



2009 Summer Solstice Sadhana Celebration
Class and Workshop Listing
(as of 5/19/09)

SADHANA – FOUNDATION FOR VITALITY Prosperity and Grace in Troubled Times ~ Sangeet Kaur (Tantric Shelter)

As we move into the Aquarian Age, the stress on our nervous systems is mounting. Our daily practice of sadhana, in the Amritvela and throughout the day, sustains our core vitality. In this workshop we will deepen our understanding and experience of the power of the mantras of the Aquarian Sadhana, how they remedy stressors of these times to manage ourselves spiritually throughout the day. The workshop includes Kundalini Yoga, and voice work.

Living from the Heart with Great Courage and Love ~ Gurmukh Kaur (Tantric Shelter)

Together we will guide the flow of the life force through our bodies, revitalizing ourselves, and winding it finally to the heart chakra, so that we might give and receive love without fear, anger or resentment, and ultimately experience compassion. Within this state of compassion, we will release the pain of our past while energizing our lives and present relationships. Through Kundalini Yoga, meditation, Venus Kriyas, Trance Dance, and the Healing Sound of the Gong, we will allow the kindness and strength to come alive within.

Meditation "Longing to Belong: One with Infinity" ~ Sada Sat Singh and Sada Sat Kaur (Tantric Shelter)

We are already wired for God. When we are awakened and in the flow of our life, we have a deep and irresistible desire to be one with our own soul, to connect with others on the path and to know and feel God in every aspect of our life. This is "Ang Sang Wahe Guru." Join in this vibrant class with live music and Gong. Connect with your fellow travelers as we chant, dance, and practice Kundalini Yoga to bring us into deep meditation and Oneness.

1000 Day Meditation Workshop ~ Gurucharan Singh (Tantric Shelter)

We reach a tipping point in the process of global awakening in only three years. On 11/11/11 we switch fully under the influence of the Aquarian Age. The first summer solstice of the Aquarian Age is in 2012. For 1,000 days we are practicing a meditation that attunes us to the unique energy of that age and that gives us the clarity and courage to embody this new awareness. Each year leading to that time we progress through the elements in order to clear those aspects of our self and the global psyche. After the elements are clear we rely on awareness itself; on a matured self-sensory capacity for intuition and action. This summer the element is water. The meditation we practice uses the Narayan mantra to use the power of our emotions for devotion, clarity and to open the heart.



2009 Summer Solstice Sadhana Celebration
Class and Workshop Listing
(as of 5/19/09)

Water: Flow and Creativity ~ Guru Singh (Tantric Shelter)

Healing Through the Water Element in Sat Nam Rasayan® ~ Guru Dev Singh (Tantric Shelter)

Sat Nam Rasayan®, is a healing art that releases tendencies and limitations in body, mind and emotions. It works on a subtle level thru the projective meditative mind and allows a person to balance the five tattvas and the pranic body. Explore in this special summer solstice class the element of water, the essential substance in our body. This class includes Kundalini Yoga meditation kriyas and awareness increasing meditation practices. The exercises can help each participant open, stabilize, and become aware of the contemplative awareness and inner silence known as Shunia.

Sikh Dharma Lifesyle and the Shabd Guru ~ Bhai Sahiba Bibi Inderjit Kaur (Tantric Shelter)

Bring Summer Solstice Sadhana Celebration Home ~ Dr. Kartar Singh (Tantric Shelter)

Take the power of the Solstice experience with you in a supportive way. This class is designed to support the process of integrating our Solstice experience throughout the holiday season in a neutral and uplifting way. We'll learn how to sustain and support our Solstice journey through yoga, meditation and discussion.

Water and the Fluidity of Love ~ S. S. Sewa Singh (Humanology)

Dear essence of my life, without you I am nothing, Water you sustain me from within. Let's remember our sacred transparent element and absorb the beautiful qualities it offers so lovingly. Remembering this element, we can be cool and crystal clear. We can choose to be the flow of life and love. Our beloved teacher had a special relationship with water; let's immerse ourselves into the ocean of wisdom that is within our every cell

Numerology of the Times ~ Nam Hari (Humanology)

Understand the intensity of the Times through the science of Numerology. A solution oriented approach to transiting the remainder of 09' into 2010. A topographical map of time and space, with the support of mantra to create the diagonal energy to protect and cut through any block. Information is power, and here's your cosmic tool kit!



