

2007 SUMMER SOLSTICE SADHANA CELEBRATION: Schedule of Classes

Thursday the 14th: Arrival Day

	Tantric Shelter	Big Top	Class Tent A	Class Tent B	Class Tent C
2:00 - 5:00		<u>Meeting the Challenge - The Teacher Within</u> - Keval Kaur			
5:15 -6:15	Dinner				

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Friday the 15th: Day One

	Tantric Shelter	Big Top	Class Tent A	Class Tent B	Class Tent C
3:45 - 7:00	Sadhana				
7:00 - 8:15	<u>Bhangra</u> with Ravi Kaur				
8:15-9:15	Breakfast				
9:15 - 10:15	Karma Yoga Classes Across Camp		Karma Yoga Classes Across Camp		
10:30 - 12:30	<u>IKYTA Conference: The Essence of Being a Great Teacher</u>	<u>KRI: Accelerated Self-Development</u> with Raghu Bir Kaur	<u>Ayurveda & Kundalini Yoga</u> with Jai Dev Singh	<u>Heal Ourselves, Healing the World</u> with Subagh Singh	<u>Sikh Dharma: Gurmukhi & Mantra Pronunciation</u> with Hari Dharam Kaur
12:45 - 1:45	Lunch				
2:00 - 3:20	<u>IKYTA Conference: The Essence of Being a Great Teacher</u>	<u>KRI: An Advanced Pranayam</u> with Hari Kaur	<u>Prabhupati: the Discipline of Success from Yoga to Yogi</u> with Hari Jiwan Singh	<u>3HO Women: Excel & Celebrate</u> with Pritpal Kaur	<u>Sikh Dharma: Japji Sahib</u> with Ek Ong Kaar Kaur & Friends
3:30 - 5:00	<u>IKYTA Conference: The Essence of Being a Great Teacher</u>	<u>KRI: An Advanced Pranayam</u> with Hari Kaur	<u>Prabhupati: the Discipline of Success from Yoga to Yogi</u> with Hari Jiwan Singh	<u>3HO Women: Yoga for Women</u> with Ajeet Kaur	<u>Sikh Dharma: Japji Sahib</u> with Ek Ong Kaar Kaur & Friends
5:15 -6:15	Dinner				
6:30 - 7:45	<u>Summer Solstice Sadhana Celebration: Opening Night</u> featuring Yogi Bhajan Class presented by the Solstice Staff				
7:45 - 10:00	Gong Meditation: Sevak Singh (8:15-9:45)				

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Saturday: Day Two

	Tantric Shelter	Big Top	Class Tent A	Class Tent B	Class Tent C
3:45 - 7:00	Sadhana				
7:00 - 8:15	Mantra Dance & Drums with Jap Singh		Praanpathi Namu Namu Meditation: Master the Breath with Guru Ravi Kaur		
8:15-9:15	Breakfast				
9:15 - 10:15	Karma Yoga Classes Across Camp			Karma Yoga Classes Across Camp	
10:30 - 12:30	<u>3HO Service Highlight: Yoga for Youth</u> with Krishna Kaur	<u>The KRI Team presents the Aquarian Teacher: The Lineage and Legacy of Kundalini Yoga</u>	<u>IKYTA: The Communication and Delivery of a Teacher</u> with Shiv Charan Singh	<u>Bound Lotus Kriya</u> with Mahan Kirin Kaur	<u>Sikh Dharma: Spritual Relationships</u> with Kirin Kaur & Guruchander Singh
12:45 -1:45	Lunch				
2:00 - 5:00	<u>Peace Prayer Day: Serving Peace Across the Planet</u> - Krishna Kaur & More				
	Dinner				
5:45 - 7:30	Healing Walk & Dance Jam				
7:30 - 9:30	The Music of Peace: Snatam Kaur & Guru Ganesha Singh				

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Sunday the 17th: Day Three

	Tantric Shelter	Big Top	Class Tent A	Class Tent B	Class Tent C
3:45 - 7:00	Sadhana				
7:00 - 8:15	<u>Bhangra</u> with Ravi Kaur	<u>Magnify Your Radiance</u> with Jot Singh		<u>Master the Creativity of Your Soul</u> with Mahan Kalpa Singh	<u>The Golden Temple Meditation</u> presented by Guruprem Kaur
8:15 -9:15	Breakfast				
9:15 - 10:15	Karma Yoga Classes Across Camp				
10:30 - 12:30	Gurudwara	<u>KRI: Authentic Relationships</u> with Dev Suroop Kaur & Hari Charan Kaur	<u>IKYTA: Divine Alignment</u> - Guruprem Singh	<u>Prabhupati</u> - Gurutej Kaur	<u>Men's Wisdom Council Part 1</u> - Jot Singh & Brothers
12:45 -1:45	Lunch				
2:00 - 3:20	<u>Prabhupati</u> with Guru Singh	<u>KRI: LifeCycles & LifeStyles</u> with Shanti Shanti Kaur & Tarn Taran Singh	<u>IKYTA: The Business of Teaching Kundalini Yoga</u> with Gurumeher Singh & Shakta Kaur	<u>3HO Community: Get Connected</u> with Bhajan Kaur and Tarn Taran Kaur	<u>At-Large: Identity, Destiny, and the Realization of a Teacher</u> with Sunder Singh
3:30 -5:00	<u>Prabhupati</u> with Guru Singh	<u>KRI: LifeCycles & LifeStyles</u> with Shanti Shanti Kaur & Tarn Taran Singh	<u>IKYTA: The Business of Teaching Kundalini Yoga</u> with Gurumeher Singh & Shakta Kaur	<u>3HO UN NGO: A Global Service Program</u> - UN NGO Team	<u>Sikh Dharma Minister's Meeting</u> facilitated by Dr. Sat Kaur and Dr. Shanti Shanti Kaur
5:15 - 6:15	Dinner				
6:30 - 7:45	Yogi Bhajan Video Class: Sat Simran Kaur presents an Orientation to White Tantric Yoga				
7:45 - 10:00		Gong Meditation: Gurucharan Singh (8:15-9:45)			

