



## 2010 Summer Solstice Sadhana Celebration

### Course Descriptions

(As of 4/20/10)

#### **A Sacred Circle of Women (Pritpal Kaur Khalsa)**

At the center of the Sacred Circle lies a place of profound wisdom and insight. Together we will connect to our Divinity and Power as Woman. What the world needs now are the gifts, intelligence, and intuition of the female psyche. Let's gather together in this sacred circle to vision, share, hear, and create a new future for ourselves, our families, our communities, and our world.

#### **All about Gurdwara, or Gurdwara for Dummies (Gurdwara Missal)**

Learn about the Gurdwara and the history of the Gurdwara--what we do in Gurdwara and why we do it. Learn the do's and don'ts of being in that sacred space. Take a tour of the Gurdwara to see everything up close. Receive hand-outs and translations of everything we do in Gurdwara.

#### **Aquarian Sadhana Mantra Workshop for Musicians (Sangeet Kaur Khalsa)**

The Aquarian Sadhana mantras will be with us for many years to come. Why did Yogi Bhan assign this sadhana as the key to meeting the challenges of the Aquarian Age? Learn the meaning, intention, and effect of each mantra. This is a hands-on workshop

for musicians of any level of experience who want to sing and lead these chants with correct pronunciation, rhythm, and projection. Bring your instruments!

### **Anger: Harnessing this Fiery, Primary Emotion (Shabad Kaur and Shiva Singh Khalsa)**

Anger is one of the primary emotions we carry into this life. Mismanaged anger destroys harmony in relationships, and is clearly evident on our planet during this transition time into the Aquarian Age. Gain a guiltless understanding of anger, learn to harness this fiery emotion, fuel right action to avoid new karma, and maintain balance through Kundalini Yoga and meditation.

### **Basics of Sat Nam Rasayan® Healing (Jai Kartar Kaur)**

This class is designed for those who are new to Sat Nam Rasayan®, or who want a refresher on the basics. It covers the foundation principles of Sat Nam Rasayan®, including an overview of the Level II Modalities with emphasis on "the sensitive field without holding an opinion." All of these evening classes will include some explanation and experience working with a patient. (Nightly SNR® class.)

### **Being Intact, Creating an Impact (Harjiwan Singh)**

Using the post-Tantric heightened energy field of Guru Ram Das Puri, we will open a space where distorting, limiting, negative perceptions drop, and illuminating, elevating attitudes emerge; where everything is tolerated, served, and uplifted. This is the realm of kindness, compassion, and positive, projecting, mental stability and clarity. Gain the power to nurture your own soul, uplift all those you encounter, and enjoy the blissful state of Cherdi Kala.

### **Beyond Kegels: Kundalini Yoga for Pelvic Floor Strength (Guru Ravi Kaur Khalsa)**

Build a healthy pelvic floor with simple and powerful Kundalini Yoga tools. This workshop will help you strengthen and balance all of the muscles of the pelvic floor that support our ability to control our bladder and our creative energy. There is so much more than just Kegels to help you run, jump, and laugh with ease.

### **Bhangra Now! (Ravi Kaur)**

Bhangra is a high energy folk dance from the Punjab in Northern India. It brings you to a state of being in the now as you move your body to the infectious rhythm of bhangra music. Experience joy and fun as you learn authentic steps of bhangra dance, moving all parts of your body for a full body workout. All levels welcome!

### **Brightness & Lightness (Awtar Kaur Khalsa)**

Tend the fire in the belly with skill, not struggle. Cultivate the agni tattva for brightness of spirit and lightness of body. Access to the deep strength of the navel can be elusive. Find it and develop it to be stable without stiffness, active without aggressiveness, and welcoming without weakness.

### **Burning Karma—or Raising Consciousness? Understanding the Context of your Spiritual Journey (Mahan Rishi Singh Khalsa, D.C.)**

In opening to the heart of devotion and igniting the light of consciousness, we free ourselves from the limitations of the past. As your sadhana of universal love becomes stronger, your everyday routine itself becomes the path of transformation. In this class we will explore the unnecessary struggles that keep people living in exile from Self, and rediscover the path of joyful being.

