

## **Do I need any equipment? Is there any reading to do before the course begins?**

Loose, comfortable, clothing that works for yoga is helpful, as is somewhere to practise when we do classes each day. A yoga mat is good, but not a necessity.



# FAQS

Cushions, bolsters, blocks... all can be useful.

You will need pens, paper, and you will need to print the manual, which is delivered digitally to you in the days before the course begins.

A reading list forms over the course of the week, which will be kept up to date for you and shared at the end of the week. You do not have to do any reading prior to the beginning of the training.

## **What is the exam like?**

On completing the week, those who would like to certify can request a copy of the exam. The exam is designed to consolidate learning from the week, encourage reflection on how the information you have taken on can be transmuted into what you offer as a teacher, and invites you to take on research into any gaps you identify in your learning.

It is an open-book exam with no time limit, it can be completed in your own time, at your own pace.

## **How will I get the manual?**

The manual will be shared with you as a PDF a few days before the training begins to give you time to print it. I ask that it is not shared on. It is an excellent manual that contains huge amounts of information, as well as practical aspects of what will be covered including yoga series, meditations and breathwork.

# COST & BOOKING

15-21 June 2024, Online, Via Zoom

Mastering The Addictive Personality will take place, online, from 15-21 June 2024.

9.30am start and finish at 5.30pm with breaks for lunch and tea. All times are UK.  
The training will be recorded.

The cost of the 7 days is £1500.

It can be paid in one go or over two instalments. Full payment must be made before the course begins.

Certification is based upon the passing of an exam and attendance of all days. If you are not already a trained yoga teacher, you can go on to do a foundation teacher training in your chosen form of yoga, and then take the exam.

Upon passing your exam, you will be certified to teach Mastering the Addictive Personality yoga classes in prisons, rehabs, halfway houses and yoga centres.

You will find booking details, terms and conditions, and more, over on my website:  
<https://carolyncowan.com/mastering-addiction/>

I would love to see you there.



