



2010 Summer Solstice Sadhana Celebration

Teacher Biographies

(As of 6/1/10)

Adarsh Kaur Khalsa has been a certified Kundalini Instructor since 2000. Her background in dance, music, and yoga combines perfectly for creating and teaching Celestial Communication. Adarsh Kaur currently resides in Los Angeles, California, with her husband and two cats.

Akal Kaur is a Registered Nurse, Kundalini Yoga Instructor, Prenatal Yoga Instructor, and Childbirth Educator. She has completely healed and transformed her life with Sat Kriya.

Amandeep Singh is a counselor by profession and he is a Kundalini Yoga Teacher Trainer. Trained in both the Nirmala Tradition of Guru Gobind Singh and the Udasi Tradition of Baba Sri Chand, he teaches classes in Eastern Spirituality.

Amrit Singh Khalsa took his first Kundalini Yoga class in college for gym credit 20 years ago. After graduating with a Ph.D. in engineering, he was trained in business by Yogi Bhajan. He is currently a Kundalini Yoga teacher trainer, and the CEO of Essential Living Foods.

Angad Kaur (Tarisa) Parrish owns The YogaSoul Center in Eagan, Minnesota, and is also Director of Change Management for Best Buy Corporation, where she integrates yogic principles into a complex business setting. Angad's fearless nature enables her to meet life with grace and enthusiasm.

Aria Wang worked as a talk show hostess for 15 years in Taiwan. Now she teaches Kundalini Yoga and energy healing in Los Angeles, USA, and Asia, focusing on Yogi Bhajan's teachings on women. She is thankful she can share teachings to so many "Shaktiis" with all her heart.

Avtar Kaur Olivier was born in Britain and lives in Italy. She began studying with Yogi Bhajan in 1987. She is a Level I Lead Kundalini Yoga Trainer, SNR® healer, life-long dancer, and the founding creator of Shakti Dance, which was blessed by Yogi Bhajan in 2001.

Awtar Kaur Khalsa has been living and teaching in Kundalini Yoga ashrams since 1972. She sat at Yogi Bhajan's feet with notebook, timer, and camera, prompting him to remark, "She has perfect notes." Her sense of humor and transparency help her students get real about their own practice and teaching.

Bhagwant Khalsa, Jot Singh, and Sopurkh Singh (Men's Wisdom Council)

Though the "teachers" in this circle are several, the talking stick occupies the focus. "A Talking Stick is so named because the one who holds it speaks from the heart to completion. Those not holding it listen from the heart."

In 1983 **Bhai Himat Singh** began his study of Kundalini Yoga under the direct tutelage of Yogi Bhajan. For over 25 years, until the master's death, Bhai Himat served, studied under, and worked for Yogi Bhajan. He is a KRI Level I and II teacher trainer.

Bhai Sahiba Bibiji Inderjit Kaur is a clinical therapist, writer, speaker, teacher, and Representative for 3HO to the Non-Governmental Organizations of the United Nations. She was married to Yogi Bhajan for 41 years.

Darshan Kaur Khalsa has taught Kundalini Yoga for 36 years in Washington, D.C. She is a KRI teacher trainer and Past Life Regression Therapist. Yogi Bhajan said of Darshan Kaur, "She came here as a teacher—to elevate people. She has a powerful prayer to bring out the God in everyone."

Deva Kaur trains Kundalini Yoga teachers and teaches Kundalini Yoga in South Florida. She has been a student of Yogi Bhajan for over 35 years. She is the co-owner of Yoga Source in Coral Springs, Florida.

Devinder Kaur is Owner/Director of PranaShanti Yoga Centre. She is a certified Hatha and Kundalini Yoga teacher and a KRI Professional Teacher Trainer. In 2007, she released her debut CD "Echo", www.devinderkaur.ca. Devinder is a writer for local and national magazines and websites and is a regular guest at Yoga/Women's conferences.

Devjeet Kaur is a certified KRI Teacher Trainer Level I and II Instructor. As winner of the first Russian Beauty Pageant, she travels extensively, teaching Kundalini Yoga in the U.S.

and overseas. Her classes are filled with humor and deep understanding of the human psyche.

Dev Suroop Kaur Khalsa delights in sharing the pure practicality of nurturing a successful life through the teachings of Yogi Bhajan. An accomplished musician, recording artist, and Kundalini Yoga Teacher Trainer, Dev Suroop Kaur strives to break it down, keep it real, and guide students to their own empowered authenticity.