2009 Summer Solstice Sadhana Celebration
Class and Workshop Listing
(as of 5/19/09)

The Eternal Flow of the Spirit ~ Mata Mandir Singh (Humanology)

The symbol for the coming Age of Aquarius is the giving of water symbolizing the sharing of the eternal spirit. The universe is in perfect balance and harmony, and is unending. We are physically, mentally, and spiritually designed to access this balance and experience all that vastness directly, with no middlemen, jargon or dogma needed. We will work to trigger that awareness of the eternal flow of spirit and balance within us.

Tratakum Meditation – Tuning into the Master ~ Kirpal Singh (Humanology)

Look deeply into the eyes of the Tratakum photograph of Yogi Bhajan. You will connect through the Golden Chain to touch the Infinite. No other picture has this power. Nothing else has the value of this meditation. It is a must for any student/teacher of Kundalini Yoga as taught by Yogi Bhajan®.

Divine Relationships ~ Siri Atma Singh (Humanology)

We are created by God, and as such, we are infinite. How can you have an experience of Infinity? Through your identity. The subtlety of life is revealed when the voice of your soul speaks and manifests your truth. This enhances all your relationships, because when you know your soul, you know every soul.

The Aware Self and the Purposeful Life ~ Sunder Singh (Humanology)

Join Sunder Singh Khalsa in a process to clear the subconscious emotions and allow those emotions to align with the unique signature of our soul. We will loosen the hold of the emotions associated with the *tattwas* and heal some of the deeper wounds in the psyche. Just as atom form into molecule form into cell, so we are made up of many parts. Owning all parts without entanglement is the beginning of the Aware Self.

The Art and Science of Successful Relationships ~ Guruka Singh (Humanology)

Love brings us to life, gives us courage and inspires us to service and sacrifice. To live fully as yogis, we need to understand how to have successful, sustainable relationships.

Naad Yoga intensive w/Kauri Kriya ~ Satkirin Kaur Khalsa (Humanology)

Improve your chanting skills. Cultivate your mastery of the sound current with a simple daily Rayaaz vocal practice. Dive deep into your experience of Naad Yoga by finding your voice and adopting tools for maintaining it. We will complete our class with a 62 minute practice (time permitting) of the ancient Kauri Kriya for Vaak Sidhi and to give you "power over all Raaga's". (YB)



2009 Summer Solstice Sadhana Celebration
Class and Workshop Listing
(as of 5/19/09)

The Heart Rules - Emotion to Devotion ~ GuruPrem Singh (Humanology)

Learn to live from the heart, with tools and techniques to help you find comfort and ease as you sit, stand, bow, bend, and practice Kundalini Yoga. Learn to turn Emotion to Devotion and bring devotion to your motion. Learn how to really accentuate the Happy Heart in your Yoga practice. With live music, chanting, and singing!

Taking on Forgiveness and Feeling Good ~ Krishna Kaur (Humanology)

Creating a Flow in each Situation called Life ~ Gurutej Khalsa (Humanology)

"You can either make something happen or you can let it come to you" words of our dear teacher. The water element is about release and flow. These times seem hard, solid, unyielding and intense. The heart of the matter is new things are blooming inside of this devastation. All blooms need the element of water to grow. Come experience the yogic revelations of being watered, of becoming a cool sip of water to others

Supporting each other on the Solstice Journey and in Life ~ Mata Mandir Kaur (Humanology)

Solstice is a time when we can experience a high level of challenge and transformation. In this session, we will take time to connect with each other and process some of these changes as they come up in each of us. Holding the sacred space between us, we will learn and practice skills of intentional, loving dialogue that can deepen our Solstice experience and also enrich and improve our relationships at home.

Relationships with Ourselves, with Others and with the Divine ~ Guruchander and Kirn (Humanology)

We will explore how to be real with your self and walk towards infinity hand in hand sharing life's journey intimately with another. And how to change emotion to devotion by creating the habit of sadhana as the fulcrum for success.

Manifest your Unique Destiny, Prosperity, and Vibrant Health ~ Jot Singh (Humanology)

Each of us comes to this life with unique gifts. To manifest destiny, one must discover and develop those gifts, and offer the fruit to humanity. Whatever one's vocation or avocations - to creatively manifest can bring peace and prosperity. This workshop will stimulate your creativity and originality through a kriya and



2009 Summer Solstice Sadhana Celebration
Class and Workshop Listing
(as of 5/19/09)

meditation. Insights on the benefits of yogic diet and exercise, and professional habits that support a long and prosperous life will be shared.

