

## Program Guide and Schedule

Type of class/workshop:

AA = Aquarian Age

AT = Aquarian Teacher

KY= Kundalini Yoga as taught by Yogi Bhajan®

SG = Shabd Guru: The Guru for the Aquarian Age

WT = Women's Teachings

### **FRIDAY, JUNE 18 – 7:00-8:15 a.m.**

#### **Shakti Dance®: The Inner Power of Transformation- Dharma Kaur (Tantric Shelter) (AA)**

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.

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

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.

#### **Feel Your Fire- Devinder Kaur (Water) (AA)**

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.

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

"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.

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

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.

**Chakra Clearance Intensive - Devjeet Kaur (Ether) (AA)**

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.

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

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.

**FRIDAY, JUNE 18 – 10:00-12:30 a.m.**

**IKYTA Teachers Conference - Elements of Excellence: Vision (Air)**

"VISION" the first in an eight-part series based on Yogi Bhajan's Eight Elements of Excellence. "Without vision there is neither direction nor motivation." Explore your

personal vision, and align with the collective vision. Take home tools to share this vision with others. Curriculum developed by the Global Teachers Council. 6 CEUs.

### **FRIDAY, JUNE 18 – 10:30-12:30 a.m.**

#### **The Radiant Bodies: Easy Acceptance of Your Own Radiance -Guru Raj Kaur (Tantric Shelter) (KY)**

Live your life with royal courage. With Kundalini Yoga and dynamic meditation we will invoke the power of the radiant body, the tenth subtle body—the part of the aura which brings the ability to reach for excellence and sail through limitations. The radiant body gives you spiritual royalty and radiance, and makes you courageous and magnetic to attract the needs of your soul.

#### **The Art of Memorizing Creativity- Kartar Singh (Earth) (KY)**

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."

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

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.

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

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.

**Men's Wisdom Council- Bhagwant Singh, Jot Singh, and Sopurkh Singh (Ether) (AA)**

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

**FRIDAY, JUNE 18 – 2:00-3:30 p.m.**

**Experience the Power of the Authentic Self- Nirvair Singh Khalsa (Tantric Shelter) (KY)**

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.

**What is a Guru?- Ek Ong Kaar Kaur Khalsa (Earth) (SG)**

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.

**Self Worth- Sat Santokh Singh (Water) (AA)**

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.

mastery of the agni tattva, the fire element.

**Emotional Liberation: Playing with Fire- GuruMeher Khalsa (Fire) (AA)**

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.

**IKYTA Teachers Conference - Elements of Excellence: Vision Continued (Air)**

**A Sacred Circle of Women- Pritpal Kaur Khalsa (Ether) (WT)**

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.

**FRIDAY, JUNE 18 – 3:45-5:15 p.m.**

**The Herbal Medicines and Healing Foods of Yogi Bhajan- Karta Purkh Singh Khalsa (Tantric Shelter) (AA)**

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.

**Healing and Transformation with Bound Lotus- Harnam Singh (Earth) (KY)**

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 With Mudras- Ma Dhyani Siddhi (Water) (AA)**

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.

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

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.

**IKYTA Teachers Conference - Elements of Excellence: Vision Continued (Air)**

**Pronunciation of Gurmukhi and Mantras- Siri Sevak Kaur (Ether) (SG)**

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.

**FRIDAY, JUNE 18 – 7:00-8:15 p.m.**

**All Camp Welcoming Ceremony – Team 3HO Foundation (Tantric Shelter)**

**FRIDAY, JUNE 18 – 8:15-9:45 p.m.**

**Drum Circle- Solstice Community (Water)**

Join in the heartbeat of Solstice. Release the internal heat of the fire tattva and bless the Solstice Community with your prayers in the beat of the drum by joining in the drumming circle. Everyone welcome, bring your own drum.

**Gong Meditation – Devinder Kaur (Fire)**

**Basics of Sat Nam Rasayan® Healing- Manjit Kaur (Air) (AA)**

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.)

## **SATURDAY, JUNE 19 – 7:00-8:15 a.m.**

### **Sat Kriya Workout - Gurudhan Khalsa (Tantric Shelter Tent)(KY)**

This class is about applying the discipline of Sat Kriya to everyday life.

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

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.

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

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.

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

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.

