SUMMER SOLSTICE
SADHANA
2015

When the time is on you, start, and the pressure will be off.
Welcome to 3HO’s 2015 Summer Solstice Sadhana Celebration! This guide book gives you all the information you need to feel at home during the days we are here together.

Summer Solstice on the sacred land of Guru Ram Das Puri is an intertwining of several ancient yxic traditions: Kundalini Yoga, Karma Yoga (selfless service), Naad Yoga (sound current), and White Tantric Yoga®—providing you with extraordinary opportunities to heal, connect, elevate, serve and expand.

The Solstice Sadhana Celebrations and teachings they offer are part of the legacy of Yogi Bhajan, who dedicated his life to the creation of a healthy, happy, holy humanity.

“Summer Solstice Sadhana is not a joke, it's not a festival, it's nothing but a pure relationship of self and the soul, and it's my wish that you should create this bond, this relationship ever and ever and stronger and stronger. Sat Nam.” -Yogi Bhajan
Yogi Bhajan
Teacher for the Aquarian Age

Spiritual teacher, Master of Kundalini Yoga, Mahan Tantric, and Siri Singh Sahib (Chief Minister of Sikhs in the Western Hemisphere), Yogi Bhajan dedicated his life to uplifting humanity. He established 3HO Foundation in 1969 in order to share his wisdom.

In 1968 Yogi Bhajan came from India to the West, and taught Kundalini Yoga openly for the first time in history. He shared a body of teachings to empower the emerging planetary consciousness. He traveled throughout the world teaching, counseling, and training teachers to establish his teachings globally and meet the needs of so many who were hungry for the Yoga of Awareness.

Solstice is a celebration of love, ancient yogic wisdom, and deep spirituality. Here you will have the opportunity to immerse yourself in the teachings of Yogi Bhajan in all areas of daily life including morning sadhana, yogic diet, Kundalini Yoga and meditation, White Tantric Yoga®, seva, kirtan, and in the wide array of classes offered.

A student once asked him, “How can I get to know you better?” He replied, “I am my teachings. Read them, practice them, and you will know me.” Through his knowledge, wisdom, and service he left us a timeless legacy and a healthy, happy, holy way of life.
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Getting Around
For help finding your way around camp, please refer to the map on the back cover and feel free to visit Hospitality for directions.

Taking Care of Yourself
With more than 80 workshops, Karma Yoga and Service Exchange duties, White Tantric Yoga®, and fun Evening Programs, days at Summer Solstice can be a whirlwind of spiritual and physical exertion. Be selective and pace yourself; don't try to do everything. Please remember to drink plenty of water and electrolytes, eat meals, and take a nap when you need to!

Watch Out for Dehydration
We can't stress enough the importance of drinking water to prevent dehydration in this high desert climate. It is best to drink regularly throughout the day, and more than you are used to. Equally important is to make sure you get plenty of electrolytes so you don’t wash out important minerals in your body. Always have your water bottle handy, as dehydration can happen quickly. Drink a small amount of our electrolyte beverage each day, located in orange containers around camp, and eat some watermelon each day.

Signs of dehydration include headaches, paleness, dizziness, disorientation and physical weakness. If you exhibit any of these signs, please go to First Aid.

The water at Guru Ram Das Puri is crisp, clear, pure and safe for drinking. Areas you can drink from are:

~ Faucet stations by the Tantric Shelter and the Dining/Bazaar tent.
~ Sinks inside the Flush Toilet building and at the Shower areas

Do not drink or brush teeth with the water from the portable plastic sinks by the Porta Toilets!

Name Badges and Wristbands
Each person receives a name badge and wristband when they check-in at Registration. Please wear these at all times while in camp. Camp Staff may ask you to present them. Badge and wristband are required to get in to Tantric Heart-to-Heart Meetings
Solstice is an intense physical, mental, and spiritual experience. It's not unusual to go through mood swings and have unexpected emotions. If you need support, please visit the Hospitality Team and sign up for a Heart-to-Heart session. These are 20 minute, confidential, one-on-one meetings.
Climate
Guru Ram Das Puri is an environment of extraordinary natural beauty, but also one that can be challenging. The altitude is about 7,000 feet (2,200 meters) above sea level. Daytime temperatures can reach into the 90s°F (about 35°C) and at night can drop to the 40s°F (about 15°C). While the climate is very dry, sudden rainstorms do happen. Because of these factors, wearing layers of clothing is a wise choice. We recommend you use skin care lotions as well as sunscreen.

Tenting Areas
Camping is part of the Solstice experience, as Yogi Bhajan taught us to be near the earth during this transformative time. Besides a few cabins reserved for senior participants and special needs, Guru Ram Das Puri has three designated tenting areas: The Water Tower is good for families, bring close to the Children’s Pool Area. Tantric Hill is on the ridge to the right of the Tantric Shelter and is the most popular tenting location. Shakti Valley is down the hill to the left and behind the Tantric Shelter, around the Water and Earth class tents. It is a nice, quiet area with more shower facilities. If you will be attending International Women’s Camp following Summer Solstice, please tent here.

Showers and Toilets
Shower facilities are located close to each of the tenting areas, and flush toilets are found next to the Tantric Shelter. Porta Toilets are found in the tenting areas and throughout Guru Ram Das Puri.

Dishwashing and Handwashing
Please wash your hands before every meal and after you use the restroom. Refrain from washing your hands or other parts of your body in the water at the Dishwashing stations, and NO dishwashing anywhere other than the dishwashing station.

Please Refrain from Using Scented Products.
Many people are sensitive to strong scents. Please refrain from wearing or using strong scented oils and perfumes. Also keeps the bugs away!

Take a Break from your Cell Phones & Gadgets
Solstice is a time for you and your personal journey. We ask that you reduce cell phone usage as much as possible. If you must use your cell phone, please be sensitive to those around you. Please silence your cell phones during Sadhana, workshops, and White Tantric Yoga®. There is no internet service available.
Photography and Videography at Solstice
3HO records and livestreams classes and sadhanas in the Tantric Shelter during camp. If you do not want to be visible, please sit towards the back of the shelter. Personal photography and videos are allowed at Solstice, with these following rules:
- No flash photography during Sadhana or any classes.
- The teachings of Kundalini Yoga as taught by Yogi Bhajan® and White Tantric Yoga® are protected by copyright law.
- Absolutely no photography or videos are allowed during White Tantric Yoga®, including the Tantric exercises, warm-ups, breaks, and the blind walk.
- Please request permission from any participants whom you are photographing, filming, or recording. For any professional use, permission must be obtained from 3HO Foundation International. As noted in the event release waiver: 3HO reserves the right to revoke equipment and footage if these rules are not honored.

Medical Conditions
If you have any special health needs or are taking any medications, please notify the First Aid staff when you arrive. If you are on medication, please do not discontinue use during Summer Solstice, unless specifically prescribed by your doctor. While Kundalini Yoga and White Tantric Yoga® are powerful healing practices, they should not be used as a substitute for regular medical care.

First Aid
Basic supplies such as band aids and aspirin are available at the First Aid Trailer. In the case of a medical emergency our First Aid volunteers will assist in getting you proper medical attention. A Hospital and Urgent care facility is located approximately 15 minutes away from the Ram Das Puri Camp Site in the city of Espanola. You will be driven there if required.

Sukhnivas (The Nursing Mothers’ Space)
Sukhnivas is a comfortable, cool tent dedicated to supporting the needs of pregnant and nursing women.

Take Care of Your Feet
Come relax and pamper your feet at the Divine Soles foot soaking station located by the First Aid trailer. (Sponsored by Canadian 3HO community members.) Remember to moisturize!

Yogi Tea Café
Each evening, the Yogi Tea Café is a fun place to socialize, listen to live music,
enjoy a delicious cup of tea and relax with the community.

**Bazaar**
Enjoy products and healing treatments from vendors in our community.
Bazaar Hours:
June 19th-22nd: 8:00 am-9:30 pm
June 23rd-25th: Opens after Tantric ends, closes at 9:30 pm
June 26th: 8:00 am-10:30 pm

**Lost and Found**
There are 2 Lost and Found areas. Those items deemed valuables will be at the Security Office. Other items can be found and taken to Hospitality.

**Departing Camp**
Please pack up on Friday night or Saturday morning and depart before noon on Saturday, June 27th. After you pack all your belongings, place them at the luggage drops located in each tenting area 1 hour before your time of departure. They will be driven to the Luggage tent. You may drive your car to the Luggage tent to pick up your belongings. For people taking shuttles to the airport, the shuttles will pick up you and your luggage at the luggage tent. Because many will be leaving the site at the same time, build in extra time to accommodate your departure.

**Shuttle Services to the Albuquerque Airport**
You must reserve a shuttle 48 hours in advance in order to guarantee a seat on the shuttle. If you have any further questions about the shuttle services, please call them directly. We suggest you make your shuttle and plane reservations before you leave home for Solstice, or at the very beginning of Solstice. You will need to schedule your reservations for at least 4 hours before your plane departs the Albuquerque airport.

**Twin Hearts 800.654.9456 or 505.751.1201**
Twin Hearts will be onsite booking shuttle rides back to Albuquerque. Please listen to the morning announcement for scheduling information or check with the Hospitality Team.

**Roadrunner Shuttle 505.424.3367**
For people who are flying in at times outside the Twin Hearts schedule there is also Roadrunner Shuttle service. They will make the trip if there is a minimum of 5 people reserving space.
Code of Conduct

• This is a drug-free, alcohol-free, and smoke-free camp.
• Pets are not permitted at Solstice Sadhana Celebrations. If you require the assistance of a service or therapy animal you must present 3HO with a note from your doctor and your Service Animal Identification.
• Please turn off cell phones and all other personal electronics before participating in Morning Sadhana, Workshops and White Tantric Yoga®.
• Solstice Sadhana Celebration is a vegetarian event and non-vegetarian foods are not permitted on the premises, including eggs and fish.
• Photography and filming are not permitted during White Tantric Yoga®. Flash photography is not permitted during Morning Sadhana.
• Candles, matches, incense and other combustible materials are STRICTLY prohibited at Solstice Sadhana Celebrations unless they have been approved by 3HO for use in all-camp activities.
• Criminal activity will not be tolerated. If you are suspected of criminal activity you will be investigated by 3HO staff and local law enforcement. If you are found guilty of criminal activity you may be prosecuted to the full extent of the law and restricted from attending future 3HO events.
• All-Camp quiet hours are 9:45 pm – 3:15 am except in designated areas and with 3HO Administration approval.
• No firearms or weapons are allowed on the premises, including Conceal Carry of handguns. Kirpans are allowed.

Dress Code

• All clothing should reflect the spiritual environment of Solstice Sadhana.
• Transparent clothing is not appropriate
• Undergarments must be worn.
• Shirts must be worn at all times other than swimming and bathing.

3HO Foundation International reserves the right to request the departure of participants who do not adhere to the Conduct and Dress Code.
Security and Information

Security at Solstice
We want you to feel safe, secure, and peaceful about your personal belongings. Please do not leave valuable items in your tent or unattended. You may need to bring a small bag for high value items that you keep with you at all times, or lock your valuables in your car when not in use. 3HO Foundation International is not responsible for loss or theft of personal belongings while at camp. A Valuables Storage Area is available for small items, staffed by security personnel, next to the Men's flush toilets. 3HO is not responsible for any theft or damage that might happen to your belongings stored in this area.

The Security Team is responsible for the safety and security of all Solstice participants. They monitor all traffic in and out of camp. You will recognize team members by their bright vests or as uniformed security officers. If you see an unsafe act or feel insecure, please contact anyone with a “GUIDE” flag on their badge or Security Team member.

In the event of an all-camp emergency, camp staff will use fog horns and megaphones to direct people to the Tantric Shelter for further instructions.

The main Security office is located in the cabin in front of the Administration trailers and can be reached via radio at Administration.

