

## WINTER SOLSTICE DAILY SCHEDULES

### MEALS

#### Non-Tantric Days

8:15 – 9 AM Breakfast at the BIG TOP TENT  
12 - 1 PM Lunch at the DINING HALL  
5:30 - 7:00 PM Dinner at the BIG TOP TENT

#### Tantric Days

7 - 7:50 AM Breakfast at the DINING HALL  
12 - 1 PM Lunch at the BIG TOP TENT  
After Tantric Dinner at the BIG TOP TENT

### SADHANA

3:45 AM Japji Sahib  
4:05 AM Kundalini Yoga  
5:00 AM Sadhana Chants

### GURDWARA

6 AM Sadhana Gurdwara  
6 PM Rehiras Sahib (evening prayer)  
9 PM Kirtan Sohila (bedtime prayer)

### KARMA YOGA MEETINGS

9 - 9:45 AM Various Locations

### YOGI TEA CAFÉ

7 - 9:45 PM DINING HALL

## WINTER SOLSTICE WORKSHOPS

*\*Please note this schedule is subject to change.*

Tuesday, December 19

7-8:15 AM

### BIG TOP

Morning Movement Class: Kundalini Yoga

### GURDWARA

Tour the sacred Gurdwara with Snatam Kaur Khalsa – Espanola, NM

10 AM – 12 PM

### BIG TOP

Snatam Kaur Khalsa – Espanola, NM

Kundalini Yoga Workshop: Spirit of Service: Kundalini Yoga

The most important steps are the ones right in front of us. Walk in service and see the miracles happen.

### TENT 1

Odelinda Espada aka Indra Kaur – Miami Beach, FL

Specialized Workshop: The Ten Bodies

Understand the ten bodies, how this apply to you and integrate the techniques into your life.

### TENT 2

Rai Kaur – Katonah, NY

Specialized Workshop: Commitment - The Basis of Sadhana

With a full commitment, your experience and benefit of sadhana can be richer and deeper than you ever imagined.

## BACK ROOM

Steve Coffing aka Akal Sahai – Maryland Heights, MO

Kundalini Yoga Workshop: Bound Lotus

Bound Lotus instruction and practice, with extensive warm-ups and guidance in use of props.

12:30-1 PM

## HOSPITALITY

Camp Orientation

1-3 PM

## BIG TOP

Jot Singh Khalsa – Millis, MA

Kundalini Yoga Workshop: Magnify your Radiance

Develop your meditative and neutral minds, through cultivating a consistent practice of Kundalini Yoga and meditation.

## TENT 1

Shabad Kaur Khalsa – Chicago, IL

Specialized Workshop: Integrating Your Past with Your Present

Explore your motivations for choosing a different spiritual path, recognizing ways to integrate early experiences to strengthen your new commitment.

## TENT 2

Guru Fatha Singh Khalsa – Toronto, Ontario, Canada

Specialized Workshop: Aradhana: Halfway to Liberation!

In this course we will explore the challenge of evolving one's disciplined life so it becomes "second nature".

## BACK ROOM

Guru Terath Kaur Khalsa – Espanola, NM

Specialized Workshop: The Yoga of Death, Loss, Transformation

Yoga prepares us to live and die consciously. Topics: Liberated while alive, coaching someone to die, death meditations,.. spiritual grieving, and ceremonies.

3-5 PM

## BIG TOP

Yogi Bhajan Video Lecture: Principles for Living: The Law of Polarity and Intuition. Includes the meditation Facing the Challenge of Tomorrow from the Aquarian Teacher Program, KRI Certified Level 2 Practitioner, Authentic Relationships Module. Hosted by Gurudhan Singh Khalsa, Director of Solstice Sadhana Celebration

6:30-8 PM

## BIG TOP

Sikh Dharma Minister Gathering: Transformation

Make personal transformation an exciting journey in this Spiritual Earth School called Life.