### **Fire Asana Dance - Jap Singh Khalsa (Air) (AA)**

Purify and energize your body and mind in this group performance of active dances and asanas around the fire element. We will end this session with a powerful *Tantric Har* group meditation.

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

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 (Gurdwara) (SG)**

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.

### **SATURDAY, JUNE 19 – 10:30-12:30 a.m.**

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

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.

### **Kriya: The key to Transformation in Kundalini Yoga - Amrit Khalsa (Earth) (AT)**

Each and every kriya in Kundalini Yoga is whole and includes components of asana, meditation, and breath that balance the mind, strengthen the body, and develop

awareness or consciousness. This workshop is for all students and teachers of Kundalini Yoga who want to understand and experience the potential for transformation through kriya in Kundalini Yoga. 2 CEUs.

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

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.

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

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!

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

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.

### **3HO/UN Anti-Drug Class Series Class 1: Kundalini Yoga – The Anti-Drug Gurucharan Singh & Darshan Kaur (Ether) (AT)**

When Yogi Bhajan began teaching in the West, he offered Kundalini Yoga as an alternative to the experimentation with psychoactive drugs that was so prevalent. He taught specifically and with great impact about how this sacred science of Kundalini Yoga could heal the body, clear the mind, expand the consciousness, and transform

the civilization. Thousands have been able to walk away from addiction and find a firm foundation in this practice. 2 CEUs.

### **Yoga for Teens - MPA Students & Alumni (Youth & Teen Camp) (KY)**

Calling all teenagers for a dynamic, challenging Kundalini Yoga class led by teenagers from MPA, with rockin' music and meditation. Stretch your mind, body, and spirit to their limits.

### **SATURDAY, JUNE 19 – 2:00-10:00 p.m.**

Insert IPPD schedule

### **SUNDAY, JUNE 20 – 7:00-8:15 a.m.**

#### **Burning the Sacred Haven Within- Bhai Himat (Earth) (KY)**

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.

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

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.

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

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.

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

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 Bhanan, in preparation to go home.

### **Celestial Communication for Transformation- Adarsh Kaur Khalsa (Ether) (AA)**

We will create a new vibration for ourselves, which will clear away all insecurity and doubt so that we can realize our authentic, super-intuitive, super-sensitive, and divine selves. By moving the upper body in both vigorous and subtle movements, we will create the internal music of the mantra, vibrating into every cell at the frequency of the Naam. We will be uplifted, transformed, and successful!

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

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.

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

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.

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

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.

**SUNDAY, JUNE 20 – 10:30-12:30 a.m.**

**Gurdwara (Tantric Shelter)**

**Special Guest: H.H. Sri Shankaracharya Swami Divyanand Teerthji (Earth)**

H.H. Sri Shankaracharya Swami Divyanand Teerthji is revered for his profound and deep commentaries on the holy scriptures, and he travels the world spreading these divine teachings. Sri Shankaracharyaji achieved great levels of academic success and accomplishment prior to taking his vows of Sanyas. As the Adi Shankaracharya traveled from South to North to spread the message of unity and dharma so has Sri Shankaracharyaji traveled from North to South to spread the messages of universal brotherhood, love and righteousness

**Brightness & Lightness- Awtar Kaur Khalsa (Water) (KY)**

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.

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

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.

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

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. 2 CEUs.

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

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.

### **SUNDAY, JUNE 20 – 11:00-12:30 a.m.**

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

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.

### **SUNDAY, JUNE 20 – 2:00-3:30 p.m.**

#### **Gurdwara Continued (Tantric Shelter)**

#### **The Rhythm of Your Identity- Gurusangat K. Khalsa, Ph.D. (Earth) (AT)**

Realize your own rhythm and recognize that it has different frequencies in different realms. Experience how to ignite the spark of your identity and transform your Self to live in balance. *Jap Man Sat Nam* "Repeat oh my mind the truth of my identity." This class is an introduction to the principles of Spiritual Maturity from the Level Two Lifecycles and Lifestyles. 2 CEUs.

#### **Rhythmic Intelligence- Mata Mandir Khalsa (Water) (SG)**

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 (Fire) (KY)**

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.

### **Healing Hands- Dr. Waheguru Khalsa (Air) (AA)**

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.

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

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.