Hospitality
If you have questions about any daily activities, classes, finding your way around camp or need other assistance, the Hospitality Team is here to help. They are located next to the 3HO House.

Administration
The Administration Office is the first trailer on the right as you enter camp. Hours are 9:45 am - 9:00 pm.
The Five Sutras of the Aquarian Age

2013: Recognize that the Other Person is You
Humee Hum, Tumee Tum, Wabe Guru; I am Thine in Mine Myself; Wabe Guru

2014: There is a Way through Every Block
Ad Sach, Jugad Sach, Habhai Sach, Nanak Hosee Bhai Sach

2015: When the Time is on You, Start, and the Pressure will be Off
Gobinday Mukunday

2016: Understand through Compassion or You will Misunderstand the Times
Rakhe Rakhanhar

2017: Vibrate the Cosmos, and the Cosmos Shall Clear the Path
Laya Yoga Meditation- Ek Ong Kar Sat Nam Siri Wabe Guru
**Meditation with the Guru Gaitri Mantra**

“You can sing it anyway. You can sing it driving, sitting, eating, sleeping; it doesn’t matter. Whenever you utter it, all facets of God will be right in you. This mantra is a ‘Shakti’ mantra. Shakti gives one the positive power of God. If you chant this mantra, there shall be no enemy, including one’s own ego, which can overpower you.” –Yogi Bhajan 7/9/75

© The Teachings of Yogi Bhajan

Our Winter and Summer Solstice themes from 2013-2017 are Yogi Bhajan’s the 5 Sutras of the Aquarian Age. Each year we focus on each one in chronological order, and we choose a specific mantra and meditation to help us deeply experience the meaning of each Sutra.

We will practice the Guru Gaitri Mantra every morning. This mantra brings stability to the hemispheres of the brain and works on the Heart Center to develop compassion, patience, tolerance, and unite one with the Infinite. It is noted for the capacity to break through deep-seated blocks.

“You are only free when you are above time and space. When you are afraid, ‘What will happen tomorrow?’ You are not living, you are just dragging. Spirit is above time and space.” –Yogi Bhajan, 7/29/78

**Posture:** Sit in Easy Pose with a straight spine.

**Focus:** Eyes are closed.

**Mantra:** Gobinday, Mukanday, Udaaray, Apaaray, Hariang, Kariang, Nirnaamay, Akaamay

**Mudra:** Unspecified

**Translation:** Sustainer, Liberator, Enlightener, Infinite, Destroyer, Creator, Nameless, Desireless

Chant and focus on the sound.

**Time:** Continue for 11 minutes.
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<tr>
<th>Date</th>
<th>Kriya Leader</th>
<th>Chant Leader</th>
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<tr>
<td>Thursday, June 18</td>
<td>Amrita Kaur</td>
<td>Tej Dharam Singh</td>
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<td>Friday, June 19</td>
<td>Japanese Guests</td>
<td>Sada Anand Singh</td>
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<td>Saturday, June 20</td>
<td>Krishna Kaur</td>
<td>Sat Darshan Singh</td>
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<td>Sunday, June 21</td>
<td>Siri Sat Kaur</td>
<td>Guru Ganesha Singh</td>
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<td>Monday, June 22</td>
<td>Jot Singh</td>
<td>Sat Purkh Kaur</td>
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<td>Tuesday, June 23</td>
<td>Gurmukh Singh</td>
<td>Gurunam Singh</td>
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<td>Wednesday, June 24</td>
<td>Nirvair Singh</td>
<td>Jai-Jagdeesh Kaur</td>
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<td>Thursday, June 25</td>
<td>MPA</td>
<td>MPA Jatha</td>
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<td>Friday, June 26</td>
<td>Ram Kirin Singh</td>
<td>Dev Suroop Kaur</td>
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<td>Saturday, June 27</td>
<td>Bowing Jaap Sahib,</td>
<td>Siri Bahadur Singh</td>
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<td>Sangeet Kaur</td>
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<td>Sadhana</td>
<td>Tantric Shelter</td>
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<td>1:00 pm</td>
<td>Registration Opens</td>
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<td>5:30–6:30 pm</td>
<td>Dinner</td>
<td>Tantric Shelter</td>
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<tr>
<td>7:00–8:30 pm</td>
<td>Evening Programs</td>
<td>Tantric Shelter</td>
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<td>8:45–9:30 pm</td>
<td>Evening Gong</td>
<td>Tantric Shelter: Sevak Singh</td>
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<td>10:00 pm</td>
<td>Lights Out</td>
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“It is the birthright of every human being to be Healthy, Happy, and Holy.”
~ Yogi Bhajan January 5, 1969
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<tr>
<th>Time</th>
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<th>Tantric Shelter</th>
<th>Air Tent</th>
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<td>Wake Up</td>
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<td>Gurdwara</td>
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<td>7:15–8:30 am</td>
<td>Morning Class</td>
<td>Chanting at the</td>
<td>Recognize and Project Your Identity to Power Your Destiny - Fatehjot Kaur</td>
<td>Start to Claim Your Birthright of Perpetual Happiness - Hari Jiwan Singh and Sat Bachan Kaur Khalsa</td>
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<td>8:30–9:30 am</td>
<td>Breakfast</td>
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<td>9:30–10:30 am</td>
<td>Karma Yoga Meetings</td>
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<td>10:45–12:30 pm</td>
<td>Morning Workshops</td>
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<td>Step Into Your Ultimate Power – A Sacred Circle of Women - Pritpal Kaur</td>
<td>Connect with the Radiant Body of Baba Sri Chand - Amandeep Singh</td>
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<td>Lunch (Dining Tent)</td>
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<td>2:00–3:30 pm</td>
<td>Afternoon Workshop (1)</td>
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<td>Building Self Esteem and Feeling Self Love - GuruMeher Singh</td>
<td>UN Theme Class: SuperHealth: Yogi Science to Break Habits &amp; Addictive Behavior - Mukta Kaur - Mukta Kaur</td>
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<td>3:45–5:15 pm</td>
<td>Afternoon Workshop (2)</td>
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<td>Shakti Dance™, The Yoga of Dance: Create Rhythm and Flow - Dharma Devi Kaur</td>
<td>Living Beyond the Limits of Time - Dr. Sham-Rang</td>
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<td>7:00–8:30 pm</td>
<td>Evening Programs</td>
<td>Yogi Bhajan Video Class - Sat Jagat Singh</td>
<td>Yogi Tea Cafe</td>
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<td>Dr. Haridass Kaur</td>
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<td>Healing and Dealing with Life Threatening Disease - Siri Deva Khalsa</td>
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<td>Let the Numbers Guide You - Avtar Kaur (Germany)</td>
<td>Elements &amp; Alchemy of Kundalini Yoga - Shanti Shanti Kaur and Japa Kaur</td>
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<td>New to Summer Solstice Tour and Q&amp;A - 3HO Staff</td>
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<td>Kundalini Yoga Teaching Strategies for a High School Setting - Karta Purkh Kaur</td>
<td>The Anand Sahib: Song of Bliss - Sat Avtar Kaur</td>
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<td>Relaxing Into Time, Relaxing Into Life: The 3HO Way of Life - Satya Kaur</td>
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<td>Dinner Class: We Love Guru Ram Das, But Who Is He? - Harijot Singh</td>
<td>Gurbani Kirtan 7-8:00 followed by Kirtan Sohilla recitation at 8:00</td>
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<td>Morning Class</td>
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<td>Reclaiming Your Happiness - Sirgun Kaur</td>
<td>Asanadance: Art and Yoga in the Same Space and Time - Jap Singh</td>
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<td>Peace Within You for Peace in the World - Sat Pal Kaur (Paraguay)</td>
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<td>Afternoon Workshop (1)</td>
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<td>International Peace Prayer Day</td>
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<td>6-7pm Universal 12-Step Meeting facilitated by Tommy R.</td>
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<td>Concert with Jai-Jagdeesh</td>
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</table>
| **Cultivating a Healing Heart**  
- Kartar Singh | **Learning from a Tree: Deeply Rooted, Heavenly Transcended and Open Hearted**  
- Gianjot Kaur | **Manifesting the Understanding and Experience of Simran**  
- Satya Kaur |           |
<p>| | | | |
|            |            |             |           |
|            |            |             |           |
| <strong>Shiva Singh</strong> | <strong>Kirtan Sohilla recitation at 8:00</strong> | | |</p>
<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Tantric Shelter</th>
<th>Air Tent</th>
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<tr>
<td>3:00 am</td>
<td>Wake Up</td>
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<td>3:40–6:00 am</td>
<td>Sadhana</td>
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<td>6:00–7:00 am</td>
<td>Gurdwara</td>
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<tr>
<td>7:15–8:30 am</td>
<td>Morning Class</td>
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<td>A Thousand Thunderstrokes: Featuring Live Music with Simrit &amp; Friends</td>
<td>Know and Experience the Unknown - Khushbir Singh</td>
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<td>8:30–9:30 am</td>
<td>Breakfast</td>
<td>Breakfast (Dining Tent)</td>
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<tr>
<td>9:30–10:30 am</td>
<td>Karma Yoga Meetings</td>
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<td>Wedding- 9:00 am</td>
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<tr>
<td>10:45–12:30 pm</td>
<td>Morning Workshops</td>
<td>Sunday Gurdwara (starts at 10)</td>
<td>Group Healing Event with the Siri Gaitri Mantra - Dr. Kartar Singh</td>
<td>Connecting with the Guru - Pritpal Singh</td>
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<tr>
<td>12:45–2:00 pm</td>
<td>Lunch (Dining Tent)</td>
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<tr>
<td>2:00–3:30 pm</td>
<td>Afternoon Workshop (1)</td>
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<td>3HO UN Theme Class and Panel: Spreading the Women’s Teachings Throughout the World - Tarn Taran Kaur</td>
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<tr>
<td>3:45–5:15 pm</td>
<td>Afternoon Workshop (2)</td>
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<td>The Miraculous Combination of Pressure and Commitment - Guru Singh</td>
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<tr>
<td>5:30–6:30 pm</td>
<td>Dinner</td>
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<td>6-7pm Universal 12-Step Meeting Facilitated by Tommy R.</td>
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<td>7:00–8:30 pm</td>
<td>Evening Programs</td>
<td>Miri Piri Academy Graduation and Celebration</td>
<td>Yogi Tea Cafe</td>
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<td>8:30–9:15 pm</td>
<td>Evening Gong</td>
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<td>Cutting Negative Thoughts - Jai Gopal Singh</td>
<td>Clearing Past Relationships: A Women’s Workshop- Siri Sat Kaur</td>
<td>The Mystical Gurmukhi Script - Siri Sevak Kaur</td>
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<td>Kirtna Kriya: 62 Min Practice - Dr. Haridass Kaur</td>
<td>Silent Contemplation - Dharm Singh</td>
<td>Connecting to the Guru for Spanish Speakers - Hari Dharam Kaur</td>
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<td>The Yoga of Aging and Chronic Illness - Jivan Joti Kaur</td>
<td>Sikh Dharma Ministers Gathering</td>
<td>How Teachers Can Best Utilize The Yogi Bhajan Library of Teachings® - KRI Staff</td>
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<td>Gurbani Kirtan 7-8:00 followed by Kirtan Sohilla recitation at 8:00</td>
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<td>Dharam Singh (MA)</td>
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<td>7:15–8:30 am</td>
<td>Morning Class</td>
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<td>Opportunity and Green Energy</td>
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<td>What Is My Dosha? - Deva Whyte Khalsa</td>
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<td>8:30–9:30 am</td>
<td>Breakfast</td>
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<td>9:30–10:30 am</td>
<td>Karma Yoga Meetings</td>
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<td>Serving the Infinite: There is a Way</td>
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<td>Through Every Block - Kia Miller and Tommy Rosen</td>
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<td>10:45–12:30 pm</td>
<td>Morning Workshops</td>
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<td>It's Time to Lighten Up! - Krishna Kaur</td>
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<td>12:45–2:00 pm</td>
<td>Lunch (Dining Tent)</td>
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<tr>
<td>2:00–3:30 pm</td>
<td>Afternoon Workshop (1)</td>
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<td>Ra Ma and the Human Psyche - Balancing the</td>
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<td>Interplay of the Sun and Moon Energies</td>
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<td>- Guru Dev Singh</td>
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<tr>
<td>3:45–5:15 pm</td>
<td>Afternoon Workshop (2)</td>
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<td>Women's Healing Meditation Circle - Ram Prakash</td>
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<td>Kaur &amp; Sirgun Kaur</td>
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<td>5:30–6:30 pm</td>
<td>Dinner</td>
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<td>Yoga for Youth Dinner Gathering</td>
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<tr>
<td>7:00–8:30 pm</td>
<td>Evening Programs</td>
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<td>Yogi Tea Cafe</td>
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<td>Release Anxiety from Your Body Temple - Shabad Kaur</td>
<td>Kindness - Siri Karta Kaur</td>
<td>Shabad Guru: Millionaire Mantra for Prosperity - Guru Kirn Kaur</td>
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<td>The Blockbuster: Breaking Through Karmic Squares - Guru Dharam Singh Khalsa</td>
<td>Creating Healthy Boundaries for Healing (Women Only) - Sat Santokh Singh</td>
<td>Guru Gobind Singh's Bani: Jaap Sahib - Sat Nirmal Kaur &amp; Sangeet Kaur</td>
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<td>The Practical Yogi - Guru Shabad Singh</td>
<td>Taking it to the Streets: Sharing Yoga with Under-Served Communities - Jiwan Shakti Kaur (Julie Eisenberg)</td>
<td>A Short Journey into the Heart of Sikh Dharma-Mata Mandir Kaur and Guests</td>
<td>IKYTA Teacher Discussion: Kundalini Yoga and the LGBT Community - Yogi Brent</td>
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<tr>
<td>Dancing Spider Yoga: Yoga for Healthy Happy Holy Families - Ajeet Kaur</td>
<td>Biomedical Research on Yoga: Revolutionizing Wellness and Healthcare - SS Sat Bir Singh Khalsa, Ph.D.</td>
<td>Learning to do the Ardas - Siri Sevak Kaur</td>
<td>Yogi Bhajan Rebirthing Video Class - Kirpal Singh</td>
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<tr>
<td>White Tantric Yoga Monitor Orientation</td>
<td>The Warrior Saint in Sikh History - Shanti Kaur</td>
<td>6-7pm: International Women's Camp Info Session</td>
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<td>Harijiwan</td>
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<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Tantric Shelter</th>
<th>Air Tent</th>
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<td>6:45–8:00 am</td>
<td>Breakfast</td>
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### 7:30 – 5:30 pm