Dharma Kaur teaches Kundalini Yoga and Shakti Dance. She gives workshops in Europe and the USA. She studied Hatha Yoga and is trained in Indian Classical Dance, Theater, and Intuitive Arts. She lives in Rome, Italy.

DukhNiwaran Kaur Sugrue has been passionately teaching Kundalini Yoga since 1997 and is a Professional Teacher Trainer. By creating a program for teachers called Continuing Transformation, she strives to develop stronger teachers and build a more vibrant community in Chicago. Look for her at Solstice Hospitality.

Ek Ong Kaar Kaur Khalsa is a writer and a teacher. She writes for her blog and travels around the world sharing the wisdom of Sikh Dharma and teaching Kundalini Yoga.

Gurmukh Kaur is the co-founder and director of Golden Bridge Yoga, Los Angeles, as well as the Director of Golden Bridge Yoga, NYC. For nearly three decades, students in Los Angeles and from around the world have sought out her classes in Kundalini Yoga, meditation, and pre-and post-natal care.

Guru Dev Singh Khalsa is the pre-eminent healer and teacher of Sat Nam Rasayan®. He is acclaimed in the Americas and Europe as one of the greatest healers of our time.

Guru Raj Kaur Khalsa is a senior Kundalini Yoga Teacher Trainer and brings a lifetime of dedication to teaching Kundalini Yoga and Sikh Dharma. She was one of Yogi Bhajan's early students and one of the first Sikh Dharma ministers. She is a renowned singer of sacred music.

Guru Ravi Kaur Khalsa is a Marriage, Family, and Child Therapist in private practice in Tucson, Arizona. She is a senior Kundalini Yoga teacher, practicing for over 36 years, and is a lead Teacher Trainer. It is her joy and privilege to assist others in their physical, mental, and spiritual growth.

Guru Simran Singh Khalsa began studying Kundalini Yoga and Humanology, practicing White Tantric Yoga®, and serving at summer solstice in 1986. In 1991 he completed Master's Touch with Yogi Bhajan. He is a life-long student of martial arts.

Guru Singh studied with Yogi Bhajan starting with his first class, the beginning of 3HO on January 10, 1969. He continues to study Yogi's teachings to this day. He was given the name Guru Singh to dedicate his life to teaching these teachings throughout the world.

Gurucharan Singh Khalsa, Ph.D., is the KRI Director of Training for Kundalini Yoga. Dr. Khalsa is an authority on the mind and in the applied psychology of meditation and peak performance. He has trained thousands of yoga teachers and conducts classes and seminars in Kundalini Yoga around the world.

Gurucharan Singh, originally from New Orleans, has lived in California since the early 1970's in order to be closer to Yogi Bhajan. At his direction, Gurucharan became a psychologist and has been exploring "Psychology of the Spirit."

Gurudarshan Kaur was raised in 3HO and has been practicing Kundalini Yoga and living the yogic lifestyle since she was in the womb. She has realized the necessity of this technology for this Age and lives to share the art of becoming healthy with abundant prosperity.

GuruDev Kaur has been so empowered by the yogic lifestyle teachings of Yogi Bhajan that she wants to share the experience of Kundalini Yoga with people of all ages and all levels. A certified teacher since 2001, she is a member of IKYTA and currently teaches at Yoga Santa Fe.

Gurudhan Khalsa has been the Camp Director for Summer Solstice since 1977. He has practiced and taught Kundalini Yoga since 1971. He is a KRI Teacher Trainer and the Sales Manager for Yogi Tea. You can find him teaching at YogaWest in Los Angeles.

Guruka Kaur has been a student/teacher of Yogi Bhajan for 40 years. She currently serves 3HO and IKYTA and the Director of International Collaboration. Guruka Kaur has worked with teachers around the world developing the Global Teachers Council (GTC). She currently serves as the chairperson of the GTC.

Guruka Singh is a teacher, writer, and inveterate punster. In this incarnation, he met Yogi Bhajan in 1971 and has been teaching Kundalini Yoga ever since. He is well-known for his many YouTube video classes.

Gurukirn Kaur Khalsa began her studies with Yogi Bhajan in 1971 at the Pomona, California, ashram. She has produced several books incorporating her poetry and artwork, celebrating the soul's longing to belong. She currently resides in Phoenix and she serves the Guru Nanak Dwara Ashram and Gurdwara communities.

GuruMeher Khalsa began studying under Yogi Bhajan in 1980, and has been teaching Kundalini Yoga ever since. He is the Director of Teacher Training at Yoga West, Yogi Bhajan's original studio in Los Angeles. As a professional Life Coach, he helps people identify and transform their personal blocks to fulfillment.