### **Happy Families, Happy Fathers: A Fun Yoga Class for Families - GuruDev Kaur (Youth & Teen Camp) (KY)**

Join Guru Dev Kaur and her daughter Noelani for a lively yoga class created for families or for anyone who wants to express and explore the radiance of their inner child! Through yoga play, movement, dance, singing, and meditation we will celebrate our intimate and global family connections. A special uplifting meditation to bless all fathers will end the class in honor of Father's Day.

## **SUNDAY, JUNE 20 – 3:45-5:15 p.m.**

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

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.

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

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-languaging, 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).

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

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.

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

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.

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

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.

### **Minister's Meeting - Dr. Sat Kaur & Dr. Shanti Shanti Kaur (Ether)**

Join with other ministers as Dev Suroop Kaur leads us in a joyful experience of naad, rhythm, and movement. Together we raise our vitality, energy, and spirit to support our identity, service, and connection.

**How to Inspire Your Children to Want to Practice Yoga and Live a Yogic Lifestyle as Taught by Yogi Bhajan - Sat Jivan Kaur NYC, Kirn Kaur NM (Youth & Teen Camp) (KY)**

Multigenerational parenting, yogic foods for children, and discipline will be some of the topics presented. We will also be available to answer all your questions.

**SUNDAY, JUNE 20 – 7:00-8:30 p.m.**

**Gatka Class and Demonstration with Students of MPA (Tantric Shelter)**

Gatka is an ancient martial art that developed in Northern India. Yogi Bhajan directed Miri Piri Academy students to learn Gatka in order to develop the courage, commitment, and grace of the warrior spirit. You will learn the basic philosophy and steps upon which all of the moves are based, and then the MPA Gatka Squad students will demonstrate their skill with swords, shields, and hand-to-hand combat.

**Connect with 3HO, KRI, & IKYTA: Conversation and Q&A (Earth)**

This is an open forum with representatives from 3HO, KRI, & IKYTA. What does each organization do? What programs and services are available to you? What's in store for the future? How can you become more involved? Ask your questions and get clarification.

**Drum Circle- Solstice Community (Water)**

Join in the heartbeat of Solstice. Release the internal heat of the fire tattva and bless the Solstice Community with your prayers in the beat of the drum by joining in the drumming circle. Everyone welcome, bring your own drum.

**Gong Meditation – Dharam Singh (Fire)**

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

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.)

### **How Can We Prepare Ourselves and Our Communities to Face 11/11/2011? - Harimander Kaur Khalsa (Ether)**

500 days are left before transition to the Age of Aquarius is complete. We are the souls who chose Destiny to serve others as Earth goes through magnificent transformation. Let's come together and discuss how we can prepare for emergency situations. Food, shelter, and security are key to peace of mind. Peace of mind is the key to the peace on Earth.

### **Stories of Yogiji - Various Teachers (Yogi Bhajan Pavillion)**

Long time students of Yogiji will share stories and personal experiences of the Master from the early days of 3HO. Yogiji lived his teachings and used his life to impact his students. His stories are amazing, funny, uplifting and always show the way to God. Join us in a relaxing atmosphere of sharing and celebration of this extraordinary life.

### **MONDAY, JUNE 21 – 7:00-8:15 a.m.**

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

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.

#### **Yoga for Special Needs Students- Satraj Kaur (Water) (KY)**

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?

### **The Power of Sat Kriya- Akal Kaur (Fire) (KY)**

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.

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

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.

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

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.

### **MONDAY, JUNE 21 – 10:30-12:30 a.m.**

### **Training the Mind: A Life Beyond our Fear- Gurmukh Kaur (Tantric Shelter) (AA)**

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.

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

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. 2 CEUs.

**Trauma and You: Recognizing, Releasing, and Transformation- Satya Kaur Khalsa (Water) (AA)**

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.

**Song of the Deathless Ones: Shiv Shakti Mantra- Satkirin Kaur Khalsa (Fire) (SG)**

This is a workshop on the mantra *Jai Te Gung*. We will learn how to recite, and sing with projection to reach your personal heights. Churning from your root to your cortex, experience the blossoming of your angelic self. "If you really want badly to win sometime, this mantra has the power to give you victory." (Yogi Bhajan)

**Aquarian Sadhana Mantra Workshop for Musicians- Sangeet Kaur Khalsa (Air) (AA)**

The Aquarian Sadhana mantras will be with us for many years to come. Why did Yogi Bhajan 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!