- **White Tantric Yoga**
- **Times:**
  - 7:30 Gate Opens
  - 7:50 Warm-ups
  - 8:00 Facilitator Opens the Day
- Times are approximate, listen for announcements the night before

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<thead>
<tr>
<th>Time</th>
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<th>Tantric Shelter</th>
<th>Air Tent</th>
<th>Fire Tent</th>
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<tr>
<td>5:30–6:30 pm</td>
<td>Dinner</td>
<td>Dinner (Time TBA)</td>
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<tr>
<td>7:00–8:30 pm</td>
<td>Evening Programs</td>
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<td>Yogi Tea Cafe</td>
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<td>8:30–9:15 pm</td>
<td>Evening Gong</td>
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<td>10:00 pm</td>
<td>Lights Out</td>
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Excerpt from a lecture by Yogi Bhajan given at Summer Solstice, June 18, 1973:

Can you remain silent, and if you have to speak, can you project your magnetic field in a vibratory effect so that the other man understands you before you speak?
Can you remain silent, and if you have to speak, can you project your magnetic field in a vibratory effect so that the other man understands you before you speak?

Excerpt from a lecture by Yogi Bhajan given at Summer Solstice, June 18, 1973

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<tr>
<th>Water Tent</th>
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<th>SDI Academy</th>
<th>3HO House</th>
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Gurbani Kirtan 7-8:00 followed by Kirtan Sohilla recitation at 8:00

6-9 pm Open Thursday June 25th

Tues: Sunder Singh  
Wed: Devinder Kaur  
Thurs: Mahan Rishi Singh
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<th>Time</th>
<th>Session</th>
<th>Tantric Shelter</th>
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<td>7:15–8:30 am</td>
<td>Morning Class</td>
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<td>Kendallini Dance</td>
<td>Intuitive Motivation: How to Navigate Your Life in a High Frequency</td>
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<td>- Wahe Guru Kaur</td>
<td>- Nirvair Singh Khalsa</td>
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<td>8:30–9:30 am</td>
<td>Breakfast</td>
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<td>9:30–10:30 am</td>
<td>Karma Yoga Meetings</td>
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<tr>
<td>10:45–12:30 pm</td>
<td>Morning Workshops</td>
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<td>Elevate In Consciousness</td>
<td>Beyond Addiction: Act...Don’t React</td>
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<td>- Gurmukh Kaur</td>
<td>- Nirmal Singh</td>
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<td>12:45–2:00 pm</td>
<td>Lunch (Tantric Shelter)</td>
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<td>Special Lunch and Camp Skits</td>
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<td>2:15–3:45 pm</td>
<td>Afternoon Workshop (1)</td>
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<td>Activating the Miraculous Through the Light of Guru Ram Das - Karena</td>
<td>Realizing our Natural State of Happiness through Discipline</td>
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<td>Virginia and Dharma Khalsa</td>
<td>- Sat Santokh Kaur</td>
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<tr>
<td>4:00–5:30 pm</td>
<td>Afternoon Workshop (2)</td>
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<td>The Destiny to Become One</td>
<td>Woman, the Adi Shakti: Contained, Content, Continuous</td>
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<td>- Shaktia Kaur Kezios</td>
<td>- Sat Purkh Kaur</td>
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<td>7:15–10:00 pm</td>
<td>Evening Programs</td>
<td>Ransabhai (until 3am)</td>
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<td>10:00 pm</td>
<td>Lights Out</td>
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<td>Serious Conscious Rebirthing - MahanKaur Kaur</td>
<td>Yoga of Intersectionality: Microresist, the Oppression will be off You - Gurumukh Singh Harris</td>
<td>The Warrior Workout - Gurutej Singh</td>
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<td>Experiencing the Nectar of the Raag Naad - Satkiran Kaur Khalsa</td>
<td>Start or Improve Your Daily Practice - Safely, Correctly &amp; Comfortably! - Guruprem Singh</td>
<td>Raga, Gurbani Kirtan and Shabd Guru - Sada Sat Simran Singh</td>
<td>Yogi Corps - Dharamjot Singh</td>
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<td>Bereavement and Yoga: Surviving the Loss of a Loved One - Shabad Atma Kaur</td>
<td>The Healthy Breast Program: Nourish Yourself, Bring Healing to the Earth - Sat Dharam Kaur</td>
<td>Gurmukhi &amp; Mantra Pronunciation for Spanish Speakers - Hari Dharam Kaur</td>
<td>IKTYA Teacher Discussion: 10 Bodies of a Healthy Business - Sat Karam Kaur</td>
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<td>Creating Your Reality through Neutrality Dr. Sat Siri Kaur</td>
<td>Men’s Wisdom Circle - Sopurkh Singh</td>
<td>Learn to Play Anand Sahib and Song of the Khalsa - Pritpal Singh and Guests</td>
<td>Yogi Bhajan Video Class Rebirthing: Clearing the Magnetic Block from the Womb - Kirpal Singh</td>
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Saturday June 27

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<td>3:00 am</td>
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<td>Sadhana</td>
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<td>Gurdwara</td>
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<td>7:30 am</td>
<td>Breakfast</td>
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<td>7:00–12:00 pm</td>
<td>Departure</td>
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<td>12:00 pm</td>
<td>Camp Closes</td>
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We come here to test our capacity to survive. That's why I always choose a place away from civilization—so that we should be only we, and we should help each other with the vibrations and keep the way up.

~ Excerpt from a lecture by Yogi Bhajan given at Summer Solstice, June 18, 1973
Class Descriptions

Class Categories

Kundalini Yoga and Meditation as taught by Yogi Bhajan  Traditional Kundalini Yoga class structure: warm ups, a yoga set and a closing meditation

Meditation  Focus is on a meditative experience

Lecture/Discussion  Focus is on sharing and disseminating information in a Sit/Listen/Share format

Movement  Physical movement other than Kundalini Yoga within the teachings of Yogi Bhajan (Bhangra, Gatka, Shakti Dance, etc.)

Naad/Chanting  Focus is on live music, chanting, naad, and kirtan

Healing  Primary focus is on healing modalities, and/or the process of healing through Kundalini Yoga technology

Women’s Teachings  Focus is on the teachings of Yogi Bhajan for women

Sikh Dharma International Academy (SDI Academy)

Venues
Tantric Shelter/Ether Tent, Air Tent, Fire Tent, Earth Tent, Water Tent, SDI Academy, 3HO House

Thursday, June 18

7:00 pm
Opening Ceremony
Tantric Shelter

8:45 pm
Gong Meditation - Sevak Singh
(Meditation) Tantric Shelter
Relax with the soothing sounds of the gong.
**Friday June 19**

**7:15 am**  
Chanting at the Altar of Love - Aykanna: Sukhdev & Akahdahmah Jackson  
(*Naad/Chanting*) Tantric Shelter  
This year more than ever the pressure is on for us to be Infinite. Mantra has taught us that Love is the Infinite power. For far too long Hollywood and popular music has reduced Love into a co-dependent cliche. Come relate to prana and mantra as living teachers. Reclaim your birth right to experience the true power of loving relationship - what Yogi Bhajan calls, “The Greatest Yoga.”

Healing and Dealing with Life Threatening Disease - Siri Deva Khalsa  
(*Healing*) Earth Tent  
I got stage 4 melanoma (cancer) 4 years ago. Since then, I've been told periodically that I'd only live another 6-8 months. I'll tell my whole story. We'll discuss how I used Kundalini Yoga, diet, and supplements to survive and deal with dying; resources within the 3HO community; the mistakes I made (there were a lot); analogies that apply to everyone - balancing conventional and alternative medicine; and happily accepting death while still improving life with a compelling future.

Claim Your Birthright of Perpetual Happiness - Hari Jiwan Singh and Sat Bachan Kaur  
(*Meditation*) Fire Tent  
This class will teach you how to deal with the pain in life. You will be offered an opportunity to fulfill your life with hope, relaxation, enjoyment, and bliss. You will be taught the technology to practice this progression. This class will teach that nothing is too grand or too difficult to overcome. Success in any field becomes a flow instead of a burden. Then, and only then, is life truly worth living.

Recognize and Project Your Identity to Power Your Destiny - Fatehjot Kaur  
(*Yoga and Meditation*) Air Tent  
When we recognize who we really are then we are empowered in our destiny. When we get all the trying, forcing, projections and competing out of the way we can actually hear our heart and soul’s desires. Let’s uncover, activate and amplify that which we came here for! The world needs us now living in our utmost Radiant, True and Passionate Self. Join Fatehjot with live music by Simrit.
Friday June 19

10:45 am
Healing the Feminine and Masculine in the Aquarian Age - Hari Kirin Kaur and Ajeet Kaur
(Yoga and Meditation) Tantric Shelter
We can create a yogic culture where everyone is respected and our creativity and compassion flourish. Together we can identify and leave the painful habits of the past behind. This live music Kundalini Yoga class is an opportunity go deep in your practice to drop old strategies, get real and make the shift to face the challenges of tomorrow with grace and Intuition.