### **Burning the Sacred Haven Within (Bhai Himat)**

As an alchemist uses fire to transform metal, Kundalini Yogis use the fire within to purify the mind. In this workshop we will experience specific techniques taught by Yogi Bhajan to direct our inner fire, burn off blocks in the psyche, and experience the true state of yoga. As Yogi Bhajan has said, when you can channel your inner fire, you can control your liberation.

### **Chakra Clearance Intensive (Devjeet Kaur)**

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 and 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 clear any imbalances of the psyche.

### **Connect with the Subtle Body of Baba Sri Chand (Amandeep Singh)**

2010 is the year of the fire element, the element that transforms and transcends. This class is based on the teachings of Baba Sri Chand and Yogi Bhajan, diving deeply into the history and legend of Baba Sri Chand, who is known as the protector of the innocent seekers and who presides over the fire element of transformation and transcendence.

### **Elements, Forms, and Shapes in Sat Nam Rasayan® Healing (Mahan Kirn Kaur Khalsa)**

Elements, Shapes, and Forms are two Level II SNR® Modalities. In Elements, the substance of existence informs the SNR® practitioner of the kind of balance of elements a person holds. For example, a lot of water may indicate a lot of emotion. In Forms and Shapes, we see how symbols, formations, and positions affect one's being. (Nightly SNR® class.)

### **Embrace Commitment for Success (Siri Atma S. Khalsa, M.D.)**

Success comes when intention is effortlessly followed by commitment. Strengthening the fire tattva stimulates the action-oriented energy you need to embrace commitment and succeed in life. Learn to generate and channel more of this expressive energy via mastery of the agni tattva, the fire element.

### **Emotional Liberation: Playing with Fire (GuruMeher Khalsa)**

Been burned by passion, isolated by anger, burned-out by ambition? The “hot emotions” can build or destroy. Lacking role models or guidance, many yogis ignore, stuff, or deal poorly with emotions. Learn to enjoy the warm fire in your belly by consciously directing it for protection and action. Re-orient your relationship to emotion as an ally to serve rather than destroy your yogic goals of peace and freedom.

### **Everyday Grace (Sat Purkh Kaur Khalsa)**

Every woman has within her an inner grace--an everyday grace. Combining personal experiences with the teachings of Yogi Bhanan, this course explores a woman's path toward her highest identity--the Grace of God--with an authentic, humorous, and sometimes edgy perspective. Sat Purkh brings these ancient teachings to life, making them more approachable from the context of the modern woman's experience.

### **Experience the Power of the Authentic Self (Nirvair Singh Khalsa)**

This class will focus on exploring the Kundalini energy and how it offers the experience of power and clarity in one's life. Sensitivity and endurance are what is required in the transition to the Aquarian Age. We need a practice that helps us have the energy to listen and have trust and confidence in our inner awareness and intuition. With this we connect to all of life.

### **Feel Your Fire (Devinder Kaur)**

Explore the 3rd Chakra and deeply experience the vibrational sound current produced by the ancient instrument called the Gong. Through Kundalini Yoga and the sacred sounds of the Gong, bring into action your personal power to open yourself to choice, action, and vitality. Relax and restore with a deep Gong meditation/relaxation.

### **Fire as an Agent of Healing and Propelling (Hari Jiwan Singh Khalsa)**

The Fire Tattva can be accessed and augmented through in many ways including a Kundalini Yoga Nabhi kriya and wearing a radiant ruby gem. This energy can and should be used as the true "philosophers' stone" in transmuting anger and emotions to activate higher chakras. This class will offer several techniques to amplify and elevate consciousness through the organic alchemy of the Fire Tattva.

### **Fire in the Belly: Teaching your Passion through the Navel Center (DukhNiwaran Kaur Sugrue)**

You are an inspiring teacher. You teach with passion and grace. Are there ways in which you hold back? Ways that you keep things nice rather than victorious? Learn tools to go beyond your perceived limitations and burn them up using the navel center. Practice communicating and teaching from the awakened navel center to free up your teaching. Inspire yourself to inspire others!