GuruPrem Khalsa is Master of Postures and Alignment for Kundalini Yoga as taught by Yogi Bhajan. He is the author of "Divine Alignment" and "The Heart Rules." He has been teaching for over 30 years and has a powerful yoga, meditation, and sadhana practice.

Gurusangat K. Khalsa, Ph.D. is a KRI Trainer in Belo Horizonte, Brazil. Her education as an M.D., her Masters in philosophy, and her training in Kundalini Yoga gives a unique capacity to blend East and West in her teaching. Her passion is developing community through Kundalini Yoga.

Gurutej Khalsa co-founded 3HO Canada in 1970. Gurutej Kaur is committed to community outreach and philanthropic causes. A co-founder of The Golden Bridge Yoga Center in Los Angeles, she has lived and practiced at The Blessings Center since 1999. She has released over a dozen instructional yoga videos and DVD's.

Harbhajan Kaur Khalsa and **Siri Sevak Kaur Khalsa** each represent more than 25 years of "immersion" in Shabd Guru and kirtan as students of Yogi Bhajan, who encouraged and supported their more intensive training in all elements of classical kirtan and naad.

Hargopal Kaur Khalsa has an M.S. in Physics and is a scientist in the aerospace industry. (Yes, rocket scientists do practice SNR®.) She is a top SNR® level III Traveling Instructor. Her deep intellect brings the art and heart of healing into scientific reality for even the most skeptical student.

Harsimran Singh was taught Kundalini Yoga in 1977. He has been teaching classes in Athens, Georgia, since 2001.

Hari Jiwan Singh Khalsa has been teaching Kundalini Yoga for over 35 years. As Yogi Bhajan's Chief of Protocol, he travelled around the globe with him. He shares the wisdom from his experience of sitting with Yogiji for those precious hours. His teaching perspective is refreshing, straight, and delivered with sincerity and humor.

Hari Charn Khalsa is a KRI Teacher Trainer and the KRI Director of Reach Out Teach Out. She has been a student of Yogi Bhajan for over 35 years. She travels and develops teachers around the world.

Hari Nam Singh began Sat Nam Rasayan® in 1993. He has taught SNR® for over 10 years and holds a Level I Kundalini Yoga Certification from KRI. This year he will be launching a SNR®-based web hosting service in conjunction with SNR®, open to all SNR® practitioners worldwide.

Dr. Hari Simran Singh Khalsa has been teaching Kundalini Yoga for over 30 years. He currently works at the Institute for Advanced Care in Chiropractic in the San Francisco bay area. He is the co-founder of the Elevation Institute and travels the world as a KRI-Certified Teacher Trainer.

Harijiwan Khalsa is based in Santa Monica, California, and has been teaching Kundalini Yoga since 1975. Yogi Bhajan once said to him, "You should be a better teacher." Harijiwan Singh continues to apply the words of his teacher. www.Harijiwan.com

Harnam Singh is a KRI certified Kundalini Yoga teacher. His daily practice includes 31 minutes of Bound Lotus which he has done for over 1000 days. Mahan Kirin Kaur personally gave her blessing for him to teach this kriya. He is online: www.artiyogamusic.com

Jai Dev Singh Khalsa is a Clinical Ayurvedic Specialist and Kundalini Yoga teacher. He is the former Clinical Director and Pancha Karma Director at the California College of Ayurveda. He teaches workshops on Ayurveda from the context of the yogic path, and yoga classes with his wife, Simrit Kaur.

Jap Singh Khalsa is a Kundalini Yoga trainer and posture specialist, professional dancer, hatha yoga teacher, devotional chants musician (kirtan and Naad Yoga), and author of four CDs. He has developed Asana Dance as a combination of rhythm, asanas, and meditation through many years of practicing and teaching in these fields.

Dr. Japa K. Khalsa is a yoga teacher and Doctor of Oriental Medicine. She lives a high velocity life at the Mother Ashram in Espanola with her husband, two cats, and a dog. Her work with all her patients and students emphasizes growth and transformation through self care.

Jivan Joti Kaur Khalsa, Ph.D., student of Yogi Bhajan since 1970, is a KRI certified Lead Trainer for Levels I and II. She has written three books: *The Art of Making Sex Sacred*, Editions One and Two, and *Dying into Life: The Yoga of Death, Loss and Transformation*.