Come join us for a course to learn how to make your life happen rather than it happening to you. Understand what role doubt and hope play in your life. Gain additional meditations and stories to inspire, uplift and learn technology to assist personal transformation with prosperity, grace and joy. Hosted by Sopurkh Kaur Khalsa, Director of Spiritual Trust

8:30-9:45 PM

## BIG TOP

Harijiwan Singh Khalsa – Los Angeles, CA

Specialized Workshop: Gong Meditation

Evening gong relaxation entering the Aquarian Mind.

Wednesday, December 20

7-8:15 AM

BIG TOP

Dr. Siri Atma Singh Khalsa & Nam Kaur Khalsa - Espanola, NM

Morning Movement Class: Invigorate Yourself Physically, Mentally and Spiritually

Stimulate the body's energies properly so you can live and think smoothly and go through the day gracefully.

GURDWARA

Tour the sacred Gurdwara with Snatam Kaur Khalsa – Espanola, NM

10 AM – 12 PM

BIG TOP

Kartar Singh Khalsa – Herndon, VA

Specialized Workshop: Using the 5 Passions to Deepen Your Practice

The five passions are often regarded as enemies to be rooted out. In fact they are a gift that continuously brings an awakened practitioner back to the present moment.

TENT 1

Hari Charn Kaur Khalsa – Espanola, NM

Kundalini Yoga Workshop: Fate or Destiny - Living Your Soul's Purpose

An Introduction to Aquarian Teacher Program, KRI Certified Level 2 Practitioner, LifeCycles & LifeStyles Module.

True happiness comes from fulfilling your soul's life purpose. Discover how to keep on track with your purpose, know your resources and your distractions.

## TENT 2

Shakta Kaur Khalsa– Herndon, VA

Kundalini Yoga Workshop: Kundalini Yoga for Women

Based on her book, “Yoga for Women”, Shakta Kaur will lead you in a nurturing, empowering workshop of yoga, meditation and yogic health tips especially for women.

## BACK ROOM

Bhagwant Singh Takoma, MD, GuruGanesha Singh Herndon, VA, Jot Singh Millis, MA and Satsang Singh Espanola, NM

Specialized Workshop: Men’s Wisdom Council

An open discussion of the things men don't usually talk about. Men only please.

12 -1 PM

## HOSPITALITY

Camp Orientation and Introduction to White Tantric Yoga®

Hosted by Sopurkh Kaur Khalsa, Director of Spiritual Trust

1-3 PM

## BIG TOP

Satsimran Kaur Khalsa, General Manager for White Tantric Yoga

Specialized Workshop: Passions and Prosperity on the Spiritual Path

The yogic way to fulfill your dreams

## TENT 1

Shakta Kaur Khalsa– Herndon, VA

Kundalini Yoga Workshop: Giving Children the Gift of Yoga

Yoga stories, games, songs, and exercises for children of all ages. Special section for children with ADHD/Autism.

## TENT 2

Harijiwan Singh Khalsa – Los Angeles, CA  
Specialized Workshop: Face Reading  
Learn the art of face reading.

## BACK ROOM

Siri Om Singh – Trenton, NJ  
Specialized Workshop: The Yoga of Drumming  
Learn to use yogic principles, meditation, percussion instruments, the body, voice and breath, to create meaningful and uplifting conversations.

3-5 PM

## BIG TOP

Yogi Bhajan Video Lecture: Break the Mind's Hypnotic Trance. Including the meditation Breaking the Psicean Hypnotic Trance from the Aquarian Teacher Program, KRI Certified Level 2 Practitioner, Mind and Meditation Module.  
Hosted by Sopurkh Kaur Khalsa, Director of Spiritual Trust

5:30 – 7 PM

## BIG TOP

IKYTA (International Kundalini Yoga Teachers Association) Teachers Gathering – Shared Stories of Service  
In existence for 12 years, with more than 2,000 members world-wide, IKYTA's mission is to serve Kundalini Yoga teachers and students throughout the world. Hosted by Sopurkh Kaur Khalsa, Director of Spiritual Trust

7-8:30 PM

## BIG TOP

Welcome to Winter Solstice Sadhana Celebration 2006 Orientation

8:30-9:45 PM

**BIG TOP**

Harijiwan Singh Khalsa – Los Angeles, CA  
Specialized Workshop: Gong Meditation  
Evening gong relaxation entering the Aquarian Mind.