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Monday the 18th: Day Four

	Tantric Shelter	Big Top	Class Tent A	Class Tent B	Class Tent C
3:45 - 7:00	Sadhana				
7:00 - 8:15	<u>Divine Alignment: Posture Techniques for Tantric</u> with Simran Kaur	<u>The Yoga of Drumming</u> with Siri Om Singh			<u>Turban Tying: Wearing Your Crown</u> with Seva Simran Siri Singh & Guru Darshan Kaur
8:15 - 9:15	Breakfast				
9:15 - 10:15	Karma Yoga Classes Across Camp			Karma Yoga Classes Across Camp	
10:30 - 12:30	Gurmukh Kaur	<u>KRI: Kundalini Yoga and Research</u> with Dr. Sat Bir Singh PhD	<u>IKYTA: Collaboration and Leadership in Community</u> with Guruka Kaur and Tarn Taran Singh	<u>3HO Superhealth: A Kundalini Yoga Program for Addiction</u> with Mukta Kaur and Friends	<u>Sikh Dharma: Prosperity Technology and Dasvandh</u> with Darshan Kaur & Friends
	Lunch				
2:00 - 5:00	<u>Sat Nam Rasayan</u> with Guru Dev Singh	<u>KRI: The Different Schools of Yoga</u> presented by Shakta Kaur	<u>IKYTA: Building a Successful Yoga Community Center</u> with Mehtab Singh & Guru Karm Kaur	<u>3HO: Marriage on the Spiritual Path</u> with Shakti Parwha Kaur, Nam Kaur, & Sewa Singh	<u>Sikh Dharma: Jaap Sahib</u> presented by Shanti Kaur & Sat Nirmal Kaur
5:15 - 6:15	Dinner				
6:30 - 8:30	Bibiji shares the Technology of Sikh Dharma & Stories of the SSSji				
7:45 - 10:00		Gong Meditation: Harijiwan Singh (8:15-9:45)			

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Tuesday the 19th: First Day of White Tantric Yoga

	Tantric Shelter	Big Top	Class Tent A	Class Tent B	Class Tent C
3:45 - 7:00	Sadhana				
7:15 - 8:00					
8:00 - 6:00	White Tantric Yoga				
6:15 - 7:15	Dinner				
7:30 - 9:45	Gong Meditation: Shiva Singh (8:15 - 9:45)				

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Wednesday the 20th: Second Day of White Tantric Yoga

	Tantric Shelter	Big Top	Class Tent A	Class Tent B	Class Tent C
3:45 - 7:00	Sadhana				
7:15 - 8:00					
8:00 - 6:00	White Tantric Yoga				
6:15 - 7:15	Dinner				
7:30 - 9:45	Gong Meditation: Hari Singh (8:15 - 9:45)				

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Thursday the 21st: Final Day of White Tantric Yoga

Tantric Shelter	Big Top	Class Tent A	Class Tent B	Class Tent C
7:15 - 8:00				
8:00 - 6:00 White Tantric Yoga				
6:15 - 7:15				
7:30 - 9:45		Gong Meditation: Jaap Kaur Pope (8:15 - 9:45)		

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Friday the 22nd: Getting Ready to Go Home

	Tantric Shelter	Big Top	Class Tent A	Class Tent B	Class Tent C
3:45 - 7:00	Sadhana				
7:00 - 8:15	Bhangra with Ravi Kaur	<u>Keeping Peace in Your Heart</u> with Dharam Vir Kaur			
Breakfast					
9:15 - 10:15	Karma Yoga Classes Across Camp			Karma Yoga Classes Across Camp	
10:30 - 12:30	<u>KRI: Sweet Fulfillment, The Secrets of Perfect Sadhana for Energy, Intuition, and Destiny</u> presented by Gurucharan Singh	<u>Learn the Art of Face Reading</u> - Harijiwan Singh	<u>Healing Circle: Heal Yourself Heal the World</u> facilitated by Dr. Kartar Singh	<u>Flexibility and the Spine: Full Times!</u> - Jaijot Kaur	<u>He Loves Me, He Loves Me Not</u> - Sangeet Kaur
Lunch					
2:00 - 3:30	<u>Commitment of the Inner Being: Mastery</u> with Dr. Siri Atma Singh	<u>Commitment & Self-Worth</u> - Sat Santokh Singh	<u>The Thousand Day Practice - Tales of Mastery</u> with Bhagti Singh and Guru Meher Singh	<u>Everyday Hero: Mastery of Virasan</u> with Awtar Kaur	<u>Men's Wisdom Council Part 2</u> - Jot Singh & Brothers
4:00 - 5:30	<u>Going Home without Closing Up: Solstice Staff</u>				
Dinner					
8:00 - 10:00	Ransabhai (8:00 - 3:00 AM)				