### **Fire Your Ego, Ignite Your Heart: Embody the Teachings of Guru Nanak (Joshua Param Sevak)**

Guru Nanak called himself the Minstrel of God, but he was also a fiery revolutionary who conquered tyrannical kings, false gurus, and thieves with the beauty of his divine music and radiant unbounded love for all creation. Singing the hymns of Nanak with live music, we will activate our spirit of fearless love and unconquerable will, with supercharged Kundalini Yoga and mantradance.

### **God as my Lover (Dr. Sham Rang Khalsa)**

In many traditions, relationship with God is analogous to the relationship with a lover. Using Meditative Fire to digest feelings which arise in relationship and directing them toward Divine opens a path to healing and ecstasy. Relating to your partner (or longed-for partner) as God or Goddess powerfully nurtures and energizes an otherwise earthly relationship. We will use the fire of Agni to authentically see God in All.

### **God Sits on the Tip of Your Tongue (Gurukirn Khalsa)**

The class will teach basic principles of Gurmukhi, using Kundalini Yoga mantras, to produce the combination and permutation of sound patterns to give you the experience of ecstasy.

### **Gatka: Sikh Martial Art (Students of Miri Piri Academy)**

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

### **Habit Management in the Aquarian Age (Kartar Khalsa, D.C.)**

Learn about the evolution of habits in this lifetime, and techniques for managing them from the yogic philosophy/technology library. We will discuss the patterns/habits/behavior/outcome model and how to penetrate the psyche to shift at a core level for long term change. We will discuss cleansing and its relationship to this model from the fire tattva perspective.

### **Happiness through Dissolving EGO (Mahan Kirn Kaur Khalsa)**

In this workshop we will re-discover what it truly means to dissolve our fiery ego. When "I" becomes "We" and "We" becomes "Thou," we become sublime. We will reach out and make contact with our own Infinity. When there is saintliness in the heart, then all happiness and riches shall be yours.

### **Healing and Transformation with Bound Lotus (Harnam Singh)**

Bound Lotus is a deep healing space allowing one to merge with the spirit. It is a restorative posture, engaging the entire body and binding it into the symbol of infinity. It's a crucible for consciousness, burning out impurities and allowing one's true light to shine. People who can't hold the perfect posture immediately, will still receive many benefits.

### **Healing Chronic Illness with Kundalini Yoga (Jivan Joti Kaur Khalsa, Ph.D.)**

Illness and healing usually begin with the fire element at the Navel Center. As a person with a chronic illness, I have used Kundalini Yoga, meditation, drawing, self-linguaging, and gazing on Yogi Bhajan's Tratakam meditation photo to help me in my healing process. This class will include these techniques and tips for working with students of chronic illnesses (chair yoga).

### **Healing Hands (Dr. Waheguru Khalsa)**

This workshop is an opportunity to explore in-depth hands-on healing. It is based on the techniques found in Dr. Waheguru Khalsa's *The Miracle of Healing Hands* book. After warming up the hands, you will find a partner and act as the healer with step-by-step guidance. Then you will switch places and receive the healing treatment. This year the treatment is a navel/heart center tune up treatment.

### **Healing Power of Japji: Song of the Soul (MSS Guru Raj Kaur Khalsa)**

Guru Nanak's *Japji* is the Song of the Soul—the soul expressing its Infinite Reality. This is where healing occurs, as we heal the illusion of separation. We will dive into the ocean of *Japji* in Gurmukhi and English, with sound, word, and deep relaxation.

### **Healing through the 3 Channels (Shanti Shanti Kaur Khalsa, Ph.D.)**

Kundalini is a natural flow of energy inherent in the subtle structure of every human being. In ancient times healers invoked prana through the three channels of Ida, Pingala, and Sushmuna as their medicine and mode of treatment. Based on the instructor's chapter in the book, *Kundalini Rising*, we will practice techniques taught by Yogi Bhajan to overcome cold depression, strengthen the immune system, and build vitality.