Prospering through Creative Relationships ~ Hari Jiwan Singh, New Mexico (Humanology)

Our relationship with our self, our partners, others and our world is a product of our sub-conscious habits. To have the courage and discipline to move out of our limitations and insecurities creates a new, elevating and prosperous reality. Come and learn tools for practicing self-awareness. Hope is the sexiest thing on the planet. Change is hope! This is guaranteed: those with the courage to openly face this class will experience positive change.

Surfing the Waves Into the Aquarian Age ~ Satya Kaur (Humanology)

The trip into Aquarian Consciousness can be rough—stormy seas, tsunamis, and rip tides. Join me to explore trauma—how it manifests, how it serves us, and how we can most successfully work with it to facilitate self knowledge. The class includes a simple and powerful technique for discharging trauma so that we can stay centered and aligned with our destination and even enjoy the exciting ride!

Emotional Liberation: Mastering the Senses of the Soul ~ GuruMeher Singh (Humanology)

We can easily drown in the watery world of emotions. Yogi Bhajan called them the Senses of the Soul, and taught us to live devotionally instead. With poor role models and lack of guidance, many yogis try to achieve this by not dealing with emotions. It doesn't work. This workshop shows you how to process using yoga and your "sensory human" faculties so emotions serve rather than destroy your yogic goals of peace and freedom.

The Art and Science of Successful Relationships ~ Guruka Singh (Humanology)

Love brings us to life, gives us courage and inspires us to service and sacrifice. To live fully as yogis, we need to understand how to have successful, sustainable relationships.

The Yoga of Gemstones: Mudra, Mantra, and the Mala ~ Kudrat Kaur (Humanology)

Yoga: light yoga warm up. Mudra: practice of mudras directing the flow of healing energy. Mantra: Naad Yoga and affirmations - healing through the sacred science of sound. Gemstones: Their many fascinating healing properties. Malas:



2009 Summer Solstice Sadhana Celebration
Class and Workshop Listing
(as of 5/19/09)

using mala prayer beads made from precious and semi precious gemstones.
PLEASE NOTE: This is not a how-to-make-a-mala class Kudrat will bring over 100 beautiful malas, which will be used in class and available for purchase after class.

Healing Through Your Creativity with Celestial Communication ~ Adarsh Kaur (Health & Healing)

We human beings have the power to heal ourselves through our creativity. Celestial Communication activates the flow of prana and creativity. It does this by deeply relaxing the neurons in the brain, and through the combination of physical movement, mental concentration, and soul meditation, balances our entire being. Come to experience movement meditation to beautiful sacred music. Every cell will vibrate, creativity will flow, and we will access our ability to heal.

Conquering Fear ~ Mahan Kirn Kaur (Health & Healing)

Modern day stress causes imbalance in our bodies and emotions. When the water element in our body is not balanced, we feel tired, anxious, nervous, and fearful.

Yogi Bhajan taught that there are two steps of fear: "1) I may not have tomorrow., and 2) If I will have tomorrow, will I be successful?" Learn how to conquer the mind and the fear of tomorrow, so you can be joyful, prosperous, and allow the Universe to serve you.

The Multi Personalities and the SELF: Creating Wholeness in Your Life ~ Kartar Singh, Virginia (Health & Healing)

We have many sub-personalities that are always in flux, sometimes in balance, sometimes not. To be effective is to create a relationship with each of these parts, to weave a tapestry of successful living, of integration, to be the CEO of your SELF. That takes awareness, compassion, kindness, and patience. This class uses a Yogi Bhajan rebirthing class with a deep meditation with the gong. It also uses stories, kiryas, and simple techniques to pivot towards what you want.

Yoga Water-Dance ~ Jap Singh (Health & Healing)

Align your body, mind and energy with the flow of conscious creativity in this group performance of active dance and asanas around the element of water. We will explore qualities of water in nature and in our bodies as well as representing its reflections in "mirror" dances. Let us call on the spirit of Narayan in this joyous asana-dance workshop.



2009 Summer Solstice Sadhana Celebration
Class and Workshop Listing
(as of 5/19/09)

A Date with Your Own Soul! ~ Siri-Gian Kaur (Health & Healing)

Are you looking for the most intimate relationship that will help you be the very best you can be; that will be there for you at every minute—forever; support and love you no matter what; and provide the most amazing coziness and prosperity that you could ever imagine? As a multi-sensory human, you will actually experience your extraordinary, most cozy Soul. And through your intuition, you will get Its most incredible guidance just for you!

