



# SUNDAY JUNE 20 - DAY THREE

		Tantric Shelter	Earth	Water	Fire	Air	Ether	Gurdwara	Alternate areas
3:45-7:00	<b>Sadhana</b>	Sadhana							
7:00-8:15	<b>Early Morning Workshops</b>		Burning the Sacred Haven Within (Bhai Himat)	God Sits on the Tip of Your Tongue (Gurukirn Khalsa)	Tuning into the Golden Chain and Beyond (Harsimran Singh)	How to Live, How to Die (Siri Marka Singh Khalsa)	Celestial Communication for Transformation (Adarsh Kaur Khalsa)	1)Yes, We Would Love for You to Read in the Akhand Path and 2)Gurdwara for Dummies (Gurdwara Missal)	Basketball Court Gatka: Sikh Martial Art (Students of MPA)
8:00-9:15	<b>Breakfast</b>								
9:15-10:15	<b>Karma Yoga Workshops</b>								
10:30-12:30	<b>Morning Workshops &amp; Gurdwara</b>	Gurdwara	Special Guest: H.H. Sri Shankaracharya Swami Divyanand Teerthji	Brightness & Lightness (Awtar Kaur Khalsa)	Too Hot to Handle? Taming the Fires of Passion in Relationships (Sangeet Kaur)	The Lunar Woman – Experience the Teachings and Teach the Experience (Hari Charn Kaur Khalsa and Shakta Kaur)	The Fire Chakra's Journey to Bliss (Kirn and Guruchander Khalsa)	11am during Gurdwara: Sikh Stories for Children (and Grown Ups) (Gurdwara Missal)	How to Create and Maintain a Cohesive Spiritual Family (Rai Singh & Kaur Khalsa)(in Youth & Teen Camp)
12:45-1:45	<b>Lunch</b>	Lunch							
2:00-3:30	<b>Early Afternoon Workshops &amp; Gurdwara</b>	Gurdwara	The Rhythm of Your Identity (Gurusangat K. Khalsa, Ph.D.)	Rhythmic Intelligence (Mata Mandir Khalsa)	Healing Hands (Dr. Waheguru Khalsa)	Sadhana Yoga (Guru Simran Singh Khalsa)	Blessings: Meditations for the New Age (Gurudarshan Kaur)	Gurdwara	Happy Fathers: A Fun Yoga Class for Families (GuruDev Kaur)(In Youth & Teen Camp)
3:45-5:15	<b>Afternoon Workshops</b>	The Sacred Power of Containing and Directing the Inner Human Fire (Guru Singh)	Healing Chronic Illness with Kundalini Yoga (Jivan Joti Kaur Khalsa, Ph.D.)	Listening to the Voice of the Aquarian Teacher (Shakta Kaur Kezios and Angad Kaur)	Ignite Your Spirit, Be a Leader (Sadhana Singh)	What You Need to Know about Kundalini Yoga and Prenatal Yoga (Tarn Taran Kaur)	The Spirit and Pulse of the Sikh Dharma Ministry (Dr. Sat Kaur & Dr. Shanti Shanti Kaur)		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)
5:30-6:30	<b>Dinner</b>							Rehiras (5:15)	



# MONDAY JUNE 21 - DAY FOUR

		Tantric Shelter	Earth	Water	Fire	Air	Ether	Gurdwara	Alternate Areas
3:45-7:00	<b>Sadhana</b>	Sadhana							
7:00-8:15	<b>Early Morning Workshops</b>		Gatka: Sikh Martial Art (Students of MPA)	Yoga for Special Needs Students (Satraj Kaur)	The Power of Sat Kriya (Akali Kaur)	Fire as an Agent of Healing and Propelling (Hari Jiwan Singh Khalsa)	Supporting Each Other on Solstice Journey and in Life (Mata Mandir Kaur Khalsa)		
8:00-9:15	<b>Breakfast</b>								
9:15-10:15	<b>Karma Yoga Workshops</b>								
10:30-12:30	<b>Morning Workshops</b>	Training the Mind: A Life Beyond our Fear (Gurmukh Kaur)	The Business of Kundalini Yoga (Guru Meher Singh and Shakta Kaur Kezios)	Trauma and You: Recognizing, Releasing and Transformation (Satya Kaur)	Song of the Deathless Ones: Shiv Shakti Mantra (Satkirin Kaur Khalsa)	Aquarian Sadhana Mantra Workshop for Musicians (Sangeet Kaur Khalsa)	Kundalini Yoga: How it Works (Dr. Hari Simran S. Khalsa)		
12:45-1:45	<b>Lunch</b>				MPA Parent Meeting				
2:00-3:30	<b>Early Afternoon Workshops</b>	Sat Nam Rasayan and the Healing Power of Fire (Guru Dev Singh Khalsa)	Tratakum Meditation – Tuning into the Master (Kirpal Singh)	Authentic Communication: Deep Listening (Sunder Singh, Siri-Gian Kaur)	Scientific Research on Yoga: A Global View from the Cutting Edge (Sat Bir Singh)	Embrace Commitment for Success (Siri Atma S. Khalsa, M.D.)	3HO/UN Antidrug Series: Superhealth® - Dealing with Addiction (Class 2) (Mukta Kaur)		
3:45-5:15	<b>Afternoon Workshops</b>		Anger: Harnessing this Fiery, Primary Emotion (Shabad Kaur and Shiva Singh Khalsa)	Connect with the Subtle Body of Baba Sri Chand (Amandeep Singh)	Moon Centers: The secrets Men Only Wish they Knew (Gurutej Khalsa)	Tips for Running a Successful Yoga Center (Panch Nishan Khalsa & A Team of Yoga Center Leaders)	Sun Energy for the Lunar Woman (Nam Kaur Khalsa)	Tantric: Tips, Tools, and Techniques (Guru Prem Khalsa) (In Youth & Teen Camp)	
5:30-6:30	<b>Dinner</b>							Rehiraas (5:15)	
7:00-8:15	<b>All-Camp Gatherings</b>	Identity and Practices (Bhai Sahiba Bibiji)							
8:15-9:45	<b>Evening Programs</b>	Special Guest: H.H. Swami Chidanand Saraswatiji	Conscious Connection - Partner Possibilities (Siri Kirin Kaur)	Drum circle (Solstice Community)	Gong Meditation (Harjiwan Singh)	Shuniya in Sat Nam Rasayan® (Hari Nam Singh)			