### **Healing With Mudras (Ma Dhyan Siddhi)**

Healing with mudras is a science that can change the five elements of Earth, Water, Fire, Air, and Ether in our bodies. All imbalances can be harmonized through the power of mudras. By bending, crossing, extending, or touching the fingers we can access all systems and organs in our body. In this workshop we will use our fingers to bring the fire tattva within us into balance.

### **How to Live, How to Die (Siri Marka Singh Khalsa)**

As Spiritual Warriors in the Aquarian Age, we cultivate the spirit of living and dying fearlessly. Many of us live our lives fearing the process of death. In reality that blocks our ability to live life fully. Come enliven your untapped capacity for contribution, fulfillment, and happiness. Explore "Crossing the Hour" as taught by Yogi Bhajan, in preparation to go home.

### **How to Triumph over Anger, Resentment, and the Inability to Forgive Oneself and Others (Guruka Singh)**

"Forgive and forget" –but how? Yogi Bhajan taught on this subject many times. Let's learn and practice the techniques that allow us to live with an open heart at all times under all circumstances. This class will focus on practical techniques for working through anger, whether self-directed or directed at others.

### **Ignite Your Spirit, Be a Leader (Sadhana Singh)**

In order to lead others you need to be able to lead yourself—know who you are and have a practical experience of Infinity. Then you will be radiant, magnetic, and stable so you can take responsibility in helping others move from mediocrity to excellence.

### **Kundalini Blessings: Meditations for the New Age (Gurudarshan Kaur)**

When earthquakes hit our planet, what do they do to our daily life? It's time to re-center and learn yogic tools to cope with the stress and challenges of these times. Start class by mastering your domain with Saibee Kriya followed by meditations from Kundalini Blessings to re-balance your inner world.

### **Kundalini Yoga: How it Works (Dr. Hari Simran S. Khalsa)**

Dr. Khalsa will describe in detail the mechanisms of Kundalini Yoga. He will discuss the neurophysiology, anatomy, and physiology of Kundalini Yoga. A dynamic experience of Kundalini Yoga will focus on the *fire* aspect. If you want to understand personal mastery, advanced physiology, and the science of enlightenment, attend this class.

### **Kundalini Yoga Workshops: How to Design and Present (Hari Charn & Deva Kaur Khalsa)**

A workshop for Teachers. How to design the curriculum for a full day or weekend workshop. How to choose the theme and apply the teachings of Yogi Bhajan to deliver an experience for students.

### **Listening to the Voice of the Aquarian Teacher (Angad Kaur and Shakta Kaur Kezios)**

Join the North American representatives of the 3HO IKYTA Global Teachers Council (GTC) to cultivate the inner voice of the Aquarian Teacher. As a teacher you want to be heard in your greater community. Here's that opportunity! Bring your list of desires to help shape the future. Includes Kundalini Yoga and meditation.

### **Making a Difference: Leadership, Lifestyle, and Kundalini (Gurucharan Singh Khalsa, Ph.D.)**

We need to master the mind's Executive Spirit® to act intuitively and not react emotionally. We also need to cultivate our lifestyle for energy, balance, and health through all of our LifeCycles. Kundalini is our innate drive to develop, evolve, and excel. It is rising everywhere. Let's take our place to be part of that and to lead with wisdom, creativity and commitment.

### **Manifesting Your Spiritual Warrior (Jot Singh Khalsa)**

To live with commitment, discipline, and stamina; to obey one's highest consciousness and command one's mind and senses; to serve with humility and grace—this is the identity of the Spiritual Warrior. Engage the navel center and balance the fire element in this powerful sequence of pranayam, exercises, and meditation to awaken and develop your full capacity as a Spiritual Warrior of the Aquarian Age.

### **Men's Wisdom Council (Bhagwant Singh, Jot Singh, and Soporukh Singh)**

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

### **Moon Centers: The secrets Men Only Wish they Knew (Gurutej Khalsa)**

This class is a journey into understanding the power of the eleven Moon Centers of women—how to track them, and how to understand the gifts and the pitfalls of each. Learn about the positive, negative, and neutral aspects of the Moon Centers, and how to utilize this technology in your life.

