

Kundalini Yoga and the Journey to Nepal

By Sat Nam Mahan Kaur and Mahan Singh Shrestha, Nepal

Our Kundalini Yoga journey began in the year 2000. Our friend dragged us both out of Bikram Yoga class and into a Kundalini Yoga as taught by Yogi Bhajan® class. Once the class was over we were left feeling somewhat very different; we sat for a coffee and I couldn't drink it. Although not really understanding what we'd just done, it felt amazing and very special. My husband, Mahan Singh, was definitely returning after he tasted the Yogi Tea and cake!

A few years later, we were inspired to take Kundalini Yoga Teacher Training, Level 1, and the Journey Into the Heart course. Both courses challenged and changed us, our lives, our marriage and everything in ways we never imagined. Through the teachings and Sadhana our marriage is stronger.

Our journey with Kundalini Yoga as taught by Yogi Bhajan® and the inspiration from 3HO Foundation and teachers who paved the way motivated us to continue to spread Yogi Bhajan's teachings. In gratitude, we started operating Kundalini Yoga events in Nepal and recently commenced building the 3HO community within the Himalaya region. We now have a studio here in Kathmandu teaching to locals and are finishing and refining an Ashram in Dhulikhel, Nepal.

We are motivated and inspired every day by these teachings and are working to bring Level 1 Teacher Training to Nepal for the local Nepalese. Our mission is to train members from all castes as teachers and as one.

Our heartfelt gratitude is forever with Yogi Bhajan, the 3HO family and all teachers.

May the long time sun shine upon you all.