**Kundalini Yoga: How it Works- Dr. Hari Simran S. Khalsa (Ether) (AT)**

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. 2 CEUs.

**How to Create and Maintain a Cohesive Spiritual Family - Rai Singh & Kaur Khalsa  
(Youth & Teen Camp)**

This informal class will explore how to infuse your spiritual practice into your family life. Yogi Bhajan's teachings on family and raising children will be discussed in addition to personal experiences of the process, from the perspective of the parents, as well as from the now grown children of one 3HO family. We'll leave ample time for questions and answers.

**MONDAY, JUNE 21 – 12:45-1:45 p.m.**

**MPA Parent Meeting (Fire)**

Meeting for parents whose children are attending Miri Piri Academy.

**MONDAY, JUNE 21 – 2:00-3:30 p.m.**

**Sat Nam Rasayan and the Healing Power of Fire- Guru Dev Singh (Tantric Shelter) (AA)**

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)

**Tratakum Meditation – Tuning into the Master- Kirpal Singh (Earth) (AT)**

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. 2 CEUs.

**Authentic Communication: Deep Listening- Sunder Singh, Siri-Gian Kaur, Kartar Singh  
(Water) (AA)**

Deep listening happens when your own inner noise is reduced. When you embrace the polarity within yourself without reaction or entanglement, you become still and open the space for listening. Deep listening is a recognition of what is and that you are part of what is. It is the ability to invite in the other person as you and allows something authentic to emerge.

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

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. 2 CEUs.

**Embrace Commitment for Success- Siri Atma S. Khalsa, M.D. (Air) (AA)**

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.

**3HO/UN Anti-Drug Class Series Class 2: Superhealth® - Dealing with Addiction- Mukta Kaur Khalsa and Gurumeet Kaur Khalsa (Ether) (AT)**

The SuperHealth program is based on the teachings of Yogi Bhanan including Kundalini Yoga, meditation, diet, and Humanology. Understand unconscious triggers and the impact of addictive behavior on relationships. Identify healing foods including specific foods for detoxification and rehabilitation. Learn the therapeutic use of ancient juice formulas for cleansing and rebuilding the system. 2 CEUs.

**MONDAY, JUNE 21 – 3:45-5:15 p.m.**

**Sat Nam Rasayan and the Healing Power of Fire Continued - Guru Dev Singh (Tantric Shelter) (AA)**

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

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.

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

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.

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

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.

### **Tips for Running a Successful Yoga Center - Panch Nishan Khalsa & a Team of Yoga Center Leaders (Air) (AT)**

Network with other yoga centers, share what is working for your center or what challenges you have, and hear how other yoga centers have faced that same challenge. Learn useful tips to help grow and expand a successful yoga center. Brought to you by 3HO IKYTA Yoga Center Partnership Program. 2 CEUs.

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

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.

### **Tantric: Tips, Tools, and Techniques - GuruPrem Khalsa (Youth & Teen Camp)(KY)**

Posture Master GuruPrem teaches the heart rules for an easier day of White Tantric Yoga®. Learn Navel Intelligence, make gravity your friend, and lead with your Heart for ease in your asana practice, life, and WTY®. Find your asana (comfortable seat)! For everyone—young, young at heart, beginners, or advanced!

### **MONDAY, JUNE 21 – 7:00-8:15 p.m.**

#### **Sikh Dharma Identity and Practices- Bhai Sahiba Bibiji Inderjit Kaur (Tantric Shelter)**

Come to this class for a cozy time with Bibiji (Yogi Bhajan's wife of 41 years). She will tell a story of the Sikh Gurus, explain the tenets of Sikh Dharma (bana, bani, seva, simran), use mantras to invoke the spirit of Guru, and answer your questions.