### **Naad Yoga & Kirtan: Raag Bilaaval “Beginnings” (Harbhajan Kaur Khalsa)**

In the kirtan tradition, the “mood” and melody of a shabd is considered integral in conveying its meaning and spirit. Shabds in the *Siri Guru Granth Sahib* were classified by raag, each identifiable by its scale, mood, and melodic movement. Considered a “sunrise” raag, Bilaaval conveys dawn and blossoming beginnings. We will open our voices with riyaaaz in Bilaaval scale before singing melodic phrases from classic Bilaaval compositions.

### **Pronunciation of Gurmukhi and Mantras (Siri Sevak Kaur)**

This is a fun, informative class for those who have some fascination with this beautiful script and with pronouncing mantras correctly. By the end of class you will be reading and writing some of your favorite mantras. If you want to continue your Gurmukhi study, you will have the opportunity to do so via teleclass.

### **Relationships: How We Can Use our Differences as Assets (Deva Kaur)**

Differences between men and women as described in yogic Humanology can be entertaining, but it's challenging to actually create harmony in a committed relationship. A marriage is organic. Your partner shines their light on your subconscious blocks and then you get to clean them. It takes courage to face our handicaps. Gratitude comes as we learn to excel and keep up together.

### **Resonance in Sat Nam Rasayan® Healing (Tom Takenouchi/Dharma Singh)**

Resonance gives understanding of the impact of one's actions and how, if you change something in someone, you are also changing something in the environment and in one's life and health. It will also cover how one aspect of a person can affect their health. A SNR® practitioner and all healers benefit from knowing what effect any change will have on one's life and health. (Nightly SNR® class.)

### **Rhythmic Intelligence (Mata Mandir Khalsa)**

Yogi Bhajan once said to me, "The whole universe—the planets and stars and solar systems—are all revolving in a perfect rhythm and harmony. All you need to do is pick up one of your instruments and play rhythmic melodies and you will get into that harmony. That's all you have to do." In this class we will investigate the rhythms of the human mind and body and their yogic applications.

### **Sadhana Yoga (Guru Simran Singh Khalsa)**

This Kundalini Yoga class includes a challenging set from the early days. Yogi Bhajan taught this set in morning sadhana one day at Guru Ram Das Ashram in Los Angeles. This set is physically challenging, but more importantly, we will be using mantra and the sound current to meet life's challenges and experience the Infinite.

### **Sat Nam Rasayan and the Healing Power of Fire (Guru Dev Singh)**

In the practice of Sat Nam Rasayan, the fire element is often used to move energy, purify, warm, disperse, and transform. In this class Guru Dev Singh will demonstrate and participants will experience the power of the fire element. This time of tremendous change and challenge brings opportunities for healing and transformation. This class will include meditation and experiential healing practice with a partner. [gurudevsnr.com](http://gurudevsnr.com)

### **Scientific Research on Yoga: A Global View from the Cutting Edge (Dr. Sat Bir Singh Khalsa)**

We will review the history and breadth of yoga research, including Kundalini Yoga, and the value and implications of this research for teachers who may find it useful in promoting 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.

### **Self Worth (Sat Santokh Singh)**

In this workshop, you will be able to: See how you block yourself; Acknowledge the wounds and scars you have received to your sense of self; Identify the resulting impact on your life; Become clear on what negative self images you are carrying; Develop tools and techniques to deal with feelings of self-doubt and "not being good enough;" Learn how to allow abundance into your life; Envision yourself successful in life.

### **Shakti Dance: Navel Intelligence (Avtar Kaur Olivier)**

This workshop will explore key asanas and dance movements that access our core energy at the Nabhi Point. Sensing the impulse and initiating all movement from the navel is a great art, inducing a mysterious subtle flow and lending us the courage to go through the fire of transformation when the heat is on. Elevate and celebrate with Shakti's dynamic rajasic vibration!