Thursday, Friday, Saturday: December 21, 22, 23

**BIG TOP**

3 full days of White Tantric Yoga®

Thursday, December 21 Evening Program

8:30-9:45 PM

**BIG TOP**

Harijiwan Singh Khalsa – Los Angeles, CA  
Specialized Workshop: Gong Meditation  
Evening gong relaxation entering the Aquarian Mind.

Friday, December 22 Evening Program

8:30-9:45 PM

**BIG TOP**

Harijiwan Singh Khalsa – Los Angeles, CA  
Specialized Workshop: Gong Meditation  
Evening gong relaxation entering the Aquarian Mind.

Saturday, December 23 Evening Program

7-9:45 PM

Bonfire, drum circle and dancing at bonfire location

8 PM – 4 AM

**GURDWARA & BIG TOP**

Ransabhai – all night kirtan

4 – 6 AM

**GURDWARA**

Amrit Sanchar or Ceremony – Sikh ceremony of initiation. Please note that if you join to witness this sacred ceremony we ask that you honor the tradition of being required to stay until the completion of the ceremony. There are no ins and outs.

Sunday, December 24

7-8:15 AM

**BIG TOP**

Harnam Singh Khalsa – Stockholm, Sweeden

Morning Movement Class: Kriya for Morning Sadhana

A good workout for the whole body.

**GURDWARA**

Tour the sacred Gurdwara with Snatam Kaur Khalsa – Espanola, NM

10 AM – 12 PM

**BIG TOP**

SatKirin Kaur Khalsa – Brooklyn, NY

Specialized Workshop: Jaap-The Only Way Left Today

Sing and meditate and reach your life's fulfillment with the sacred sound of Naad Yoga....the only way in this age of Kal Yug.

**TENT 1**

Keval Kaur Khalsa – Durham, NC

Kundalini Yoga Workshop: The Glands -- Guardians of Our Health

To enjoy excellent physical health and to access the subtle realms, our glandular system must be strong -- tune up yours today!

**TENT 2**

Guru Terath Kaur Khalsa– Espanola, NM

Specialized Workshop: Sat Nam Rasayan

Sat Nam Rasayan means “deep relaxation in the True Identity”. The Sat Nam Rasayan healing technique works on subtle level thru projective meditative mind.

**BACK ROOM**

Bhagwant Singh Takoma, MD, GuruGanesha Singh Herndon, VA, Jot Singh Millis, MA and Satsang Singh Espanola, NM

Specialized Workshop: Men’s Wisdom Council

An open discussion of the things men don't usually talk about. Men only please.

1-3 PM

**BIG TOP**

Dr. Siri Atma Singh Khalsa & Nam Kaur Khalsa - Espanola, NM

Specialized Workshop: Embracing Commitment for Success

Inspiration to embrace commitment for success in your spiritual practice and in your personal goals in life.

#### TENT 1

Guru Simran Singh

Kundalini Yoga Workshop: Kriya for Metabolism and Relaxation.

This kriya balances the upper triangle of chakras. Yogi Bhajan said "Deep relaxation is a must for physical and mental health".

#### TENT 2

Bhagti Singh Khalsa – Baltimore, MD

Kundalini Yoga Workshop: Drawing From the Wellspring of Humility

Tap into the reservoir of humility to deepen meditation, expand awareness, and perfect your yoga postures

#### BACK ROOM

Baba Singh – Alhambra, CA

Kundalini Yoga Workshop: How to do Sodarshan Chakra Kriya

The ins and outs of Sodarshan Chakra Kriya, using commentary and experiences collected from Kundalini Yoga teachers and students.

3-5 PM

#### GURDWARA

Holiday Gurdwara