Shakti Dance® "Saraswati – the Flow of Consciousness" ~ Dharma Kaur (Health & Healing)

Saraswati is the patron goddess of Shakti Dance®. It is she whose symbolism, above all, represents the free-flow of consciousness from the Infinite to the finite. The characteristic graceful and fluid movements of Shakti Dance® are based on the harmonious aspect of angles and triangles known to Kundalini Yoga. This induces a state of deep meditation through which the Universal Consciousness may communicate fluidly with the individual.

Healing Hands ~ Dr. Waheguru Singh (Health & Healing)

In this hands-on healing workshop you will experience simple treatments with a focus on the water element. Expect to be relaxed and rejuvenated by the physical treatment you will receive in this class. You will also give a treatment, so come to give health and healing to your partner. All treatments we're taught by Yogi Bhajan and can be found in Dr. Waheguru's book, *The Miracle of Healing Hands*.

Happiness: The Light of the Soul ~ SatSimran Kaur (Health & Healing)

What is happiness? "Happiness is your birthright!" That was the first thing Yogi Bhajan taught in the West. What exactly does this mean? Why can we be happy and sad within minutes? How can we achieve a state of happiness beyond the circumstances of daily life? We will explore this topic in a dynamic, conscious way to create a new happiness paradigm for your life. Bring a pencil and paper and a meditative mind. Be ready for change

SuperHealth: A System of Yogic Science for Addictive Behaviors & Stress Disabilities, as taught by Yogi Bhajan ~ Mukta Kaur (Health & Healing)

Learn specific meditations and nutritional formulas to enable you to deal with obstacles in life that seem insurmountable. This can be part of a recovery program to awaken self-discovery. In today's modern times of addictions, the sacred science of Kundalini Yoga and meditation offers a solution to the



2009 Summer Solstice Sadhana Celebration
Class and Workshop Listing
(as of 5/19/09)

pressures of our global society. Problems of addictive behaviors and unhealthy habits and lifestyles are rampant. To address this concern, SuperHealth is conducting training program for yoga teachers and healthcare professionals to help them serve their local communities. SuperHealth invites you to come and learn more.

***Gatka: Sikh Martial Art ~ Students of Miri Piri Academy (Health & Healing)/
(Kundalini Yoga as taught by Yogi Bhajan®)***

A physical experience in the way of the sword. Using practice equipment the Students of Miri Piri Academy will share their practice of Gatka. Experience the devotion, discipline and heart in the way of the Sikh Saint Soldier.

The Art of Making Sex Sacred ~ Jivan Joti Kaur (Health and Healing)

Sacred sex is the merging of our beings into the life force of the creation...a blissful act of nature and God. This workshop will give a taste of Yogi Bhajan's teachings on Sacred Sex, including the dance of the polarities, Venus Kriyas, Sexy Foods, Sex Massage Points, the author's experience of 37 years of marriage, and much more.

Understanding Your Life ~ Guru Bachan Singh (Health & Healing)

Through the process of meditation and pranayam, come to know your real self

***Making Friends with Yourself and Your Children ~ Shakta Kaur, Virginia
(Health & Healing)***

***Kundalini Blessing: Meditations for the Aquarian Age ~ Guru Darshan Kaur
(Health & Healing)***

As we transition into the Aquarian Age, we are being faced with challenges physically, mentally, spiritually, socially, and emotionally. We are so blessed to be given meditations to help us grow and cope through this transition. We will heal ourselves using this technology and prepare for this Gray period on the Planet.

Healing The Wound of Life ~ Sat Santokh Singh (Health & Healing)

We will work on healing our wounds and filling ourselves with passionate compassion to heal and bless our relationships



2009 Summer Solstice Sadhana Celebration
Class and Workshop Listing
(as of 5/19/09)

Ayurveda for Kundalini Yoga ~ Jai Dev Singh (Health & Healing)

Ayurveda, at its root, is yogic medicine. This is an in-depth and stimulating class on Ayurvedic healing from the context of the Kundalini Yoga practice and lifestyle. You'll learn tools to access deeper stores of vitality that can be then utilized for transformation through your personal sadhana. You will learn Ayurveda in a way that deepens your understanding and reverence for Kundalini Yoga and the teachings of Yogi Bhajan.