### **Shakti Dance®: The Inner Power of Transformation (Dharma Kaur)**

Shakti Dance® is inspired by Kundalini Yoga. In this workshop we use the power of Fire to transform and balance the flow of Prana in the Nadis. The main Nadis pass through the Third Chakra. With a special combination of Deep Meditation and Dance we harmonize the pulse of the Third Chakra to transform Anger to Devotion, and heal mind and body so we can express the soul.

### **Shuniya and the Power to Shift Perspective (Sunder Singh)**

Some of our cells become neurons, some become other types of cells, through the action of chemicals that activate and silence certain gene sequences. Kundalini is the power to shift perspective and consciousness. Like genes, we can express or not express our spiritual DNA. The ability to be in *shuniya* allows us to apply awareness to shift our relationship to all that exists and express our soul's purpose.

### **Shuniya in Sat Nam Rasayan® (Sven Butz/Guru Sahai Singh)**

"The more silent I am, the more you exist," says Guru Dev Singh. The art of Shuniya is a key principle in Sat Nam Rasayan®. In the silence we develop contemplative awareness, lose the intoxication of our own egos, and open to compassion. Fantasy, expectation, opinion, judgment are dropped. This class is a rare opportunity with one of Europe's legendary SNR® instructors and healers. (Nightly SNR® class.)

### **Sikh Stories for Children (and Grown Ups) (Gurdwara Missal)**

Bring your children to enjoy inspiring stories from Sikh history. Meet in the tent at the back of the tantric shelter at 11:00 a.m. during Sunday Gurdwara.

### **Stoking the Fire Within: the Meditative Dance of Passion and Neutrality (Pritpal Singh Khalsa)**

Using live music, meditation, mantra, and movement, unlock your passion and excitement for life and the people and things around you. Then learn to ride this fire with purpose, balance, and grace. Burn through your fears and rise to the fullness of your destiny.

### **Sun Energy for the Lunar Woman (Nam Kaur Khalsa)**

Learn the yogic way to stimulate your vitality so you have more focus and feel action-oriented day-to-day. As lunar women, it is important to keep our sun energy bright and radiant—it helps keep your weight down, clarifies your mind, and gives enthusiasm and pranic command.

### **Supporting Each Other on the Solstice Journey and in Life (Mata Mandir Kaur Khalsa)**

Solstice is a time when we can experience a high level of challenge and transformation. In this workshop, we will connect with each other and process some of these changes as they come up. We will learn and practice skills of intentional, loving dialogue that can deepen our Solstice experience and enrich and improve our relationships at home.

### **Survive & Thrive in the Aquarian Age (Siri Gian Kaur)**

One thing is certain, relying on institutions such as stores, insurance, transportation, money, etc. won't support us. Only listening to, trusting, and carrying out the direction of our sweet souls at every second will bring us everything we need and so much more! Come experience your soul's very real guidance.

### **The Art of Knowing in Sat Nam Rasayan® Healing (Hargopal Kaur Khalsa)**

People want to know! Why? What? How? Through The Art of Knowing we can begin to answer. However, it is what we think we know that gets in the way. If your glass is full, there's no room for something new. Our preconceptions limit us. Through meditation and SNR® exercises we will empty ourselves of resistance to what is. (Nightly SNR® class.)

### **The Art of Memorizing Creativity (Kartar Singh)**

It's natural to have desires. It's human to want to expand. This class is about the path of heart and the path of perpetual creativity. It's about expanding more easily, with less

friction. One part of the class is Karani Kriya which Yogi Bhajan said "solves the problem of finding how to make a lucrative livelihood and satisfy the soul at the same time."

### **The Business of Kundalini Yoga (Shakta Kaur Kezios and GuruMeher Singh)**

This class is the fourth in an ongoing Solstice series and is open to all. Learn the practical business aspects of earning a living through yoga and holistic services. Benefit from the support of these two successful teacher/coaches who share your desire to serve more, earn more, and prosper. Leverage marketing strengths and identify resources to more easily start or expand your teaching career while maintaining peace of mind.

