

**2009 Winter Solstice Sadhana Celebration: The Water Tattva
Events, Classes, and Workshops to date
October 28, 2009**

***Carrying the Song of Nanak: Dissolve Depression within You and Around You ~
Satkirin Kaur Khalsa, New York, USA***

Sing, meditate with the Mantra Jam Band. This class includes the 33rd Pauri of Japji, found in the morning Raga Bhairav. Balance your tattvas, ego, and self negativity. Trigger awareness of eternal flow of spirit, be free of self destructiveness. Remove obstacles to your Divine intuitive voice. Nanak, Guru of the Aquarian Age, shared Universal creative sound current over three continents during his lifetime and we continue it today.

***Delivering the Teachings: An Aquarian Seva-Based Business Model ~ Shabad
Kaur & Shiva Singh Khalsa, Illinois, USA***

It is the dawning of the Age of Aquarius, and inspiration and creation of community emerge as the Piscean age of competitiveness – serving the individual – passes. Prosperity and abundance manifest in this purely seva-based Aquarian business model, transforming promotion to attraction through seva opportunities and leaving a legacy for generations to come. Yogiji reminded us, we are not doing this for ourselves, nor our children, but for our children's children. Meditation, chanting, and Gong included.

Healing Your Core Issues ~ Siri Atma Singh Khalsa, M.D.

Loss and trauma can lodge deep in our bodies and minds, preventing us from living life to the fullest. Learn how to maximize Kundalini Yoga as a healing modality to allow your soul to create changes at the core, and recover your youthful, innocent self.

The Heart Rules - Emotion to Devotion ~ Simran Kaur, California, USA

Learn to live from the Heart, tools & techniques to help you find comfort & ease as you sit (Tantric Tips), stand, bow, bend and practice Yoga. Turn Emotion to Devotion in your Motions! Accentuate the Happy Heart in your life.

Juice of Life ~ Awtar Kaur Khalsa, California, USA

We can cross the difficulties of the world ocean, enjoy a juicy life, and taste the nectar of the divine when we balance the water element with Kundalini Yoga and meditation.

Kundalini Yoga: The Water Element ~ HarDarshan Khalsa, North Carolina, USA

A yoga set to balance the water element and the second chakra will be followed by a meditation for emotional balance. Included in this experience will be a discussion of sound, prayer, and yogic technology as they relate to the water element. Please bring water to class as you will need to drink water before the meditation.

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Living Life Fearlessly ~ Dr. Gurusahay Singh & Mukta Kaur Khalsa, Georgia, USA

Kundalini Yoga, meditation, and healing touch for releasing fear and grief. You will learn and practice on a partner one of the "Miracle of Healing Hands" treatments taught by Yogi Bhajan. Healthy kidneys, the water element, are essential for living fearlessly. We will include a yogic set for the kidneys and adrenals and meditations for infinite courage. You will also learn yogic diets, foods and herbs to maintain the health of your kidneys and adrenals.

Merger with Your Soul Mate ~ Siri Atma & Nam Kaur Khalsa

Kundalini Yoga kriya to revitalize your current relationship and heal old relationships, Yogi Bhajan's teachings for finding and merging with your soul mate, and Venus Kriyas to release the past and open your heart.

The Pathway to Abundance: Prosperity and the Heart Equals the Releasing of Blocks. ~ Gurudhan Khalsa, California, USA

Our heart needs to be connected to and be "over" our mind to give us grace, harmony, and abundance. Our unwanted thoughts and emotions that have not been processed cause blocks within this connection. The kriya and meditation in this class will open the meridian lines between the heart & mind to release these blocks.

Practical Projection ~ Harijiwan Khalsa, California, USA

When you project a thought if there is fear present, on any level, a basic insecurity is projected. This insecurity dramatically lowers the caliber of the projection. Then the projected thought has a weak vibratory signature and becomes ineffectual as an attracting force. In this course you will clear insecure mental conditioning and gain a pure practical strength you can use to project powerful magnetic thoughts and allow your desires to be more easily achieved.

Relationships: Is My Mind Alert to Build My Reality, or Am I Sabotaging Myself and My Relationships?~ Deva Kaur, Florida, USA

Come focus on the yogic teachings for women and men and how we understand each other so we can learn to live *for* each other, instead of *at* or just *with* each other. We have a choice as to whether we build and nourish ourselves and those around us, or whether we become critical towards ourselves and others in our lives. Kundalini Yoga and meditation purify the windshield of our mind, and our power comes through that purity. To be happy, we must train ourselves to let go of the old Piscean way of manipulating people and things to try to get the security and energy we need and instead attract all we need to our inner light. Shabd (mantra) is the infinite sound that can help us displace limiting thought

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patterns so we can travel the path to our highest destiny, allowing our true essence and potential to gradually blossom.

***Sat Kriya & Self Analyses through Chakra Clearence Intensive ~ Devjeet Kaur,
California, USA***

Chakra Balancing is the basic foundation for almost all courses in holistic healing and Kundalini Yoga practices. This course will give you an understanding of our "energetic" bodies, how to keep them clear; how to recognize where and why a disease has manifested in the physical, emotional, and spiritual bodies. We'll be using a powerful Kundalini Yoga technique – Sat Kriya in numerous postures, targeted to optimize and clear any imbalances of the Psyche.

Strong as Steel ~ Guru Simran Khalsa, New Mexico, USA

Come and be challenged, invigorated, and fulfilled. Know a feeling of accomplishment and well-being. Join us for some fun! (For intermediate level Kundalini Yoga students)