### **MONDAY, JUNE 21 – 8:15-9:45 p.m.**

#### **Special Guest: H.H. Swami Chidanand Saraswatiji (Tantric Shelter)**

H.H. Swami Chidanand Saraswatiji is the President of Parmarth Niketan Ashram. He left his home at eight years old and spent his youth in seclusion, silence and sadhana in the Himalayas. Today he is world renowned as a great saint, spiritual leader, visionary and divine guide. Pujya Swamiji's religion is unity, and he has been a leader in numerous international, inter-faith conferences and parliaments. He has also been honored with innumerable awards and has also led a number of pilgrimages for peace across the world. The "Yoga" taught by Pujya Swamiji is a total yoga - of body, mind, spirit and soul. It is Yoga for every minute and every day of our lives.

#### **Conscious Connection - Partner Possibilities - Siri Kirin Kaur (Earth) (AA)**

Meet others like yourself who honor the spiritual path of Kundalini Yoga, sadhana, and seva. Take advantage of the heart-opening solstice energy and the opportunity to meet so many conscious souls. Connect with possible White Tantric Yoga® partners. We will practice a kriya to open the heart and learn the So Purkh mantra.

### **Drum Circle- Solstice Community (Water)**

Join in the heartbeat of Solstice. Release the internal heat of the fire tattva and bless the Solstice Community with your prayers in the beat of the drum by joining in the drumming circle. Everyone welcome, bring your own drum.

### **Gong Meditation – Harijiwan Singh (Fire)**

### **Shuniya in Sat Nam Rasayan®- Hari Nam Singh (Air) (AA)**

"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. (Nightly SNR® class.)

## **TUESDAY, JUNE 22 – Tantric Day One**

**White Tantric Yoga STARTS AT 8:00 a.m. (Tantric Shelter)**

**Insert WTY blurb from previous guides**

### **TUESDAY, JUNE 22 – 8:15- 9:45 p.m.**

**Gong Meditation – Shiva Singh (Fire)**

**Resonance in Sat Nam Rasayan® Healing- Tom Takenouchi/Dharma Singh (Air) (AA)**

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.)

## **WEDNESDAY, JUNE 23 – Tantric Day Two**

**Insert White Tantric Yoga**

### **WEDNESDAY, JUNE 23 – 8:15- 9:45 p.m.**

**Gong Meditation – Sunder Singh (Fire)**

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

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.)

### **THURSDAY, JUNE 24 – Tantric Day Three**

#### **Insert White Tantric Yoga**

### **THURSDAY, JUNE 24 – 8:15 - 9:45 p.m.**

#### **Gong Meditation – Sangeet Kaur (Fire)**

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

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.)

#### **Stories of Yogi Ji (Yogi Bhajan Pavillion)**

### **FRIDAY, JUNE 25 – 7:00- 8:15 a.m.**

#### **Shakti Dance: Navel Intelligence- Avtar Kaur Olivier (Tantric Shelter) (AA)**

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!

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

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.

### **Inhale Exhale: How to Teach Breath - Sadhu Kaur Khalsa (Water) (AT)**

This class will give you a deep experience of your own breath. Discover how to establish a solid foundation for pranayam through setting your navel point and proper alignment. You will learn how to teach the science of pranayam and to guide others in a deeply transformative experience of the breath of life. 2 CEUs.

### **Manifesting Your Spiritual Warrior- Jot Singh Khalsa (Fire) (KY)**

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.

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

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.

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

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.

**FRIDAY, JUNE 25 – 10:30- 12:30 p.m.**

### **Being Intact, Creating an Impact- Harijiwan Singh (Tantric Shelter) (KY)**

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.

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

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. 2 CEUs.

### **Authentic Communication: The Authentic Voice- Sunder Singh, Siri-Gian Kaur, Kartar Singh (Water) (AA)**

Hearing the whisper of your soul is the first thing you need for an authentic voice. Even in the midst of a hurricane, the pulse of the soul is always present. When you speak from that stillness, your authentic voice conveys you and your true identity. The resonance of that authenticity creates a seed that takes root in the hearts of those who are open.

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

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.

### **What's behind the Science of Naad?- Guruka Singh and Gurujot Singh (Water) (SG)**

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.

### **Naad Yoga & Kirtan: Raag Bilaaval "Beginnings"- Harbhajan Kaur Khalsa (Ether) (SG)**

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.