Mind, Meditation and Manifestation...Living in the Golden Stream ~ S.S. Mahan Rishi Singh Khalsa, D.C. (Kundalini Yoga as taught by Yogi Bhajan®)

Creation is a unique blending of the sublime and intangible, the known and the unknown...through Kundalini Yoga we work with the subtle strata of life in a way that brings about prosperity, happiness, and well-being. Manifestation is a non-linear process that incarnates from a universal dimension of being. As we access the various layers of source consciousness to coalesce the *tattvas* through intention, attitude, and mastery we bring forth the magical realm to allow our lives to fulfill our highest visions. Through this workshop we will discover new ways to summon the forces of nature, mind, and spirit that bring about an inspired and fulfilled destiny.

Sat Kriya – Living in Balance & Flow ~ Dev Suroop Kaur (Kundalini Yoga as taught by Yogi Bhajan®)

Practicing it, teaching it, living it. As one of the keystones of a Kundalini Yoga lifestyle, Sat Kriya has profound and far ranging benefits. Let's really dig into it. In this session, we will explore this incredible kriya, refine our practice of it, and discuss different postures and combinations as taught by Yogi Bhajan. Take this information back home with you to enhance your practice, your teaching, and your life.

Kundalini Yoga ~ Habasse Geraldo (Kundalini Yoga as taught by Yogi Bhajan®)

The Heart Rules - Emotion to Devotion ~ Simran Kaur (Kundalini Yoga as taught by Yogi Bhajan®)

Yoga of the Heart, by the Heart, and for the Heart! Learn to practice challenging asana's with ease, a light heart, and an open heart center! Great tools to help you find your comfortable seat for White Tantric Yoga® and more! Bring your yoga mat and sheep skin!



2009 Summer Solstice Sadhana Celebration
Class and Workshop Listing
(as of 5/19/09)

Find the Ocean of Devotion Within You ~ Snatam Kaur (Kundalini Yoga as taught by Yogi Bhajan®)

Through Kundalini Yoga, meditation, and chanting find the ocean of devotion that is within you, that you may have endless resource to serve and uplift yourself, humanity, and all beings.

Men's Wisdom Council ~ Bhagwant Singh (Kundalini Yoga as taught by Yogi Bhajan®)

Contained in confidentiality, this sacred, men-only sharing circle will open the heart, enlighten the mind and reveal the soul.

Challenging Kundalini Yoga Workshop ~ Simran Kaur (Kundalini Yoga as taught by Yogi Bhajan®)

A 'How To' using "The Heart Rules" for some of the more challenging yoga asanas in Kundalini Yoga.

The Anatomy of a Kundalini Yogi ~ Dr. Hari Simran S (Kundalini Yoga as taught by Yogi Bhajan®)

Dr. Khalsa will explain the neurobiology of Kundalini Yoga through the review the most recent research relative to the practice of yoga, the science of happiness, health, and longevity. Special foods that may enhance your yoga practice will be discussed as well as two meditations that increase brainpower.

Flowing White Space ~ Harijiwan Singh (Kundalini Yoga as taught by Yogi Bhajan®)

Join us as we use the awesome energy of Guru Ram Das Puri to transcend the Ying-Yang pull of the mental body. Allow the mind to experience its natural innate clairvoyant wisdom. With this experience of panoramic awareness you will realize, remember, understand and feel the essential quality of your sensory intelligence and rid yourself of long held patterns of doubt and commotion.

The Voice of the Soul: Your Intuitive Self ~ Nam Kaur (Kundalini Yoga as taught by Yogi Bhajan®)

Kundalini Yoga develops your intuition, your 'self-sensory' self, which gives you an awareness of the voice of your soul. It gives you an awareness of action and reaction and you move into a flow of righteous action. As you get better and better at it, your self-sensory awareness becomes more sophisticated and your intuition works more accurately. Kriya: The Soul Body Kriya for Divinity; Meditation: Guidance of the Soul



2009 Summer Solstice Sadhana Celebration
Class and Workshop Listing
(as of 5/19/09)

Second chakra -- WATER ~ Aria Wang (Kundalini Yoga as taught by Yogi Bhajan®)

Our Shakti Power - the creative energy of the Universe!! Be a creator is huge. It also relates with our sexual energy. Sex can penetrate the psyche of the individuals involved, especially the woman, on a very deep level!! Through the workshop, you will experience the healing, heal the "imprint" and the better balance on second chakra. Men are welcome to join this workshop

Teaching Dynamic Courses and Workshops for Women - Pritpal Kaur (The Aquarian Teacher)

We will explore ways to assist women in these challenging times to connect to their innate power and depth through dynamic courses and workshops based on Yogi Bhajan's teachings for women. Learn how to create a program which gives women the opportunity to transform and change their life and impact their family, community and the world. We will share outlines for courses and workshops. Manuals will be available for purchase.