### **The Dream State in Sat Nam Rasayan® Healing (Jivan Joti Kaur Khalsa, Ph.D.)**

The Dream State is a Level II Modality in SNR®. It is an abstract way to work, walking the fine line between the waking and sleeping realms. It is the way of the artist and the mystic. It can be used in SNR® healing to go deeper into any condition, whether physical, emotional, or spiritual. Class will include explanation and work with a patient. (Nightly SNR® class.)

### **The Esoteric Teachings of Ayurveda: Transforming Stress into Vitality, Metabolizing Anger into Light, Distilling Grief into Amrit (Jai Dev Singh Khalsa)**

This class will focus on Kundalini Yoga through the lens of Ayurveda, including the transformation of emotional energy into Prana (Life-Force), Tejas (Illumination), and Ojas (Core Vitality) using Ayurvedic and Yogic practices.

### **The Fire Chakra's Journey to Bliss (Kirn and Guruchander Khalsa)**

Through Kundalini Yoga and the sacred sounds of mantra and the bani, Anand Sahib, we will explore a way to achieve a state of bliss, where the yogi lives in the space

between the breaths. Transforming the fire from the 3rd chakra toward the state achieved in self enlightenment is known as bliss.

### **The Fuel of Disappointment: What to do When You DON'T Get What You Want (Dr. Japa K. Khalsa)**

With all the emphasis on manifesting in the Aquarian Age, it can be alarming when karma prevails and we don't get what we want! How do we use this disappointment to fuel our transformation? This workshop uses a Kundalini Yoga kriya to power through the cycles of grief towards the ultimate yogic gift: acceptance and re-alignment with the Universal will.

### **The Herbal Medicines and Healing Foods of Yogi Bhajan (Karta Purkh Singh Khalsa)**

Yogi Bhajan famously said, "Parsley is as much a part of yoga as camel pose." Take your yoga practice up a notch as you learn about several outstanding herbs to treat and prevent illness, and food remedies to support energy and stamina, and improve immune function—all served up Yogi Bhajan style.

### **The Lunar Woman – Experience the Teachings and Teach the Experience (Hari Charn Kaur Khalsa, Shakta Kaur Kezios)**

This is the second class in a series. Woman's basic nature is like the moon which waxes and wanes, while man's basic nature is like the sun which is continuous and constant. Experience the power of the Lunar Woman teachings; learn the moon center sequence and how to map your personal pattern; receive tips on how to successfully share these teachings with others.

### **The Power of Ong (Dev Suroop Kaur Khalsa)**

Mastering the sound *Ong* will open up the Universe to you. It will elevate you, refresh you, and provide a solid basis for ease in your life. In this class, we will embark upon a deep exploration of the vibration of *Ong*, one of the keystones of Kundalini Yoga. We will also unravel some of the mysteries of the differences between *Ong* and *Om*.

### **The Power of Sat Kriya (Akai Kaur)**

When the lower chakras are unbalanced, negative emotions, addictions, digestive troubles, and fears are prevalent. Sat Kriya is an essential practice that can elevate us from these lower frequencies. In this workshop we will channel creative and sexual energies, and regain navel strength. Sat Kriya can completely recalibrate the metabolism, heal digestion, remove unstable eating behaviors, detoxify the system, and help to remove neuroses and phobias and facilitate weight loss.

### **The Sacred Power of Containing and Directing the Inner Human Fire (Guru Singh)**

Summer Solstice is the highest sun/fire energy of the year. The sacred power of fire is found in its containment. Kundalini Yoga and meditation create a dynamically balanced form of containment for the fire element. This workshop provides an opportunity to shed the debris gathered throughout the year, and use Yogi Bhajan's teachings to produce great clarity.

### **The Transformative Power of the Healing Sound Current (Sat Jot Singh)**

Come illuminate your body, mind, and spirit as you discover the transformative power of the healing sound current. Together we will journey deep within as we chant sacred Kundalini mantras. We'll sing, dance, and work ourselves into a blissful wonder through magnificent kriyas focused specifically on the fire element. Come experience the song of your soul and let your Divine Shine!