Elements & Alchemy of Kundalini Yoga - Shanti Shanti Kaur and Japa Kaur
(Healing) Earth Tent
As a Kundalini Yoga teacher, do you want to share even more? Are you bursting with knowledge, information and love? The decision to become a healer or yoga therapist is a way to channel this giving spirit and help others ever more deeply. This class highlights meridians and the movement of prana within a powerful Kriya to form an alchemy of transformation for vitality, self-healing and elevation. It is a sample from the Kundalini Yoga Therapy Professional training.

Connect with the Radiant Body of Baba Sri Chand - Amandeep Singh
(Yoga and Meditation) Fire Tent
“Baba Sri Chand is the eldest son of Guru Nanak...Everywhere he appeared in his radiant body, in perfect form and shape.” - Yogi Bhajan. Baba Sri Chand is the world's greatest acknowledged Yogi. He played a major role in bringing the teachings of the past traditions to us. He traveled far and wide to unify all traditions. Let yourself dive deep into the history and legend of Baba Sri Chand and awaken the presence of a Yogi within.

Let the Numbers Guide You - Avtar Kaur Thielefeldt
(Lecture/Discussion) Water Tent
Karam Kriya is inspired by the teachings of Yogi Bhajan and developed by Shiv Charan Singh. It is a completing activity that uses Applied Numerology to provide interactive diagnostic tools for transformation. It is the conscious exhaustion of the lie that keeps us from the meeting with our true nature, divinity itself. This workshop is an invitation to let go of what we think we know and simply let the integrity inherent to the numbers and their own intelligence guide us.
Friday June 19

10:45 am
New to Solstice Tour and Q&A - 3HO Staff
(Lecture/Discussion) 3HO House
Is this your first Summer Solstice? Come to this meeting for a general camp orientation, and a chance to ask questions on anything you need or want to know about any aspect of camp and the Solstice experience. There will also be a tour available for people who aren't familiar with the camp layout.

Step into Your Ultimate Power: A Sacred Circle of Women - Pritpal Kaur
(Women's Teachings) Air Tent
The Universe is waiting for women to take our place as leaders. Encoded within are the keys to new possibilities for our world. In this Sacred Circle, we will explore and experience ways to create a dynamic force field of light. From this enlightened state, we will consciously awaken our power and clear the pathways to manifest a clear intention of our destiny. Awaken your light! Heal yourself, your families, your communities and the world!

2:00 pm
Singing the Shabad "Rasanaa Japatee" in Raag Saarang - Harbhajan Kaur
(Naad/Chanting) SDI Academy
"My tongue recites Your Name" This shabd is a lovely reminder of the One Doer taking care of all our affairs: the One Father, Mother, Friend, Brother, Support, Giver of life and breath, Wish-fulfiller. Its simple, soul-satisfying melody and rhythm will win your heart, give you peace, and keep you company as you plan and perform your day. Previous kirtan experience not required. Shabad sheets with English transliteration, translation, and Gurmukhi provided. Relax and enjoy the experience!

Bij Mantras: The Source of All Wisdom - Dev Suroop Kaur
(Naad/Chanting) Tantric Shelter
"Bij mantra sarab ko giaan" - “The seed knows all knowledge”. Bij, or seed, mantras are the building blocks of the mantras we use every day. A deep understanding of the concept of bij mantras serves to create a strong foundation for an empowered chanting experience. In this class, you will have the opportunity to explore the powerful effects of chanting bij mantras and how they can empower your self-transformation, healing and inner wisdom.
Friday June 19

2:00 pm
Building Self-Esteem and Feeling Self-Love - GuruMeher Singh
(Healing) Air Tent
How you think about yourself makes all the difference: what you think is possible, what you are willing to go for, who you feel worthy to be with. Based on the KRI book, Senses of the Soul, you will resolve past pain and find love and self-compassion. You’ll discover how every bad feeling is meant to bring healing, in the privacy of your own meditation. "When you feel beautiful inside…wow, it’s so good." – Yogi Bhajan

Assure Abundance and Success Follow You Everywhere - Jot Singh
(Yoga and Meditation) Water Tent
Welcome tranquility, grace, ease and gratitude into your life! Join us for a powerful sequence of Kundalini Yoga and meditation to experience your alignment with the Universal Forces behind all that is. Wealth, happiness, deep fulfillment and consistent success can become the fruit of all your endeavors, with consistent practice of the precious and sacred technology of Kundalini Yoga! We'll draw from Jot Singh's new KRI approved book 'The Essential Element,' and practice developing powerful focus for your regular practice.

Getting the Word Out in Today's Technology-Driven Society - Kewal Kaur
(Lecture/Discussion) 3HO House
IKYTA Discussion - Drawing on the teachings of Yogi Bhajan, we will explore how to build a powerful magnetic field for your yogic business through web and multi-platform social media marketing.

UN Theme Class- The SuperHealth Program: Yogic Science to Break Habits & Addictive Behavior - Mukta Kaur
(Healing) Fire Tent
SuperHealth® is at the forefront of yogic therapeutic technology for breaking habits and changing addictive behavior, and addresses alcohol, drugs, smoking, food issues, relationships, work and includes stress, depression and anxiety. Identify unconscious triggers and the impact of addictive behavior on relationships, recalibrate addictive patterning and its imprint on the psyche, and understand how Kundalini Yoga strengthens the nervous, glandular, circulatory and digestive systems which are directly affected by substances, stress and outside sensory distractions.
Friday June 19

2:00 pm
Raising Resilient, Capable, Conscious Human Beings - GuruSurya Kaur and Sat Jagat Singh
(Women’s Teachings) Earth Tent
For parents, and those who hope to be one someday, Yogi Bhajan’s teachings on rearing radiant, reliant, resilient children. Including building self-awareness, self-confidence, character and courage; with tips on diet, meditation, exercise, and daily routine.

3:45 pm
Living Beyond the Limits of Time - Dr. Sham-Rang Singh
(Meditation) Fire Tent
Time, an interpretative concept imposed on a timeless eternity, can be the source of much suffering. Worrying about the future, feeling overwhelmed, and even concern about aging are problems that require belief in the reality of time. Meditation can release you from these bonds of thinking, liberating you to command time's power to transform and create. Together we will practice deep meditation to break free from the victimhood of such limiting beliefs.

Kundalini Yoga: Teaching Strategies for a High School Setting - Karta Purkh Kaur
(Lecture/Discussion) Earth Tent
Teaching Kundalini Yoga in public schools is a rich and rewarding endeavor. Drawing from 12 years of experience, this class explores aspects of bringing Kundalini Yoga to a local Charter School in rural Colorado. Gathering community support, communicating with administration, kriya and meditation selection, languaging appropriate to setting and age group, choosing class content for special circumstances and occasions are among the topics covered. The class concludes with a Kundalini Yoga class reflecting the ideas discussed.

Relaxing into Time, Relaxing into Life: The 3HO Way of Life - Satya Kaur
(Lecture/Discussion) 3HO House
Whatever our age or epoch of life or focus, our lives can be so busy that we feel overwhelmed and unbalanced. Yogi Bhajan shared the ancient teachings of Ayurveda and their modern applications that we can use to experience our peace of mind and peace of body, regardless of the circumstances and pressures of time and space. Bring your questions and issues to this discussion and together we will support each one of us in our healthy, happy, holy lives.
Friday June 19

3:45 pm
The Anand Sahib: Song of Bliss - Sat Avtar Kaur
(Naad/Chanting) SDI Academy
Come experience the Anand Sahib, the song of bliss. Anand Sahib was composed by Guru Amar Das in describing the bliss of having the longing for the divine realized. We will meditate on the 1st, 6th and 33rd pauris of Anand Sahib, experiencing the bliss of the naad of this beautiful bani.

Meditation of the Soul: An Introduction to Japji - Snatam Kaur and Pritpal Singh
(Meditation) Tantric Shelter
Japji, Guru Nanak’s Meditation of the Soul, is a direct transmission of his enlightenment experience, or Jal Samaadhi. As we recite Japji, we not only have the experience of the consciousness of Guru Nanak, but also the opportunity to heal deep within. We will explore how Japji came to be, understand the basic structure, look at key elements and meanings, and practice the pronunciation.

Shakti Dance™- The Yoga of Dance: Create Rhythm and Flow - Dharma Devi Kaur
(Movement) Air Tent
Shakti Dance™ is a Yoga technology based on Kundalini Yoga and blessed by our beloved Kundalini Yoga Master, Yogi Bhajan. Shakti Dance™ blends Yoga and dance to give life to an incredible inspiring yoga technique. During this workshop we will experience how our breath and heartbeats effect our life's flow and rhythm. You will be guided to listen to your inner music, and by simply listening to it, create harmony and lift the daily pressure off.
**Friday June 19**

5:30 pm  
**We Love Guru Ram Das but Who is He? - Harijot Singh**  
*Lecture/Discussion*  
*SDI Academy*  
Guru Ram Das is the holder of the throne of Raj Yog, the personal Guru of Yogi Bhajan, the Lord of miracles and the great master of healing. Look forward to learning more of what Guru Ram Das did in his life, what he wrote and how he served. Bring your dinner bowl and you will be served.

7:00 pm  
**Gurbani Kirtan**  
*Naad/Chanting*  
*SDI Academy*  
Chant, meditate, listen to the divine sounds of the Holy Naam.  
Gurbani Kirtan 7:00-8:00 followed by Kirtan Sohilla recitation at 8:00

**Video with the Master of Kundalini Yoga, Yogi Bhajan - Sat Jagat Singh**  
*Lecture/Discussion*  
*Tantric Shelter*  
Class from Summer Solstice  June 25, 1987

8:30 pm  
**Evening Gong - Haridass Kaur**  
*Tantric Shelter*  
Relax with the soothing sound of the gong.
Saturday June 20

7:15 am
Reclaiming Your Happiness - Sirgun Kaur
(Naad/Chanting) Air Tent
Yogi Bhajan said the purpose of life is to be Healthy, Happy and Holy. Of these three pursuits, happiness seems to be the most elusive. It requires a consistent discipline and willingness to trust the Divine within us as our guide and teacher. Let us reclaim this happiness, which is our birthright, together through deep meditation and chanting. Live music will be provided by Sirgun Kaur and her band.

Learning from a Tree: Deeply Rooted, Heavenly Transcended and Open Hearted - Gianjot Kaur
(Yoga and Meditation) Earth Tent
Why do we always have to run after something or someone? What if we stand still, feel the breath, hear our soul and let the Universe take care of the rest? How difficult would that be and how scary to just let go? No, we are not spacing out and not hiding. We are expanding and transcending to see, to feel, to live. It takes courage. It takes strength. It takes love. Don't trust words, trust your experience in our class.

Cultivating a Healing Heart - Kartar Singh
(Healing) Water Tent
Dr. Hew Len is a Hawaiian therapist who worked in an institution for the criminally insane. During the four years he was there, he never saw a patient. He was observed to be looking at patient's files and had some conversations with staff. When he left the violence had stopped, the patients normalized and were returned to society, and the ward was closed. Learning this practice opens a window into the very heart of the yogic art of healing.

Manifesting the Understanding and Experience of Simran - Satya Kaur
(Meditation) SDI Academy
Simran is one of the cornerstones of Sikh Dharma and perhaps the most mysterious to many of us. What is it? How do we feel it, know it, live it? The purpose of the workshop is coming together to explore the meaning of Simran, to create an experience of Simran and to weave that experience into our journey of life.
Saturday June 20

7:15 am
Asanadance: Art and Yoga in the Same Space and Time - Jap Singh
(Movement) Fire Tent
Let's celebrate together the existence of the self, the gift of life, the miracle of breath coordinated with dance and chant. This class helps you to be more aware of your body, improve and align your posture using yoga asanas, build strength and flexibility and coordinate movement with breath. Come and live the experience of expressing your creative being through movement, music and devotional chants.