Joshua Param Sevak is the Director of Kundalini Yoga at Black Swan Yoga, Austin's first donation based yoga studio. He teaches Kundalini and Hatha Yoga.

Jot Singh is a world class, award-winning artisan. His work has been featured on two book covers, four magazine covers, in two museum exhibitions and in print media published in seven languages. He offers Kundalini Yoga workshops regularly throughout the USA and internationally.

Karta Purkh Singh Khalsa, Yogaraj, DN-C, RH, RC, was Yogi Bhajan's herbal apprentice for over 30 years. He founded Yogic Herbs and its sister professional company, Herb Technology. His most recent book is *The Way of Ayurvedic Herbs*. He is senior research scientist and principal medical formulator for Yogi Tea.

Kartar Khalsa has been teaching for over 30 years. He regularly teaches at Summer and Winter Solstice and the Asian Yoga Festival, and is offering Kundalini Yoga teacher training in a 3 week residential program in Virginia with Sunder Singh and Gurunater Kaur. His favorite teaching is transformational work.

Kartar Singh Khalsa, D.O.M., combines the expertise of a licensed Doctor of Oriental Medicine, a trained Acupuncturist, and Kundalini Yoga teacher. He currently practices herbology and acupuncture in New Mexico. Dr. Kartar Khalsa possesses a personal passion for helping people make positive changes.

Kirn and Guruchander Khalsa started studying with Yogi Bhajan in the early seventies, when they began their lifelong passion of celebrating the possibility of Enlightenment through the practice of Kundalini Yoga, yogic numerology, and yogic healing. They serve as directors for Yoga Santa Fe and GRD Health Clinic. www.yogasantafe.com.

Kirpal Singh Khalsa, Ph.D., founded the Guru Ram Das Ashram in Boulder, Colorado, in 1971 and served as director until 1991. From 1992 – 2003, he was Academic Director and a founding member of Miri Piri Academy in India. Presently, he and his wife, Kirpal Kaur, live in Espanola, New Mexico.

Krishna Kaur has been teaching Kundalini Yoga since 1970. Founder of Yoga for Youth, Krishna Kaur has taught yoga and trained others to teach urban and incarcerated youth for the past 14 years. She also teaches regularly in West Africa.

Ma Dhyani Siddhi is a state approved educator, KRI certified Kundalini Yoga teacher and Prenatal teacher. Siddhi's specialty is in healing through mudras and sound. She teaches these unique practices around the world. She resides in Santa Barbara, California, where she has been teaching Kundalini Yoga for the past ten years.

Mahan Kirn Kaur Khalsa began practicing Kundalini Yoga when she was two years old. She has studied with Guru Dev Singh for fifteen years. She facilitates White Tantric Yoga and is a certified Level III Sat Nam Rasayan® Traveling Instructor, Kundalini Yoga Teacher, and originator of the Bound Lotus workshops.

Mahan Rishi Singh Khalsa, D.C., is an international teacher and planetary holistic doctor. He has been teaching Kundalini Yoga and meditation for 35 years and presently co-directs The Khalsa Healing Arts and Yoga Center in Yardley, Pennsylvania. Classes with Mahan Rishi are said to be exhilarating, inspirational, and transforming.

Manjit Kaur began studying with Yogi Bhajan in 1970. A Sat Nam Rasayan® student since 1990, she teaches SNR and uses it in her RN pediatric nursing, hospice, and palliative care work.

Mata Mandir Khalsa is an international teacher of Naad Yoga and Kundalini Yoga, and a pioneer of the chant/mantra genre, having recorded over 28 CDs and cassette tape titles spanning 30 years. He is also the author of the forthcoming book, *Naad Yoga: The Yoga of Sound Workbook*.

Mata Mandir Kaur Khalsa is a Pastoral Counselor specializing in Imago Relationship Therapy. She is also a Sikh Dharma minister of 30 years. Her compassionate, wise, and playful presence reminds us of the deep and loving connections that are possible in our relationships and on our own unique path of spiritual evolution.

Mukta Kaur Khalsa, Ph.D., is the Director of SuperHealth, the technology on behavioral addiction based on the teachings of Yogi Bhajan. She studied personally with Yogi Bhajan for 31 years. She is the author of *Meditations for Addictive Behavior*. Contact her at www.super-health.net or superhealth12@gmail.com

Nam Kaur is well versed in the teachings of Yogi Bhajan. She worked closely with Yogi Bhajan for 11 years as Executive Director of IKYTA and while producing *The Aquarian Teacher* textbook. She has been teaching Kundalini Yoga and for over 28 years and is working on a relationships book

Nirvair Singh Khalsa began studying with Yogi Bhajan in 1971. He is a retired University Instructor at the University of Alaska in Anchorage where he taught Kundalini Yoga for 31 years. He has authored nineteen best selling DVD's/Videos and four books. Currently he is the CEO of The Kundalini Research Institute.