THURSDAY JUNE 24 - DAY SEVEN, 3rd TANTRIC DAY

		Tantric Shelter	Earth	Water	Fire	Air	Ether	Gurdwara	Alternate Areas
3:45-7:00	<b>Sadhana</b>	Sadhana							
7:00-8:10	<b>Breakfast</b>								
8:00	<b>White Tantric Yoga</b>	Tantric							
approx. 12:00	<b>Tantric Burger</b>								
approx. 1:00	<b>White Tantric Yoga</b>	Tantric							
approx. 5:30	<b>Dinner</b>							Rehiras (5:15)	
8:15-9:45	<b>Evening Programs</b>				Gong Meditation (Sangeet Kaur)	The Art of Knowing in Sat Nam Rasayan® Healing (Hargopal Kaur Khalsa)			Stories of Yogi Ji (in the Yogi Bhajan Pavillion)
9:50-10:00								Kirtan Sohila	

# FRIDAY JUNE 25 - LAST DAY

		Tantric Shelter	Earth	Water	Fire	Air	Ether	Gurdwara	Alternate areas
3:45-7:00	<b>Sadhana</b>	Sadhana							
7:00-8:15	<b>Early Morning Workshops</b>	Shakti Dance: Navel Intelligence (Avtar Kaur)	Gatka: Sikh Martial Art (Students of MPA)	Inhale Exhale: How to Teach Breath (Sadhu Kaur Khalsa)	Manifesting Your Spiritual Warrior (Jot Singh Khalsa)	The Fuel of Disappointment: What to do When You DON'T Get What You Want (Dr. Japa K. Khalsa)	God as my Lover (Dr. Sham Rang Khalsa)		
8:00-9:15	<b>Breakfast</b>								
9:15-10:15	<b>Karma Yoga Workshops</b>								
10:30-12:30	<b>Morning Workshops</b>	Being Intact, Creating an Impact (Harijiwan Singh)	Kundalini Yoga Workshops: How to Design and Present (Hari Charn & Deva Kaur Khalsa)	Communication: The Authentic Voice (Sunder Singh, Siri-Gian Kaur, Kartar Singh)	Happiness through Dissolving EGO (Mahan Kirn Kaur Khalsa)	What's Behind the Science of Naad? (Gurujot Singh & Guruka Singh)	Naad Yoga & Kirtan: Raag Bilaaval "Beginnings" (Harbhajan Kaur Khalsa)		
12:45-1:45	<b>Lunch</b>								
2:00-3:30	<b>Early Afternoon Workshops</b>	Let Joy Free your Spirit! (Krishna Kaur)	Fire in the Belly: Teaching your Passion through the Navel Center (DukhNiwaran Kaur Sugrue)	Fire in the Belly Warms the Heart (Satsimran Kaur)	The Power of Ong (Dev Suroop Kaur Khalsa)	The Esoteric Teachings of Ayurveda (Jai Dev Singh & Dr. Sham Rang Singh)	3HO/UN Antidrug Series: Keeping Your Community Drug Free (Class 3) (Sat Dharam Kaur, N.D.)		Miri Piri Academy Informational Meeting (Jugat Guru Singh) (In Youth & Teen Camp)
3:45-5:15	<b>Afternoon Workshops</b>	Bring Summer Solstice Sadhana Celebration Home (Solstice Staff)	So You Want to be a Kundalini Yoga Teacher (Pritpal Kaur & Pritpal Singh Khalsa)	Men's Wisdom Council (Bhagwant Singh, Jot Singh, and Sopurkh Singh)	Shuniya and the Power to Shift Perspective (Sunder Singh)	Committed Relationships can Help Us Grow (Deva Kaur)	Everyday Grace (Sat Purkh Kaur Khalsa)		Becoming a Conscious Parent (SiriNam Khalsa) (In Youth & Teen Camp)
5:30-6:30	<b>Dinner</b>							Rehiras (5:15)	
8:30-3:00	<b>Ransabhai</b>	Ransabhai						Amrit Ceremony (begins at 3am)	