**FRIDAY, JUNE 25 – 2:00- 3:30 p.m.**

**Let Joy Free your Spirit!- Krishna Kaur (Tantric Shelter) (AA)**

After three amazing days of White Tantric Yoga®, it's time to celebrate our journey of personal transformation with the *JOY of Kundalini Yoga!* We'll dance, sweat, laugh, sing, and meditate ourselves into an experience of spiritual freedom. Let's take the *fire* of our Solstice experience home and as Yogi Bhajan says, "Be the Lighthouse!"

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

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! 2 CEUs.

**Fire in the Belly Warms the Heart - Satsimran Kaur (Water) (AA)**

A conversation with Satsimran Kaur focusing on how to navigate the sometimes rocky spiritual path. Utilizing the teachings of Yogi Bhajan on kindness, compassion, tolerance, understanding, and love, we will focus on our inner strengths to manifest the life we want.

**The Power of Ong- Dev Suroop Kaur Khalsa (Fire) (AA)**

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 Esoteric Teachings of Ayurveda: Transforming Stress into Vitality, Metabolizing Anger into Light, Distilling Grief into Amrit- Jai Dev Singh Khalsa & Dr. Sham Rang Singh (Air) (AA)**

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.

**3HO/UN Anti-Drug Class Series Class 3: Keeping Your Community Drug Free - Sat Dharam Kaur, N.D. (Ether) (AT)**

Learn how a team of teachers can take Kundalini Yoga as taught by Yogi Bhajan® into their community, and provide a structure to assist people in overcoming addictive behavior for years to come. We share our experience in teaching Kundalini Yoga for addiction recovery in Toronto, Canada, where teachers now present programs in hospitals, rehabilitation centers, community centers, and yoga studios. We will also present key meditations and short kriyas for conquering addiction. 2 CEUs.

**Miri Piri Academy Informational Meeting – Jugat Guru Singh (Youth & Teen Camp)**

This is a meeting for parents, youth, or anyone else who wants to learn more about Miri Piri Academy, international boarding school located in Amritsar, India, emphasizing quality academics, yogic lifestyle, Sikh values, and Kundalini Yoga Teacher Certification. A member of the staff, a current parent, and a student will be present to share their experience of the school and answer your questions. Everyone is welcome.

**FRIDAY, JUNE 25 – 3:45- 5:15 p.m.**

**Bring Summer Solstice Sadhana Celebration Home- Solstice Staff (Tantric Shelter)**

This class is designed to support the process of integrating the powerful Solstice experience into our lives. We'll learn how to sustain and support our Solstice journey through yoga, meditation, and discussion, to help us continue the process of spiritual unfoldment and upliftment throughout the coming year.

## **So You Want to be a Kundalini Yoga Teacher- Pritpal Kaur & Pritpal Singh Khalsa (Earth) (AT)**

Perhaps, with several years of practice, you are looking for a deeper challenge or experience. Perhaps with only a few months of practice, you are "called" to share what you have experienced. There are currently Kundalini Yoga teacher-training certification programs all around the world. Learn about the programs and get the answers to all your questions. All levels of experience welcome.

## **Men's Wisdom Council- Bhagwant Singh, Jot Singh, and Sopurkh Singh (Water) (AA)**

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

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

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.

## **Committed Relationships can Help Us Grow - Deva Kaur (Air) (WT)**

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, but gratitude comes as we learn to excel and keep up together.

## **Everyday Grace- Sat Purkh Kaur Khalsa (Ether) (WT)**

Every woman has within her an inner grace--an everyday grace. Combining personal experiences with the teachings of Yogi Bhajan, 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.

### **Becoming a Conscious Parent- SiriNam Khalsa (Youth & Teen Camp) (AA)**

Conscious Parenting requires the grace and discipline of the fire tattva. We will discuss parenting tips and conscious guidelines based on Yogi Bhajan's teachings and the instructor's experience as an educator and father. Topics may include creating supportive environments and instilling the spiritual values which can act as guidelines to meet life's challenges.

### **FRIDAY, JUNE 25 – 8:30 p.m. - 3:00 a.m.**

#### **Ransabhai - Sacred Sound Sleepover (Tantric Shelter)**

Come to the Ransabhai where devotional music in the sacred space of the Gurdwara is played and sung all night long. The icing on the Solstice cake! Bring your sleeping bag or blanket and join the whole camp for this cozy and divine night.

### **SATURDAY, JUNE 26 –3:00 a.m.**

#### **Amrit Ceremony (Gurdwara)**