The Self-Sensory Human ~ Guruka Singh (The Aquarian Teacher)

Through our own self-sensory system we will overflow with energy, touching the hearts of people, feeling their feelings, and filling their emptiness. Our flow will fulfill the gratefulness in the hearts of others. It will be a new relationship. Together, we will create a new humanity which will have this new self-sensory system, and thus we will establish the Age of Aquarius. This is the fundamental character we all must learn by heart.

Healing Through the Three Channels ~ Shanti Shanti Kaur (The Aquarian Teacher)

Kundalini is a natural flow of energy inherent in each person, part of the subtle structure of every human being. The practice of Kundalini Yoga balances the pranas through the three channels, Ida, Pingala and Sushmuna and allows the self-healing potential that is already present to flow. In ancient times, healers invoked prana through the three channels as their medicine and mode of treatment. In this class we will practice techniques taught by Yogi Bhajan that you can use for yourself or in the classes you teach.

The Healing Foods and Herbal Medicines of Yogi Bhajan ~ Karta Purkh Singh (The Aquarian Teacher)

Celery for insomnia? Dates and garlic for better sex? Chiles for depression? Learn how to use foods as outstanding medicine, and how to select and use them



2009 Summer Solstice Sadhana Celebration
Class and Workshop Listing
(as of 5/19/09)

correctly. Yogi Bhajan taught a vast collection of healing food remedies and recipes. His herbal knowledge came faithfully from the vast healing tradition of Ayurveda. We will learn about several outstanding foods to treat and prevent illness, outstanding herbal remedies to support energy and stamina, improve immune function, and improve yoga practice.

Man to Man - Teaching classes and Workshops to/ for Men - Hari Singh (The Aquarian Teacher)

Master the Mystery of teaching Kundalini Yoga Workshops ~ Tarn Taran Kaur (The Aquarian Teacher)

You have been inspired at Solstice; now take this spirit into your community! The mother-daughter international teaching team, Tarn Taran Kaur and Madhur-Nain, will share how YOU can create dynamic and inspiring Kundalini Yoga workshop curriculum for a wide range of yogic topics, position yourself for success, as well as, build your local Kundalini Yoga community. Unravel the mystery of teaching workshops and excel as a Instructor of Kundalini Yoga!

Are you ready for Businesses to be the Temples of the future? ~ Gurutej Khalsa (The Aquarian Teacher)

Are you ready for the changing times? These teachings are priceless and the whole world needs them not just those who walk into yoga centers. Will you be ready to share these teaching with all these new people who want more? If not, come to this class to receive new ways to think and impact the entire world. Greening the entire hue-man being.

Handling Impulse under Stress ~ Tarn Taran Singh (The Aquarian Teacher)

Teach Yoga and Prosper ~ Shakta Kaur Kezios and GuruMeher Singh (The Aquarian Teacher)

Third in a series, but open to all: Learn the mental, spiritual, practical, and financial aspects of earning a living through yoga and holistic services. Benefit from the support of these two successful teacher/coaches and others who share your desire to serve and prosper through sharing vision, experience, and class-building skills. Leverage your marketing strengths and identify resource gaps to more easily start or expand your teaching career.



2009 Summer Solstice Sadhana Celebration
Class and Workshop Listing
(as of 5/19/09)

Every Word a World: Yogi Bhajan's Method of Prayer in the Aquarian Age ~ Nirvair Singh Khalsa (The Aquarian Teacher)

Yogi Bhajan has taught a very powerful way of praying. This technique, which is featured in Conscious Communication Level 2 Teacher Training module, is life transforming. We will do a physical kriya and practice this timeless and priceless method of prayer from the teachings of Yogi Bhajan.

How To Play The Gong ~ Mehtab Singh Benton (The Aquarian Teacher)

Learn how to play the gong! We will explore the basic gong playing techniques as well as how to use it in your Kundalini Yoga classes. You will experience the history, mystery, magic, and healing applications of the gong, as well as a gong meditation and deep relaxation at the end.