Pritpal Singh Khalsa has been a student of Yogi Bhajan for over 35 years. As a musician, Pritpal has recorded sacred music and performed on four continents. As a KRI-certified Professional Teacher Trainer teaching around the world, he brings insight and caring to his teaching. For further information: www.pritpalsingh.com

Pritpal Kaur Khalsa is the Director of *Excel and Celebrate, A Sacred Circle of Women*. She has been a Kundalini Yoga teacher for over 30 years. Her passion for teaching brings depth and wisdom to her workshops. She is a Personal and Professional Coach, KRI Level I and II Teacher Trainer.

Rai Singh and Rai Kaur began their practice of Kundalini Yoga in 1972. They were married by Yogi Bhajan at Winter Solstice in 1974 and opened the Guru Ram Das Ashram in Knoxville, Tennessee in 1977. They have both been active in various 3HO children's program for three decades.

Ravi Khalsa teaches bhangra workshops around the world, bringing her dynamic style of teaching to dance—making it fun and simple with her easy to follow instructions. Over the last twelve years she has traveled the world teaching, performing, and spreading her love and knowledge of Bhangra.

Sadhana Singh is a KRI lead trainer dedicated to the study and practice of Kundalini Yoga. He has written four books on Kundalini Yoga and developed Leaders and Managers Yoga Training for corporations. He teaches Kundalini Yoga at the University for Leadership and Success in Italy.

Sadhu Kaur Khalsa is a Kundalini Yoga Teacher trained in Belo Horizonte, Brazil. She has a passion for Pranayam. She is a photographer who loves light and nature. She currently teaches Kundalini Yoga in New Mexico.

Sangeet Kaur Khalsa is a long-time student of Yogi Bhajan. She sings, teaches, composes, and records sacred music drawn from the Sikh scriptures, specializing in Sound and Mantra.

Sangeet Kaur Khalsa is a KRI lead teacher trainer in Phoenix, Arizona, author of the popular book, *Womanheart - Healing Our Relationships, Loving Ourselves*, and founder/teacher of Womanheart(R) Retreats for 20 years. She is also completing a new book, *The Blessings Code*, on the numerology and Humanology of relationships.

Sat Bir Singh Khalsa, Ph.D. is a neuroscientist with a 35-year Kundalini Yoga lifestyle practice. He is Director of Research for the Kundalini Research Institute and an Assistant

Professor of Medicine at Harvard Medical School. He researches the efficacy of yoga for insomnia, post-traumatic stress disorder, anxiety, and public schools.

Sat Jivan Kaur is the director of Kundalini Yoga East in New York City. She has taught Kundalini Yoga since 1971. She uses Kundalini Yoga to help infertile couples conceive; she is an expert in natural healing through the application of Kundalini Yoga and yogic diet, and a KRI Teacher Trainer.

Sat Jot Singh is a Kundalini Yoga instructor, Tai Chi/Qi Gong instructor, Reiki Master, and Massage Therapist. He toured with Sratam Kaur in 2006, 2007, and 2008, and released two solo CD's in 2009 satjotsingh.com Sat Jot has a deepening, daily personal practice based on the teachings of Yogi Bhajan.

Sat Purkh Kaur Khalsa is a certified Kundalini Yoga Instructor and a Trainer in the Aquarian Trainer Academy. She serves as Editor and Creative Director for the Kundalini Research Institute. She has two albums of sacred music: *Beautiful Day: The Aquarian Sadhana* and *Nectar of the Name*.

Sat Santokh Khalsa is a leader in the field of transformational workshops and applying yogic technology to living in the world with care and consciousness. A former manager of the Grateful Dead, and Sratam Kaur's father, his presence generates a magical and sacred space in which one's heart is deeply touched.

Expanding the consciousness of humanity through music and Naad Yoga, the yoga of sound, **Satkirin Kaur** resides in New York and teaches regularly at Golden Bridge Yoga and Integral Yoga.

Satraj Kaur was born in Toluca, Mexico. She has been a Kundalini Yoga teacher for five years, during which time she has developed a program for teaching Kundalini Yoga to people with special needs.