10:45 am
All-Camp Class: Peace Within You for Peace in the World - Sat Pal Kaur
(Yoga and Meditation) Tantric Shelter
Nourish your soul, heal the world, and experience peace and joy through yoga, chanting, and meditation.

2:00 pm
International Peace Prayer Day - Various Presenters
(Lecture/Discussion) Tantric Shelter
Join us as we honor people and organizations in our community for their good work in the world, and set our intentions for the Healing Peace Prayer Day Walk.

7:30 pm
Peace Concert - Jai-Jagdeesh Kaur
(Naad/Chanting) Tantric Shelter
There is nothing in the world quite like the vibrational healing that happens through music. And there is nothing in the world quite like Jai-Jagdeesh’s music. Join her for an extraordinary concert experience to close the Peace Prayer Day festivities. Meditate, elevate, and celebrate.

8:00 pm
Kirtan Sohilla Recitation
SDI Academy

8:30 pm
Evening Gong - Shiva Singh
Water Tent
Relax with the soothing sound of the gong.
Sunday June 21

7:15 am

Know and Experience the Unknown - Khushbir Singh
(Meditation) Fire Tent
Live music of Saranpreet Kaur will carry you into joy, release, balance and deep meditation. This will be a fun and dynamic workshop with light yoga and powerful pranayam to transport you into a subtle realm of experience. Come play in the energy, consciously control the breath, and twiddle the thumbs in the shashara to know and experience the unknown.

A Thousand Thunderstrokes: Featuring Live Music with Simrit & Friends - Jai Dev Singh
(Yoga and Meditation) Air Tent
“If you concentrate on the tenth gate of the body, which is the pineal gland, then all the nine gates will serve you and the entire God consciousness will be at your command.” -Yogi Bhajan. The crown chakra is said to have the power of a thousand simultaneous thunderstrokes. Activate the pineal and vibrate your thirty trillion cells with high powered kriyas, meditative expansion and the majestic power of the sound current.

Clearing Past Relationships: A Women's Workshop - Siri Sat Kaur
(Women's Teachings) Earth Tent
Time to clear the energetic ties that bind us to past relationships. Using Kundalini Yoga and Meditation, we will remove auric imprints from our past, clear our subconscious and connect with our sacred heart-space. This resets our Arc lines to bright white light and strengthens our field to attract high frequency contacts in the present and future. Women only please.

Mystical Gurmukhi Script - Siri Sevak Kaur
(Dharmic) SDI Academy
The Gurmukhi script, the original script of most Kundalini Yoga mantra, was created by Guru Nanak and Guru Angad to carry the Name of God to the common people at a time when Sanskrit was reserved for the high caste. In this class we will meditate on the beauty of these letters and on their healing sounds as an introduction to reading and writing the Gurmukhi script. Yoga and meditation to clear past relationships, enjoy present relationships and make the shift to face the challenges of tomorrow together.
7:15 am

**Cutting Negative Thoughts - Jai Gopal Singh**  
(Meditation) *Water Tent*

"Everybody is working by thought form in human. Some have thoughts, they cannot mature them. Some have thought, they make it negative. Some have thought, they make it positive. Some have thought, but they are empty. Some have thought, they are solid. The power of a man is in his thought. There is nothing else. Thought is very important." -Yogi Bhajan, 11/16/1989

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10:45 am

**Silent Contemplation: Inner Stillness as a Path to Peace - Dharm Singh**  
(Meditation) *Earth Tent*

“In stillness lies the sound which is the creative existence of God." -Yogi Bhajan  
Words and actions originating from deep inner stillness carry incredible beauty. In this program we will enter into the realm of stillness as individuals, finding the depth of divine within us, sitting together in peace as human beings. From that space of group stillness, participants may choose to speak and express into the collective silence, creating a pathway from stillness into action.

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**Kirtan Kriya: 62 Minutes - Dr. Haridass Kaur**  
(Meditation) *Water Tent*

Enter the Summer Solstice powerful vortex with Kirtan Kriya. As we meditate in this large healing vortex of Ram Das Puri, allow the sacred sound current of the Panj Shabd, SaTaNaMa to sculpt your energy field. Known as one of the top 5 meditations of Kundalini, Kirtan Kriya will bring total mental balance to the individual psyche. Yogi Bhajan said at Winter Solstice, 1972 that "a person who wears pure white and meditates on this sound current for 2-1/2 hours a day for one year, will know the unknowable, and see the unseeable."

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**Group Healing Event with the Siri Gaitri Mantra - Dr. Kartar Singh**  
(Meditation) *Air Tent*

Come start your Solstice week out right with a Sunday morning meditation. We will be doing a healing circle using the Siri Gaitri Mantra. Come send this healing energy to the world, send it to something specific, or lay down in the circle and receive it yourself. We will start with some simple warm ups, pranayam, and move straight into the meditation. Come join the healing.
10:45 am
Connecting with the Guru - Pritpal Singh
(Lecture/Discussion) Fire Tent
Connect to the infinite, divine energy of the Guru, that which takes you from darkness to light. Learn about the history, language and practical use of this sacred energy in everyday life. Learn to identify the subtle ways Guru guides us on our path of consciousness. Visit with this divine touchstone of infinite blessings for the first time, or be inspired to find your way back home again. Open an intimate dialogue with the living guru of the Sikhs, the Siri Guru Granth Sahib.

Connecting to the Guru: Gurdwara for Spanish Speakers - Hari Dharam Kaur
(Dharmic) SDI Academy
Conecte a infinito energía divina del Gurú, lo que le lleva de la oscuridad a la luz. Abrir un diálogo íntimo con el gurú de la vida de los sijs, el Siri Guru Granth Sahib de la que muchos de los cantos de la tradición de Kundalini Yoga viene. Aprenda a identificar las formas sutiles Guru nos guía en nuestro camino de la conciencia. Visita con esta piedra de toque divino de infinitas bendiciones, por primera vez, o estar inspirado para encontrar su camino de regreso a casa.

2:00 pm
Fearless Creativity: Truth has No Fear - Raghubir Kaur
(Yoga and Meditation) Earth Tent
Embarking upon living a creative life one must live fearlessly. Fear is the biggest “buzz-kill” out there. It inhibits accessing your highest potential, keeps you from tapping into the most productive thought streams, has the potential to destroy and limit your personal and professional relationships and in general, just shuts you down. The pressure buildup, a result of worry and fear, is alleviated when you rid yourself of subconscious fears and reside in your truth.

A Date with Your Own Best Beloved - Your Soul - Siri-Gian Kaur
(Lecture/Discussion) Water Tent
Do you pine for strong love and support, or answers that you can truly rely on? Well, Sweet One, now is the time to intimately get to know and fully snuggle with your own True Partner, your Best Beloved, who is your own absolutely dependable Soul! Actually feel Soul's kind love for you, and Its miraculous guidance through this very real connection. Come consciously get the BEST answers from your own Soul!
Sunday June 21

2:00 pm
How to Build Local Spiritual Community - Deva Kaur
(Lecture/Discussion) 3HO House
IKYTA Discussion - Join Deva Kaur, Lead Trainer from South Florida, to discuss key ingredients you can bring to your teaching, events, practice and interactions that can help weave and strengthen the spiritual fabric in your area. If you would like a more supportive, interactive local Kundalini community, come share and discuss how to light up the group consciousness in your part of the planet. Keeping up as a Kundalini teacher in an "outpost" is a topic Deva Kaur knows well.

3HO UN Theme Class and Panel: Spreading the Women's Teachings Throughout the World - Tarn Taran Kaur
(Lecture/Discussion) Air Tent
Yogi Bhajan stressed above all else the importance of elevating Women, both individually and in society. In 1976, Khalsa Women's Training Camp was established, now known as International Women's Camp. This was an 8 week course where Yogi Bhajan taught exclusively to women about how to reclaim their grace, wisdom, strength and identity, and hold to that projection in a world where women continue to be undervalued and marginalized. In this class we will discuss how to better deliver the tools and teachings of Kundalini Yoga and Meditation to educate women to elevate and heal themselves and their communities.

What a Woman Really Wants - Siri Marka Singh and Dharam Dev Kaur
(Lecture/Discussion) Fire Tent
What characteristics must you deliver as a man to sustain your woman? What in you, as a man, will supplement and complement her nature? What tests will she put you through? Gather yogic tips for success and recognize what trips you up in relationships. "Your basic maturity is that you must provide your woman security and she will provide you with inspiration. That's the bargain..." - Yogi Bhajan

Origins of Ong Namo Guru Dev Namo: "I Bow, I Bow!" - Guru Raj Kaur
(Meditation) SDI Academy
What is this Gurudev that we bow to? Namo, Namo. What is the power of this mantra? Why and how did Yogi Bhajan seal it for us? Our Kundalini Yoga teachings and practice have deep roots, carried by traditions steeped in wisdom, mystical experience, nurtured by the constant, disciplined, loving practice of those who have gone before us. We will explore this, and practice a 31-minute meditation using our Sikh Dharma roots.
Sunday June 21

3:45 pm

**Sikh Dharma Ministers Gathering - For Ordained Sikh Dharma Ministers**

*Dharmic SDI Academy*

Come and experience yourself in community with other Sikh Dharma Ministers at our Solstice Ministers Gathering. Together we will elevate, identify, communicate, educate and create our future. Exercise your voice as a Minister and help to shape future Minister gatherings – your presence counts!

**How Teachers Can Best Utilize the Yogi Bhajan Library of Teachings - KRI Staff 3HO House**

Learn the best way to search, compile, and use the information in the Library of Teachings™ in your teaching practice from KRI staff. This course is also useful for those who aren't teachers and want to better learn how to navigate the database.

**The Yoga of Aging and Chronic Illness - Jivan Joti Kaur**

*Healing Earth Tent*

Life is filled with challenges, including health issues. Kundalini Yoga can not guarantee that we will never age, be in pain or become chronically ill, but Kundalini Yoga can help us manage and even excel through our health crises. From a perceived curse, transcendence is possible. The Kundalini Yoga lifestyle is one key. This class consists of discussion, small group work and learning yogic techniques. Come for yourself; come for another.

**The Miraculous Combination of Pressure and Commitment - Guru Singh**

*Yoga and Meditation Tantric Shelter*

We all experience pressures in our daily lives — it’s part of time and space. Yogi Bhajan asked us to connect with his subtle body just beyond time and space. In this class we will use mantras, mudras, asanas, kriya and meditation to connect to the clarity of absolute commitment for balancing any pressure. We will be doing this at the beginning of the Solstice experience to give us the momentum of our teacher’s Grace.

**Start Using Your Challenges to Create Yummy Vastness - Gurutej Kaur**

*Yoga and Meditation Fire Tent*

You don't need to seek out challenges, yet when they embrace you, do you want to know how to turn your biggest challenges into your biggest assets? If you say yes, please come and join us to get great tools and start recycling your challenges into fodder for your joyous elevation. Learn how to stop throwing spitballs at God and start demanding kisses.
When Dating Pressure is Off, Family Pressure is On - Rai Kaur

For most of us, the most challenging life decision is when and with whom to begin to build our adult life. We're stressed by the challenge of choosing a partner, then stressed by making the commitment. Our souls are profoundly soothed once we finally say, "I do," and then an entire novel set of pressures presents itself. Marriage is the highest yoga, where our egos are maximally challenged but through which we can eventually experience infinity. Let's talk.

Unity in Sikh Dharma - the Master's Dying Request - Siri Karm Singh

Among Yogi Bhajan's final words was a heart-felt call to unity. After the passing of many great masters, devoted, well-intentioned followers can sometimes split and go different ways. Dharma resembles a language fragmenting into dialects. Through meditation, lecture and discussion, we will explore this phenomenon, using the Christian experience as an object lesson, and offering commitment and surrender as the antidote.
Sunday June 21

7:00 pm
Gurbani Kirtan
(Naad/Chanting) SDI Academy
Chant, meditate, listen to the divine sounds of the Holy Naam.
Gurbani Kirtan 7:00-8:00 followed by Kirtan Sohilla recitation at 8:00

Men's Wisdom Circle - Sopurkh Singh
(Lecture/Discussion) Earth Tent
Join our men-only sacred talking circle, where we listen and talk in ways and about issues that we normally don’t touch upon in our regular, daily lives. The sacred container of this circle creates space for healing and awakening.