Kundalini Yoga and Research ~ Sat Bir Singh (The Aquarian Teacher)

This workshop will present an overview of the history and breadth of yoga research, with special attention to research done on Kundalini Yoga. We will also review the value and implications of this research, especially for teachers who may find this information useful in promoting and marketing their classes, communicating the benefits to their students, and in convincing administrators in schools, fitness centers, healthcare centers and other institutions to incorporate yoga classes into their facilities.

Starting and Running A Yoga Center ~ Guru Karam, Mehtab Benton and a panel of Yoga Center Owners (The Aquarian Teacher)

Meet with the founders of Yoga Yoga, a community of five yoga studios in Austin, Texas, as they tell their story of how to begin and run a successful yoga studio. Mehtab and Guru Karam, the husband and wife team behind one of the most successful group of yoga studios in the country, will share their knowledge and inspiring story of starting your own yoga studio and building a Kundalini Yoga community. Followed by; a panel discussion of successful Kundalini Yoga Center owners offering diverse yoga center models. Network with other yoga centers, share what is working for your center or what challenges you have and hear how others yoga centers have faced that same challenge.

Meditating On Purpose ~ Pritpal Singh (The Aquarian Teacher)

Using Kundalini Yoga, meditation, dialog, writing, and drawing we will become aware of the messages all around us which point to our purpose. Clarify which directions are true and which are distractions. Set a daily intention of living and



2009 Summer Solstice Sadhana Celebration
Class and Workshop Listing
(as of 5/19/09)

serving with purpose. Learn to manage the small and big changes in our life, moving from where we are today to where we want to be, so that we can lead a fulfilling future.

I Am A Woman - Is my mind alert to build my reality, or am I sabotaging myself? ~ Deva Kaur Khalsa (The Aquarian Teacher)

As women, we have a choice as to whether we build and nourish ourselves and those around us, or if we criticize and nag ourselves and those around us. We can work on purifying ourselves so our power comes through our purity, or we can manipulate people and things to try to get the security and energy we need. Kundalini Yoga and Shabd Guru (mantra) help us to travel the path to our highest destiny, allowing our true essence and potential to unfold as rose petals unfold from the bud to release a sacred and uplifting fragrance.

The Lunar Woman - An experience of the Teachings, and, How to Teach the Experience ~ Shakta Kaur Kezios (The Aquarian Teacher)

Woman's basic nature is like the moon which waxes and wanes. In this session you will: experience the power of the Lunar Woman teachings through kriya and meditation; learn the moon center sequence and how to map your personal moon center pattern; and receive practical tips from Hari Charn and Shakta on how to successfully bring the Lunar Woman teachings back home to share with others. Includes yoga, meditation, lecture and hand-out. All levels welcome.

Now is the time for Teachers (Want to be a Teacher?) - Gurucharan Singh (The Aquarian Teacher)

Yogi Bhajan's vision was a global community of teachers who serve every person with the technology of kundalini yoga and the experience they gain through our practices. We are indeed a vibrant global community that is growing each day! Now is the time for teachers! He completed his goal to give us a legacy of thousands of authentic techniques in meditation, yoga and lifestyle. He touched our hearts with his inspiration and clarity to fulfill the highest standards of being a teacher. This class explores the role of each of us as teachers now in the future. We will experience the process of learning and transformation and understand the use of immersion to accelerate change.



2009 Summer Solstice Sadhana Celebration
Class and Workshop Listing
(as of 5/19/09)

An Introduction to the Akhand Path ~ Siri Sevak Kaur Khalsa (Discovering Sikh Dharma!)

At Summer Solstice we read the Siri Guru Granth Sahib, from beginning to end twice. Each reading is called an Akhand Path. All are welcome to participate, and those who do have their own special hour with the Guru. In this class you will learn about the Gurdwara, the Siri Guru Granth Sahib and the Akhand Path. You will have the opportunity for a short reading in the Akhand Path.

Introduction to Sikh Dharma ~ Guruka Singh Khalsa (Discovering Sikh Dharma!)

What is a dharma? Why isn't it a religion? What's unique about the Sikh Dharma and what does it mean to live it?

The Four Cornerstones of Kirtan ~ Harbhajan Kaur (Discovering Sikh Dharma!)

