



## IDENTIFYING THE ISSUE: MENTAL TRAUMA

### PRESENTED BY:

Mukta Khalsa

Executive Director, SuperHealth

This workshop highlights how **early childhood experiences shape emotional well-being and security**. When nurturing and care are absent, children can develop anxiety, insecurity, and lifelong mental trauma, leading to health challenges.

Emotional imbalances such as mood swings, low energy, and insomnia often follow, making individuals vulnerable to addictions. A sense of spiritual emptiness and disconnection from life's purpose may arise.

**Kundalini Yoga** provides practical tools for healing and restoration. Through simple exercises, breathwork, and nutrition, this course promotes recovery, offering mental clarity, a sense of safety, and renewed hope for a healthier, more connected life.



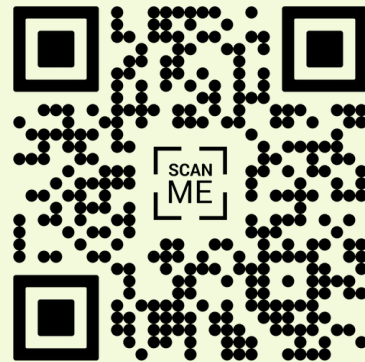
Thursday, May 8, 2025  
3:30pm - 5:00pm  
Virtual Training  
[Register Here!](#)

### Limited CEUs Available

More information  
included on email

### Topics Covered

- The Role of Harmful Behaviors
- Symptoms vs. Root Causes
- Parenting for Emotional Security
- ACES (Adverse Childhood Experiences)



Education Coordinator  
**Jessica Acosta**  
[jessica@lanlfoundation.org](mailto:jessica@lanlfoundation.org)