Miri Piri Academy Celebration and Graduation - Saraswati Kaur
Tantric Shelter
We invite all Solstice participants to help us honor and celebrate our Class of 2015 and to get a taste of the Miri Piri Academy spirit through student speeches, presentations of live music, dance and a Gatka demonstration. Our Keynote Address this year will be given by Gurubachan Singh Khalsa. Learn more about Miri Piri Academy at www.miripiriacademy.org.

8:30 pm
Evening Gong - Dharam Singh
Water Tent
Relax with the soothing sound of the gong.
Release Anxiety from Your Body Temple - Shabad Kaur
(Yoga and Meditation) Water Tent
It's not uncommon to experience anxiety during the pressure of these times. We'll practice a pranayama 'gem' for calmness, and then Kundalini Yoga to relieve physical tension and awaken the navel point, in turn lighting the radiance of the heart chakra to release anxiety and invite a deep sense of calm. Then we'll practice a specific meditation to temper anxiety, and discuss practical yogic lifestyle tools you can take home for reducing worry and anxiety in your everyday life.

Kindness - Siri Karta Kaur
(Yoga and Meditation) Earth Tent
Please join us in a revitalizing Kundalini Yoga Class. In this class we will have a warm up, a kriya and Meditation.

Shabad Guru: Millionaire Mantra for Prosperity - Guru Kirn Kaur
(Naad/Chanting) SDI Academy
Supercharge your prosperity with the mantra to make you a millionaire (Basant ki Vaar). The essence of connecting with wealth is to reach to your essence and vibrate there. Money follows mission. So connect with your spirit, Vibrate the Shabad and expand your resources.

What is My Dosha? - Deva Whyte
(Healing) Fire Tent
Have you ever wondered what your dosha is and cannot figure it out from online dosha evaluations because you seem to have some of each? We all have each of the doshas because they are the five tattwas: ether, air, fire, water, and earth. In a class format we will evaluate your constitution (prakruti) and also your imbalance (vikruti). We will do some pranayama to balance Vata (anuloma viloma) and Pitta (Sitali Pranayama) prior to assessing doshas.

Opportunity and Green Energy - Har Dev Singh
(Yoga and Meditation) Air Tent
Get to your core. By-pass your past. You are the radiant light of Guru Ram Das! In this class, we will use the technology of Kundalini Yoga, Meditation, and live music to enliven our minds with our truth, our core, the prosperous and radiant light of Guru Ram Das!
Monday June 22

10:45 am
IKYTA Conference - Hari Kirin Kaur, Ajeet Kaur, Simrit Kaur, Karena Virginia
Fire Tent
Calling all IKYTA Teachers! Join in the annual Summer 3HO IKTYA Teachers Conference Monday, 22nd from 10:45 to 1:45. Gather with your fellow IKYTA Teachers for 2 special class sessions: Chakras for Teachers (10:45 am- 12:30 pm) and a Lunch and Networking Session from 12:30 pm- 1:45 pm. Bring your dishes as we will have our lunch served at the conference.

Guru Gobind Singh's Bani: Jaap Sahib - Sat Nirmal Kaur and Sangeet Kaur
(Naad/Chanting) SDI Academy
Yogi Bhajan said of Guru Gobind Singh’s Bani Jaap Sahib: “It raises the soul and the self of the being.” In this class we will share the technology of ‘Bowling Jaap Sahib,’ as given by Yogi Bhajan. We will also practice (sing!) three mantras from this most blessed bani that Guru Gobind Singh wrote to uplift us and give us strength of body, mind and spirit.

It's Time to Lighten Up! - Krishna Kaur
(Yoga and Meditation) Tantric Shelter
The time is now, and now is the time to serve each other as never before with a deep loving commitment to GROW more peaceful and more joyous everyday. Let's simply START, and watch the pressure take to the sky like a wise eagle! We'll balance the energy of the five tattvas to create stability and a lightness of our Being; meditate deeply to embrace The One within, remembering that every time we shift a little something in ourselves, the entire Universe shifts as well!

The Blockbuster: Breaking through Karmic Squares - Guru Dharam Singh
(Yoga and Meditation) Water Tent
The greatest challenges in your life are caused by Karmic squares which exert a controlling influence and pressure in your circumstances. Kundalini Shakti enables us to use the potential or momentum of the moment to start breaking the cycle of karma using the power of the Creative force. Clear blocks known and unknown from your field and allow your destiny cycle to prevail in your life.
Monday June 22

10:45 am

Creating Healthy Boundaries for Healing (Women only) - Sat Santokh Singh
(Meditation) Earth Tent
In honor of the UN’s Commission on the Status of Women, this workshop offers Kundalini Yoga and meditation for women reclaiming power in emotionally compromising relationships and creating healthy boundaries.

Serving the Infinite: There is a Way through Every Block - Kia Miller and Tommy Rosen
(Yoga and Meditation) Air Tent
When we come to our edge on the yoga mat, the mind games begin. We try to find ways out of the challenge. The same is true in life. Develop grace under pressure and you will find doors opening that you may not have realized were there in the first place. To overcome blocks requires presence and commitment. Experience the power of Kundalini Yoga to bring you to your edge and taste the freedom beyond.

2:00 pm

A Short Journey into the Heart of Sikh Dharma - Mata Mandir Kaur, Ek Ong Kar Kaur, Yogi Amandeep Singh, Hari Dharam Kaur, Dr. Shamrang Singh, Arjan Kaur (Dharmic) SDI Academy
A group experience to deepen your Dharmic understanding and spiritual growth. You don't have to be a Sikh to embrace Sikh values and consciousness. Guided by a team of wonderful Dharmic teachers, we'll discover and enhance our experience of Sikh lifestyle, Shabad Guru, and Kundalini Yoga as we listen and share our own journeys. For new-comers, old-timers, and anyone interested. This is Dharma, not dogma! Bring questions and an open heart.

The Practical Yogi - Guru Shabad Singh
(Naad/Chanting) Water Tent
A practical application of the teachings of Yogi Bhajan for achieving success. Live music by Guru Shabad Singh.

Awakening the Best in the Human Spirit - Sunder Singh
(Meditation) Fire Tent
We contain all possibilities because we are connected to the whole ecology of what it means to be human. What are the skillful means to awaken the best in us? We will explore and experience these skills. It just might be a way to free the universal flow of creativity and fulfillment and sustained happiness.
**Monday June 22**

**2:00 pm**

**Kundalini Yoga and the LGBT Community - Yogi Brent**  
* (Lecture/Discussion) 3HO House

IKYTA Discussion - Have you ever had an awkward moment with a transgender student in your class? Have you ever found yourself struggling to explain how the LGBT community fits into Yogi Bhajan’s teachings on Humanology? Do you have a heart for inclusion and meeting people where they are, but don't feel like you have the vocabulary to do so? Join us for a heart-centered teachers’ circle to discuss these sensitive topics with delicacy and grace.

**Ra Ma & the Human Psyche: Balancing the Interplay of Sun/Moon Energies - Guru Dev Singh**  
* (Healing) Tantric Shelter

While the sun energy is at its zenith, a potent portal of sublime possibility is stirring. Through the ancient modality of Sat Nam Rasayan, learn to calibrate the flow of your innate masculine and feminine celestial energies. Discover and activate your inner sun and moon - the vitality and peace that are your birthright.

**Now is the Reality - Harijiwan Singh**  
* (Yoga and Meditation) Air Tent

In the high desert Solstice Sun, chakra by chakra purify yourself. Expand from your basic bodies to the Tenth Radiant Body. See thirty trillion micro cells dancing from you on and on into the Universe. Move with all the power of the planets and stars. Let your electromagnetic field magnify itself outward, upward, and onward. Let Infinity be your touch.

**Taking it to the Streets: Sharing Yoga with Under-served Communities - Jiwan Shakti Kaur Eisenberg**  
* (Lecture/Discussion) Earth Tent

Kundalini Yoga is a powerful technology for empowerment and transformation. It can be used effectively with at-risk and under-served communities, including trauma survivors, the homeless, and others. In this class, we'll review language and physical modifications to prevent "trauma triggers." We'll practice a short kriya as an example of how the practice can be made accessible to all, and then we'll follow up with discussion of barriers we confront when we reach out to non-traditional yoga communities.
Biomedical Scientific Research on Yoga: Revolutionizing Wellness and Healthcare - Dr. Sat Bir Singh

(Lecture/Discussion) Earth Tent

This workshop will present an overview of modern biomedical research on yoga and meditation. We will review the scientific evidence for the psychophysiological effects of yoga practice, the value/implications of yoga research in society and healthcare, and published research on Kundalini Yoga. Gain an appreciation of the utility of published yoga research in helping to justify the establishment of yoga classes in public venues, fitness centers and healthcare clinics and institutions.

Video with the Master of Kundalini Yoga, Yogi Bhajan - Dr. Kirpal Singh

(Meditation) 3HO House

Rebirthing: Removing the Fears from the Fifth Month in the Womb

Learning to do the Ardas -Siri Sevak Kaur

(Dharmic) SDI Academy

The Ardas is a prayer which has evolved over centuries reflecting the collective yearnings and spiritual insights of the Sikh community. It is done when the sangat gathers together, as well as by individuals in their own spiritual seeking. In this class you will receive materials which will be helpful to you in doing the Ardas at home. We will support each other as each person has the opportunity to do an Ardas.

The Zenith of Victory - Guru Jagat Kaur

(Yoga and Meditation) Fire Tent

In this accelerated space of the Solar Zenith, the mandate of the Aquarian Age is clear - Victory! Victory over neurosis, victory over personal suffering, victory in prosperity, victory over the Time and the Space, victory in relationship, and victory to the awe-inspiring machinery of your mind, heart, and ten bodies. "Kundalini Yoga is a scientific human technology for happiness." -Yogi Bhajan

Women's Healing Meditation Circle - Ram Prakash Kaur and Sirgun Kaur

(Women's Teachings) Air Tent

Calling all women to share, meditate and be together in our sacred circle, tapping into our creativity, our divinity and our strength as women. We will practice some of the powerful teachings that Yogi Bhajan gave for women and meditate with the Adi Shakti mantra together. There will be time for sharing, yoga and even some dancing! With live music by Sirgun Kaur! Women only please.
3:45 pm
Dancing Spider Yoga: A Technology for Healthy Happy Holy Families - Ajeet Kaur
(Movement) Water Tent
Community, Coziness, and Contentment are the 3 principles that guide the structure of Dancing Spider Yoga. This yoga program gives children values and is easy to learn and remember. The lecture and class is transformational, and perfect for parents and teachers to guide their communities in children's Kundalini Yoga and Meditation. In the Dancing Spider Yoga class you'll learn how to incorporate children's yoga into your curriculum right away.

5:30 pm
White Tantric Yoga Monitor Class and Meeting - 3HO Staff
(Lecture/Discussion) Water Tent
A meeting and ongoing training for anyone who plans on monitoring during White Tantric Yoga. This is a required meeting for all those wanting to monitor. Get your dinner early and bring it to the Air tent!

The Warrior Saint in Sikh History - Shanti Kaur
(Dharmic) SDI Academy
Sikhs have a tradition of meditation and service for the good of all mankind. Inherent in this life of service is the heart of the warrior – one who fearlessly faces the aggressor in defense of one’s self and others. The Sikh warrior path is known as Sant Sipahi – the Warrior Saint. Come experience the history, tradition, and code of the Sant Sipahi and learn how to apply this technology in today’s world.

