



Mujer de Luz  
FUNDACION

# JOTI SAROVAR

Specialization Course  
of the Yogic Teachings for Women



JANUARY 30TH TO FEBRUARY 13TH, 2012

# JOTI SAROVAR

January 30th to February 12th, 2012

Joti Sarovar is the first School for Women's Yogic Teachings, and it is the Educational component of the MUJER DE LUZ Foundation. Our main goal is to share the teachings of Kundalini Yoga for women through specialized programs, and to build a global community of teachers who transform the life of many women, helping them to reformulate the feminine identity and to manifest the new role of women in the present times.

In addition to the course curriculum that will be taught, the training is also a deep process of personal transformation, healing, and a platform for the deepening of personal discipline.

## PROGRAM

The History of the Woman: matriarchy - patriarchy - feminism ♦ Birth, Childhood and Adolescence of the Woman ♦ The Lunar Woman: Understanding our essence ♦ Woman Of Light: The spiritual faculties of a Woman ♦ The essential Nature of Men ♦ Marriage ♦ Sexuality ♦ Pregnancy and Conception  
♦ Childhood Education ♦ Stress and Depression ♦ Personal Care and Nutrition  
♦ Yogic Approach to the Woman's Diseases ♦ Feminine Leadership ♦ Mistreatment and Sexual Abuse.



**Nam Nidhan Kaur Khalsa:** Founder and Director of the MUJER DE LUZ Foundation, has taught yogic teachings for women since 1998. MUJER DE LUZ, based on the teachings taught by Yogi Bajan, has transformed the lives of thousands of women all over Latin America, Spain, Macao, China and Ankara, Turkey. Nam Nidhan Kaur Khalsa is a Lead Trainer for Level I and II of Kundalini Yoga Teachers, and has been blessed to be able to train Teachers in the Andean countries of South America since 2002.

In Joti Sarovar, Nam Nidhan Kaur Khalsa will teach with support from the specialist teachers.

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## Contact

Santiago, Chile, January 30th to February 12th, 2012

**If you would like to organize a Training Course in your country, contact us:**

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