Gurbani Kirtan practice involves four aspects: raag (melody), taal (rhythm), bani (words), and intent. We will begin each morning's practice opening the voice; then explore note intervals through Riyaz (singing note patterns). Once that foundation is set, elements of raag and taal can be brought in with taans (melodic phrases revealing possible note combinations of a raag, in a rhythm that can be "clapped"). One "cornerstone of kirtan" will be highlighted each morning.

Gurmukhi & Mantra Pronunciation ~ Hari Dharam Kaur (Discovering Sikh Dharma!)

This workshop will help you with accurate pronunciation of sadhana mantras to deepen your meditation and experience of "naad" (sound current).

All About Gurdwara ~ Siri Sevak Kaur Khalsa (Discovering Sikh Dharma!)

This class will make you more familiar and comfortable with a Gurdwara service. We will talk about the history of Gurdwara and what happens in a Gurdwara service. You will receive hand-outs and translations of everything that happens in Gurdwara in the Gurmukhi language and help with pronouncing them. We will take a tour of the Gurdwara to enjoy that sacred space and to see the Siri Guru Granth Sahib.

Mul Mantra - The Foundation of Life ~ Ek Ong Kaar Kaur (Discovering Sikh Dharma!)



2009 Summer Solstice Sadhana Celebration
Class and Workshop Listing
(as of 5/19/09)

Minister's Meeting ~ Dr. Sat Kaur & Dr. Shanti Shanti Kaur (Discovering Sikh Dharma!)

Prosperity: Live Above Duality of Scarcity & Abundance ~ Gurumeher Singh & Siri Atma Kaur (Discovering Sikh Dharma!)

Our relationship to wealth is a great mirror in which to observe personal growth. Do I have enough money, time, love, abilities to survive; to thrive; to share? If God-and-Me-are-One, I can create and live in the flow of well-being. Can I feel that consciousness in up times and down? The Aquarian shift requires us to develop this now or suffer. Come use the Teachings to expand your living experience of prosperity.

The Sikh Mystique (The Relationship between Sikh Dharma and Kundalini Yoga) ~ Harijot Singh & Gurujot Singh (Discovering Sikh Dharma!)

Contemplating Taking Amrit? ~ Sat Kirin Kaur (Discovering Sikh Dharma!)

Autobiography of an American Sikh ~ Hari Nam Singh Khalsa (Discovering Sikh Dharma!)

Rather than a dry lecture about history, philosophy, religious tenets, or explanation of ritual, Hari Nam will share his own 30-year personal journey in relation to this path: what attracted him to and scared him about Sikh Dharma, the internal and external challenges he faced making this significant life transition, the highs and lows he experienced living to this commitment, and an honest look back and forward as to what all this really means

Bringing the Guru Home With You ~ Siri Sevak Kaur Khalsa (Discovering Sikh Dharma!)

This class is for people who are attracted to Sikh Dharma and the Guru (the Siri Guru Granth Sahib), and would like to know how to pursue this connection at home. You will learn about resources available through SikhNet, Ancient Healing Ways and Spirit Voyage which will help you learn about Sikh teachings and add simple practices into your daily life.

3HO 40th Birthday Party (Yogi Tea Café)

Come join us as we celebrate 40 years of 3HO! We will be honoring the Mother of 3HO, Shakti Parwha on her 80th birthday. We will also honor some long standing member of our solstice community. There will be stories, a slideshow and music celebrating the past, present and future of our community.



2009 Summer Solstice Sadhana Celebration
Class and Workshop Listing
(as of 5/19/09)

3HO Global Community Night (Yogi Tea Café)

Join us in celebrating the many faces of 3HO from around the world for an International music night. Gain a scope of how 3HO community is manifesting around the world and connect with people of many diverse cultures. This is an evening to rejoice as One Global Family with music, dance, stories and skits from 3HO communities in Togo, Brazil, Chile, Canada and many more! Would you like to contribute a creative expression of your culture during the 3HO Global Community Night? Contact Panch Nishan at PanchNishan@3HO.org

Poetry Cafe/Reading/Slam! ~ KartaPurkh Singh (Yogi Tea Cafe)

We invite all the inspired and inspiring writers in 3HO to come and share their words at the Yogi Tea Cafe. Please be prepared to read/recite or create before a large enthusiastic group. Share you heartfelt words about Kundalini Yoga, Yogi Bhajan, Summer Solstice, White Tantric or anything having to do with the lifestyle exemplified by the above.