Y.O.G.A. for Youth - Krishna Kaur
(Lecture/Discussion) Air Tent
Your Own Greatness Affirmed: Are you interested in learning about Y.O.G.A. for Youth and how you can get involved? Since 1993, this non-profit organization has shared the tools and teachings of yoga with urban and incarcerated youth from all over the country and world. Bring your dinner on Monday night and join us for a fun, informative session hosted by Krishna Kaur, the founder of Y.O.G.A. for Youth.
Monday June 22

6:00 pm
International Women's Camp Info Session - Camp Staff
(Women's Teachings) 3HO House

7:00 pm
Gurbani Kirtan
(Naad/Chanting) SDI Academy
Chant, meditate, listen to the divine sounds of the Holy Naam. Gurbani Kirtan 7:00-8:00 followed by Kirtan Sohilla recitation at 8:00

Siri Guru Granth Sahib Blessing - Bhai Sahiba Bibiji Inderjit Kaur
(Lecture/Discussion) Tantric Shelter
The existence of the Universe is based on constant creative sound. This sound, with its vibration, creates life. The Bani of the Siri Guru Granth Sahib is the creative force of the Infinite and when recited it establishes your frequency and rhythm of the whole body and being. Class will include the technology of the Shabad Guru, the science of Naad and Gurbani, the effects of the Pauris of Japji Sahib, the power of serving others, and much more.

8:30 pm
Gong Meditation - Harijiwan Singh
(Meditation) Water Tent
Relax to the soothing sounds of the gong.
Tuesday June 23

8:00 am
White Tantric Yoga
(Meditation) Tantric Shelter

7:00 pm
Gurbani Kirtan
(Naad/Chanting) SDI Academy
Chant, meditate, listen to the divine sounds of the Holy Naam.
Gurbani Kirtan 7:00-8:00 followed by Kirtan Sohilla recitation at 8:00

8:30 pm
Gong Meditation - Sunder Singh
(Meditation) Water Tent
Relax to the soothing sounds of the gong.

Wednesday June 24

8:00 am
White Tantric Yoga
(Meditation) Tantric Shelter

7:00 pm
Gurbani Kirtan
(Naad/Chanting) SDI Academy
Chant, meditate, listen to the divine sounds of the Holy Naam.
Gurbani Kirtan 7:00-8:00 followed by Kirtan Sohilla recitation at 8:00

8:30 pm
Gong Meditation - Devinder Kaur
(Meditation) Water Tent
Relax to the soothing sounds of the gong.
Thursday June 25

8:00 am
White Tantric Yoga
(Meditation) Tantric Shelter

7:00 pm
Gurbani Kirtan
(Naad/Chanting) SDI Academy
Chant, meditate, listen to the divine sounds of the Holy Naam. Gurbani Kirtan 7:00-8:00 followed by Kirtan Sohilla recitation at 8:00

8:30 pm
Gong Meditation - Mahan Rishi Singh
(Meditation) Water Tent
Relax to the soothing sounds of the gong.
Friday June 26

7:15 am

**Serious Conscious Rebirthing - Mahankirn Kaur**
*(Healing) Water Tent*

Join us for deep transformation and rebirthing at your core – to move into the world with consciousness, awareness and the inner perception of the perfection of your own self. We will do specific deep meditations so you can experience YOU as YOU already are.

**Kundalini Dance - Wahe Kaur**
*(Movement) Air Tent*

Join Wahe for a Kundalini Dance experience. We will dive in with Kundalini Yoga to get out of our head and into our heart, so when we get up to dance and play we are moving with total freedom. This workshop is for all, whether you love to dance or are scared to dance. Children are welcome too! Let us all find our playful side, celebrate our lives and bodies, and wrap up our Summer Solstice in high spirits!

**The Warrior Workout - Gurutej Singh**
*(Movement) SDI Academy*

Yogi Bhajan trained me to teach Physical Training and self-defense programs that he had learned. I have taught these programs in Espanola, during various programs including Camp Miri Piri, and also at Summer Solstice in the late 90's. The classes are strong, stimulating, and inspiring.

**Intuitive Motivation: How to Navigate your Life in a High Frequency - Nirvair Singh**
*(Meditation) Fire Tent*

This class will help you manifest Yogi Bhajan's 3rd Sutra in high frequency so that it is in harmony with your soul and life's purpose. We will discover the mechanics of positive and negative motivation. We will learn techniques to relieve the pressure of the time. We will practice kriyas from The Yogi Bhajan Library of Teachings™ that will allow you to self initiate and maintain a course to the consequential best possible outcome in your life.
Friday June 26

7:15 am
Yoga of Intersectionality: Microresist, the Oppression will be Off You - Gurumukh Singh Harris
(Healing) Earth Tent
The Yoga of Awareness is a tool for liberation from pain and stress caused by overt personal and institutional ISM’s. Today’s interpersonal microaggressions are the most frequently experienced form of discrimination. Microresistance is how we respond off the mat; using energy generated on the mat, we creatively resound, refine, and transform our responses to microaggressions.

8:00 am
Nagar Kirtan
(Dharmic) Gurdwara
Nagar Kirtan is a procession with the Siri Guru Granth Sahib. There will be Kirtan and Gatka (Sikh martial art) as part of the procession. Meet at the Gurdwara at 8:00 a.m. on Friday June 26th to start, or join us anywhere along the route as we make our way from the registration area back to the Gurdwara. We will also have flower petals that children can sprinkle along the route.

10:45 am
Elevate in Consciousness - Gurmukh Kaur
(Yoga and Meditation) Tantric Shelter
Give yourself enthusiasm and vigor through self-discipline, balance, and commitment. Shift your psyche into a proactive rhythm of regeneration and accomplishment. Learn how your creative, nurturing mind may serve you. Experience your power of social energy in cooperation with others. Learn how important the people in your life are for your health, wealth, and well-being. Together let us heal, dissolving all blocks. The experience promises to set you on your way in a new way.

Kundalini Yoga: How it Works - Hari Simran Singh
(Lecture/Discussion) Fire Tent
Understand the mechanisms, physiology and anatomy of Kundalini Yoga. Learn about the clinical applications of Kundalini Yoga and weight loss, the nature of stress, the results of consistent practice and current research. Participants will be able to understand ways to manage stress, develop optimal practice efficiency, and control weight with applied Kundalini Yoga concepts.
10:45 am  
**Start or Improve your Daily Practice - Safely, Correctly & Comfortably! - Guruprem Singh**  
*(Yoga and Meditation) Earth Tent*

Explore how to start or upgrade your Sadhana, learn and practice the basics from which all asana, meditations, proper breathing, good posture and health start. Then apply these techniques to some of the more challenging kriyas, pranayamas and meditations. Challenge yourself correctly, without hurting your body. We will practice with ease and at our own level: Sodarshan Chakra Kriya, Bound Lotus, and Backbends, and answer questions about other asanas.

**Experiencing the Nectar of the Raag Naad - Satkirin Kaur**  
*(Naad/Chanting) Water Tent*

This is a class for singing and experiencing the unique musical form called Raga. Raga embellishes and deepens the experience of the Shabads and mantras that we sing. During this workshop we will do a short kriya for opening the physical nadis of sound formation, sing saregams and warm the voice with Kauri Kriya. Deepen your experience of Raga, voice culture, and meditation on the Bani of Guru Arjan Dev for meditation and guidance. Bring water and do not eat heavily before class.

**Raga, Gurbani Kirtan and Shabad Guru - Sada Sat Simran Singh**  
*(Naad/Chanting) SDI Academy*

This will be an experiential class on Raga, Gurbani Kirtan and Shabad Guru. We will do some vocal Riaz and some chanting. The Shabad Guru element will be some discussion and some practices to deepen your relationship to the language of the Sikhs. Come ready to sing, discuss and with an open mind.

**Beyond Addiction: Act...Don't React - Nirmal Singh**  
*(Healing) Air Tent*

We all have habitual patterns - some are demoting patterns and they are often on autopilot. In this workshop we learn to check in with our neutral self so we act responsibly. We take control over our reactions to people and events using self-awareness and the support of Kundalini Yoga and Meditation.
Friday June 26

10:45 am
Yogi Corps: Philosophy and Culture - Dharam Jot Singh
(Lecture/Discussion) 3HO House
This discussion will focus on the philosophy and culture of Yogi Corps. How do we embody yogic principles with a mind towards good stewardship of the Earth? How do we work from within a community with patience and grace to educate our fellows about the benefits of Seva? This discussion is open to all. Let's begin to encourage a culture of mindfulness for future generations.

12:45 pm
Special Lunch and Camp Skits - Everyone!
Tantric Shelter

2:15 pm
Bereavement and Yoga: Surviving the Loss of a Loved One - Shabad Atma Kaur
(Healing) Water Tent
In Death, there is sacred transformation and rebirth. Losing a loved one is our teacher to experience the Cycle of Life. Bereavement can take you into the depths of pain and terror. It can also lead you to transcend and move forward into a full life like never before. You will explore the healing path of bereavement through Kundalini Yoga to connect with all that is One, in a safe and loving container, where all parts are welcome.

The 10 Bodies of a Healthy Business - Sat Karam Kaur
(Lecture/Discussion) 3HO House
IKYTA Discussion - In these accelerated and fast-paced times, it is critical that yoga studios, classes and your business survive and thrive. Take the pressure off business management by understanding the 10 Bodies for a Healthy Business. This discussion will guide you through a holistic system for business sustainability, success and prosperity that is scalable for all business stages and maturities, from start-up to well established companies and organizations.
Activating the Miraculous through the Light of Guru Ram Das - Karena Virginia and Dharm Khalsa
(Yoga and Meditation) Tantric Shelter
We have the capacity to merge our subtle body with the Grace and miracles of Guru Ram Das. Transformation occurs when we release the resistances that block us from experiencing the magnitude of our radiance. Using Kundalini Yoga, meditation and chanting, we will invoke the pure depth of stillness, extend love into our aura, and merge with the miracle of Guru Ram Das. Yoga, meditation and healing with Karena Virginia. Live music and sound radiance with Dharm Khalsa and friends.

Realizing our Natural State of Happiness through Discipline - Sat Santokh Kaur
(Meditation) Fire Tent
Overcome the fear to command yourself. Rid yourself of competing and comparing. Being your own Self Disciple brings Beauty as Duty. Be you as You. "If you do not get rid of your fears, you will not get of your habits and thus, like a record which gets dented somewhere, you’ll play the same pattern."-Yogi Bhajan. Experience your Natural State. Recognize it. Live it. Join SatSantokh for Deep Meditation of Self.

Prayer: The Power of Love and Serve - Hari Charn Kaur and Sangeet Kaur
(Naad/Chanting) Air Tent
Hail Guru Ram Das and Heal the World. Now is the time to release our karmas of anger, fear, and grief. In this workshop we will use Kundalini Yoga and the Naad of the Shabd Guru to strengthen our power of prayer and projection. The time is on us and prayer will open the path. May we be bright, bountiful and beautiful, that our very presence will heal.

Gurmukhi & Mantra Pronunciation for Spanish Speakers - Hari Dharam Kaur
(Dharmic) SDI Academy
We will work on accurate pronunciation of sadhana mantras to deepen your meditation and experience of "naad" (sound current). This sacred technology of reciting mantra in its true expression will allow you to resonate with and merge in
the divine inner song.

2:15 pm  
**The Healthy Breast Program: Nourish Yourself, Bring Healing to the Earth**  
*Sat Dharam Kaur*  
*(Women's Teachings)* Earth Tent

The health of our breasts reflects the health of the Earth. Women’s breasts symbolize the capacity of the Earth to nurture all life, as well as ourselves and future generations. Join yoga teacher trainer, author and naturopathic doctor, Sat Dharam Kaur ND, to learn exquisite Kundalini Yoga practices to improve your lymphatic circulation, balance the glandular system, and protect the health of your breasts. Learn lifestyle, dietary, nutritional, and environmental strategies from the Healthy Breast Program to maximize health.