### **Too Hot to Handle? Taming the Fires of Passion in Relationships (Sangeet Kaur)**

The merger of spirit and senses is most challenging and rewarding in intimate relationships. Yogi Bhajan gave us many insights and techniques to enrich our lives together lovingly. He called on us to turn emotion to devotion and rage into courage. Experience the depth of these teachings as they can apply to your life. Includes light yoga, powerful chanting, and deep meditation.

### **Training the Mind: A Life Beyond our Fear (Gurmukh Kaur)**

The nature of our mind is that it creates fear to protect us. We have the choice to see above and beyond the fear through meditation. Let us move into the deeper realms of the ancient and sacred science of Kundalini Yoga and meditation, giving us the ability to view our lives beyond time and space.

### **Tratakum Meditation – Tuning into the Master (Kirpal Singh)**

Look deeply into the eyes of the Tratakum meditation photograph of Yogi Bhajan. You will connect through the Golden Chain to touch the Infinite. No other picture has this power. Properly practiced, the karmas can be erased, the individual destiny expanded, and self knowledge awakened.

### **Trauma and You: Recognizing, Releasing, and Transformation (Satya Kaur Khalsa)**

Trauma is a catalyst and priceless tool for personal and planetary transformation when we understand it and know how to use it for our growth and benefit. The workshop includes how to recognize, manage, process, and release trauma. The simple, powerful, and effective technique that will be taught is unique, easy for everyone to use, and can provide ongoing support as we enter the Aquarian Age.

### **Tuning in to the Golden Chain and Beyond (Harsimran Singh)**

In this day and age it will be important to tune in to vast reservoirs of teachings and energies of the ages. This is done best without the use of the rational mind and comes with experience. When we take advantage of opportunities and experience, growth comes subtly. When the mind is calm, we can perceive ways of exponentially contributing healing energies.

### **What is a Guru? (Ek Ong Kaar Kaur Khalsa)**

On the path to higher consciousness, we all need a guide—someone who has walked the path before us and can help us navigate the road. The Guru is a Universal Teacher that manifests in many ways and forms. That Teacher is an aspect of the Creator. Come touch the universal energy of the Guru, and experience how the Guru can manifest through the Sound Current, the Shabad.

### **What You Need to Know about Kundalini Yoga and Prenatal Yoga (Tarn Taran Kaur)**

Not only the navel point of a woman opens during pregnancy; her entire being becomes open to receive the incarnating soul. Kundalini Yoga provides practical and inspirational technology for this miraculous journey of motherhood. Learn: the 5 most essential yoga practices for pregnancy, the 5 precautions in pregnancy yoga, and the 5 most important yogic teachings to prepare for birthing.

### **What's behind the science of Naad? (Guruka Singh and Gurujot Singh)**

How exactly does it work? What is the Shabd Guru? How can I use this technology to transform myself? This class will be co-taught by Guruka Singh and Gurujot Singh with live music and powerful meditations.

### **Woman to Woman: The Third Chakra—Balancing the Fire Tattva (Aria Wang)**

With too much fire, little will shine. We will build up our will power, gracefully and beautifully; explore the conscious female aura; and direct and balance our Third Chakra where the 72,000 solar nerves meet.

### **Yes, We Would Love for You to Read in the Akhand Path (Gurdwara Missal)**

At Summer Solstice we read the *Siri Guru Granth Sahib*, the Sikh scriptures, from beginning to end, which is called an Akhand Path. Everyone is welcome to participate. In this class you will learn about the Gurdwara, the *Siri Guru Granth Sahib*, and the Akhand Path. You will have the opportunity to read for a few minutes in the Akhand Path.

### **Yoga for Special Needs Students (Satraj Kaur)**

This class will focus on how to teach Kundalini Yoga to people with special needs including autism, Down's syndrome, those who are developmentally challenged, and more. What can these students gain from Kundalini Yoga and how can you as a Kundalini Yoga teacher support them?

### **Yoga, Meditation, and a Plan of Action: the Manifestation of True Prosperity (Siri Karm Singh Khalsa)**

Prosperity is a spiritual phenomenon that comes when the spirit is infused in the physical form and charged with pranic energy. It needs a plan of action, a business plan, which is a meditation to manifest your intentions.