Satsimran Kaur was part of Yogi Bhajan's staff beginning in 1971. She is a Life Coach, CEO of White Tantric Yoga® world-wide, and is on the Board of Directors for KRI. She takes responsibility to deliver the Library of the Teachings of Yogi Bhajan.

Satya Kaur Khalsa is blessed to live all year at Guru Ram Das Puri. She is a certified Neuromodulation Technique (NMT) practitioner who incorporates the teachings of Yogi Bhajan into her phone and clinical practice.

Shabad Kaur and Shiva Singh Khalsa are KRI-Certified Teacher Trainers and served Yogi Bhajan for decades. They have shared the teachings of Yogi Bhajan and have impacted many lives. "We see that our students are actually ten times greater than we are!"

Shakta Kaur Kezios (RYT-500) owns Kundalini Yoga in the Loop (KYL), Chicago, Illinois, USA. She's taught the 'Lunar Woman' and 'Invincible Woman' workshops both in the USA and internationally, co-hosts the 'Business of Kundalini Yoga' workshop and tele-conference series, and is a KRI Level 1 Lead Teacher Trainer.

Dr. Sham Rang Singh Khalsa is a physician who has practiced Kundalini Yoga and meditation as a student of Yogi Bhajan for over 30 years. He has trained in Ayurveda and Japanese acupuncture. He is a Sikh Dharma minister and practices marriage with his delightful wife, Arjan.

Shanti Shanti Kaur Khalsa, Ph.D., directs the Guru Ram Das Center for Medicine & Humanology founded by Yogi Bhajan to bring his teachings into the healthcare field. She is a charter member of the International Association of Yoga Therapists, trains health professionals, and researches the medical effects of Kundalini Yoga.

Simran Kaur Khalsa is a lifelong yogini. She teaches Divine Alignment & The Heart Rules, in teacher trainings all over the world with her husband, GuruPrem Singh.

Siri Atma S. Khalsa, M.D., is an engaging speaker on yoga, healing, and medicine. He served as one of Yogi Bhajan's personal physicians for eight years. Yogi Bhajan called him a pure healer. He has an innate ability to tune into what people need at a deep level in order to heal.

Siri-Gian Kaur's passion is helping you hook up with your own cozy soul! She is a teacher, healer, and intuitive. Regarding her intuition, Yogi Bhajan said, "You are fantastic!" www.SoulAnswer.com Free newsletter!

Siri Karm Singh Khalsa, founder and president of The Boston Language Institute, shares his 30-year experience building a company from humble beginnings to international prominence, describing with wisdom, humor, and heart a path to prosperity for all.

Siri Kirin (Kathe) took Kundalini Yoga teacher training at YogaYoga in Texas. She has been teaching for over ten years. Her passion is helping people become more aware of their health.

Siri Marka Singh is a 30-year Kundalini Yoga teacher, Teacher Training team member, and marathon runner. He had the great honor to serve Yogi Bhajan personally for 14 years. He travels throughout the U.S. and Mexico giving workshops on "Living and Dying," "Love and Devotion," and other topics.

SiriNam S. Khalsa, MEd, has served as Khalsa Youth Camp Director for over 20 years. He is an author of educational books, and an instructional leader in the public schools.

Siri Sevak K. Khalsa enjoys teaching Gurmukhi and makes it fun. She is a long-time Kundalini yogi and Sikh who loves to share with those who want to learn more about the language of Shabd Guru.

Sunder Khalsa serves as the KRI Coordinator for Teacher Training in Asia. He is on the KRI Board of Directors and is a KRI honoree for 2009. By the grace of the Master he is touching hearts of all those he meets on this journey of life.

Tarn Taran Kaur Khalsa created a KRI-recognized Specialty Teacher Training—Conscious Pregnancy, which is taught around the globe by her and a team of KRI trainers. Her book, *Conscious Pregnancy: The Gift of Giving Life*, is the resource on Kundalini Yoga for prenatal information. www.kundaliniwomen.org

Tom Takenouchi/Dharma Singh has studied Sat Nam Rasayan® with Guru Dev Singh for over a decade. He is a certified Kundalini Yoga teacher and SNR® Level III student instructor in Pasadena, California. His sense of humor and gifts of clarity and the neutral mind highlight his Sat Nam Rasayan® classes.

Dr. Waheguru Khalsa is a chiropractor and healer in practice in Beverly Hills, California. *The Miracle of Healing Hands* is the book that he published containing some of the yogic healing and hands-on techniques that Yogi Bhajan taught. It has also been translated into German.