4:00 pm  
**Woman, the Adi Shakti: Contained, Content, Continuous - Sat Purkh Kaur**  
*(Women's Teachings)* Fire Tent

The third in our 3-year series: Contained, Content and Continuous, we will look at how a woman can keep her projection, her identity and her energy continuous, so that she can keep up! A life well-lived must be continuous. Your inner essence must speak always the same truth, I am I am. We will practice praanayams, kriyas and shabads that help a woman maintain her continuousness in the face of life's challenges.

**The Destiny to Become One - Shaktka Kaur Kezios**  
*(Yoga and Meditation)* Tantric Shelter

You are designated as a human being for the destiny to become One. It is a road that you alone have to travel! No one else can travel it with you because you are especially made by the One in the image of One’s own self. So, when the pressure is on, will you travel the path of destiny or the path of neurosis? Come clear the distractions, release the pressure and embrace your soul!

**Men's Wisdom Circle - Sopurkh Singh**  
*(Lecture/Discussion)* Earth Tent

Join our men-only sacred talking circle where we listen and talk in ways and about issues that we normally don’t touch upon in our regular, daily lives. The sacred container of this circle creates space for healing and awakening.
Friday June 26

4:00 pm

**Video with the Master of Kundalini Yoga, Yogi Bhajan - Dr. Kirpal Singh**  
*(Meditation)*  
3HO House

Rebirthing: Clearing the Magnetic Block from the Womb

**Bringing Solstice Home - Guru Singh**  
*(Yoga and Meditation)*  
Air Tent

Learn how to integrate changes experienced during Summer Solstice and White Tantric Yoga, and get support on how to continue the transformation process at home.

**Learn to Play Anand Sahib and Song of the Khalsa - Pritpal Singh**  
*(Naad/Chanting)*  
SDI Academy

Musicians will help you learn to play the Anand Sahib on the harmonium and/or Song of the Khalsa on any instrument.

**Creating Your Reality through Neutrality - Dr. Sat Siri Kaur**  
*(Healing)*  
Water Tent

Experience shuniya, oneness, heart space; and connect with your Intuition. Become more receptive to divine guidance, play with subtle energies and increase your sensitivity through hands-on applications and kriyas. We will practice special kriyas for healing and for healers including Yogi Bhajan’s “Star-Creation Meditation.” If you get into the habit of penetratingly paying attention to everything to reach to the core of creativity, you gain the chance to understand the Universe.

7:15 pm

**Ransabhai: All Night Kirtan**  
*(Naad/Chanting)*  
Tantric Shelter

During the last night of Summer Solstice you may choose to have the sublime experience of Ransabhai—all-night devotional music. Bring your sleeping bag or blanket and join the whole camp for this cozy and divine night. You may lie down
3HO.org
Connecting Kundalini Yoga Communities Around the World

Inspiration

Resources
PEACE PRAYER DAY

3HO Foundation International Presents

International Peace Prayer Day
A Day of Music, Prayer, and Recognition of Service

Saturday, June 20, 2015 • 10:45am–9:00pm

10:45 am    “Peace Within You for Peace in the World”
            Yoga with Sat Pal Kaur Khalsa

1:00 - 2:00 pm Lunch

2:05 pm    Welcome Music with Guru Singh

2:20 pm    3HO Live to Give Presentation and Awards
            with Anand Singh & Sat Bir Singh

3:00 pm    Live to Give Honoree Address - Jan Milburn,
            The Milburn Foundation

3:25 pm    Bhangra Performance by Miri Piri Academy

3:30 pm    Children’s Presentation with Ajeet Kaur,
            Dancing Spider Yoga

3:50 pm    The Siri Singh Sahib Award for Social Justice
            - Rev. Dr. C.T. Vivian

4:25 pm    Sacred Healing Walk Blessing with Sat Siri Kaur

4:45 pm    Welcoming the Peace Runners with Guru Singh

5:15 pm    Sacred Healing Walk

5:30 - 7:00 pm Dinner

7:30 - 9:00 pm Evening Concert with Jai-Jagdeesh Kaur

For Information: www.3HO.org/peaceprayerday
Thank you to the international service projects who participated in the 2015 Live to Give Grant Contest. You are ALL winners - living a life from the calling of your heart, a life devoted to upliftment and service. Together let us continue to support these projects throughout the year.

Congratulations to the 5 Live to Give Grant Recipients:

- Hope & Compassion
- Yoga Teachers 4 Africa
- Kundalini Yoga in the Down Community
- Yogi Bhajan’s Legacy
- The Milburn Foundation

We will be showing their videos and presenting their grants at Peace Prayer Day!

To view the 2015 Live to Give Grant recipient videos go to:

www.3HO.org/livetogive
A spiritual name helps to elevate your energy through the power of its Nadh (inner sound current), and through the divine essence of its meaning. It is your spiritual or soul identity. Yogi Bhajan called it a Destiny Name. It challenges you to live in your highest consciousness and helps you progress towards your ultimate destination. Making the choice to receive a spiritual name is taking a step towards connecting with your infinite self.

Spiritual names are given by Nirinjan Kaur, Yogi Bhajan’s Chief of Staff. For over thirty years, she was personally trained by him in his method of determining them. Today, with Yogi Bhajan’s blessings, Nirinjan carries on this tradition.

To request a spiritual name, visit the 3HO Booth here at Solstice and complete an online spiritual name request form, or go to www.3ho.org/spiritual-names. We encourage you to give a donation of at least $35 for each name requested, to assure your own personal prosperity, as well as to support the Spiritual Names Office administrative costs.

A Spiritual Name Destiny Card is a beautifully designed card, featuring your spiritual name and its essence meaning. It serves as an inspiring reminder of the divine sound current and meaning of your spiritual name, and its power to deliver you to your destiny. Use it on your altar, as you meditate on your name, on your desk as a name plate, as an uplifting and divine art piece, or as the perfect gift.

Request a name or order your Spiritual Name Destiny Card at www.3HO.org/Spiritual-Names
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Come experience Yogi Bhajan's energy and spirit in the 3HO House. Delve deeper into understanding the 3HO way of life and learn more about our community. Yogi Bhajan's presence is very much alive and well here at Guru Ram Das Puri, and his wish was for us to love his teachings and continue to live and grow here in community and group conscious. We invite you to continue this journey by connecting here, by just visiting and chatting with us, and also by participating in our program offerings. We have a variety of classes including IKYTA teacher discussions and 2 Yogi Bhajan Rebirthing Video classes.

We also have some fun 3HO products for sale, including T-shirts, Water Bottles, and nice ceramic mugs for your Yogi Tea. Come by and get some free gifts as well!

Check out all our classes on the Schedule, and see the Class Descriptions for more info! The 3HO House is open everyday from 10 am-7 pm except for Tantric Days.

Looking forward to meeting and speaking with you all!
**Satsimran Kaur** was on Yogi Bhajan’s personal staff beginning in 1971 and was his appointment and travel secretary until 1987, when he entrusted her to work with him to create the White Tantric Yoga® (WTY) videos. She is CEO of WTY world wide and has held the vision for the Library of Teachings of Yogi Bhajan and is part of the team that is working on its development within KRI.

**Sat Nirmal Kaur Khalsa** is a certified teacher of Kundalini Yoga and a minister of Sikh Dharma. She has been a student of Yogi Bhajan since 1973 and has traveled extensively teaching Kundalini Yoga to business executives, students, children and teens. She traveled with Yogi Bhajan as a member of his personal security team, both nationally and internationally.

**Siri Atma Kaur** currently lives in Los Angeles, where she has worked in financial management for local government for over 20 years. She also serves on the corporate boards of Humanology and Health Science, East West Tea Company, and SoulAnswer, Inc.
White Tantric Yoga® enables you to break through subconscious blocks so you can have a more enjoyable life. With White Tantric Yoga® you can achieve great personal and spiritual growth that will create a flow of success, prosperity, and change. Here is where you can master your destiny by gaining insight into your self.

During the Tantric exercises, we are interacting with ourselves, our partner, and the group, and the energy is monitored through the Mahan Tantric, Yogi Bhajan, via the facilitator. This entire process allows us to accomplish a tremendous amount of inner work in a short time. Monitors are present to assist the process and to help you. Please help them by responding to their suggestions and requests. To fully experience the power of White Tantric Yoga®, please follow these guidelines:

- Wear a white cotton head covering so that the proper energy balance is established within the group electromagnetic field.
- Do not leave the Tantric lines during an exercise without a monitor’s assistance. If you must leave the line, please raise your hand and wait for a monitor to sit in your place until you return.
- Never cross over the Tantric lines; use the designated walkways behind you. Crossing the Tantric lines disrupts the energy flow.
- Keep the Tantric lines perfectly straight to facilitate the flow of energy.

Finding a Partner
You do not need to choose a partner ahead of time. Just come to the Tantric area and the monitors will help you connect with a partner.

What to Wear
Wear white clothing with your head covered. It is preferable that you wear natural fibers to facilitate the flow of energy. It can be tough to keep clean, so be sure to manage what you have so that you can feel bright and shining at the start of each day.

What to Bring
Bring a yoga mat to sit on and perhaps a sheepskin and/or pillow to support your body. A water bottle and a light shawl are also recommended. There isn’t a lot of room between the Tantric lines, so please be sensitive to those around you in choosing what you bring. We like to create space for all. 

The complimentary Tantric Bag that you received at registration will be the only bag allowed into the Tantric space during White Tantric Yoga®. It is a big bag and can fit all of your belongings. Be sure to put your name on it!
White Tantric Yoga® Entrance Process
Entry into the Tantric Shelter for the days of White Tantric Yoga® is coordinated by the color of your bag. You will be given a colored bag when you check-in/register onsite. When either your color or your partner’s color is called, you may enter the Tantric Shelter. Multiple space saving is not permitted. You may save a space for you and your partner only. Thank you for your cooperation in making this process fair and equitable for all.

Physical Challenge
The challenge to your physical body during White Tantric Yoga® can be significant. You may spend up to 10 hours each day sitting in easy pose, with a straight spine. Exercises involve arm positions that can be strenuous. Here are some tips for the physical challenge:
• Do not be intimidated. Everyone experiences every exercise differently. Someone may love 62 minutes of Sat Kriya, yet experience back pain during long deep breathing in easy pose.
• Lock into the posture during the first 11 minutes, and the posture will support you through the remainder of the exercise.
• Make every effort to keep the spine extended and straight throughout the exercises.
• Use your breath to direct prana and energy to troubled spots.
• Be patient with yourself and the group energy and remember that a little kindness to your partner and neighbors goes a long way.
• Surrender to your finite physical limits and experience the absence of limits in your infinite soul.
• Consider practicing silence between the exercises. It may hurt less when you do not talk about it.
• Between exercises, stretch and drink plenty of water.

Blind Walk
It is common for the last exercise on the third day of White Tantric Yoga® to be the Blind Walk. In this exercise, eleven people link hands in a chain with their eyes closed, except for the person at the front. The leader guides the group through the camp, calling out “Waheguru,” with the group answering “Waheguru.” It is recommended that the leader has previously experienced at least one Blind Walk. To prepare, wear closed-toe shoes, socks, sun protection, hat or visor, and appropriate clothing.
**WHITE TANTRIC YOGA®**

**Stick to the Solstice Diet during the 3 Days of White Tantric Yoga®!**

While White Tantric Yoga® participants are permitted to bring snacks into WTY, only the Solstice Sadhana menu is served during the 3 days of WTY. **Bazaar vendors are not permitted to sell food or drinks during White Tantric Yoga® or during White Tantric Yoga breaks.** The ‘no sale’ period begins the evening before the first day of WTY and ends at the conclusion of day 3 of WTY.

The Solstice Sadhana menus were specifically created by Yogi Bhajan to optimize the solstice experience, including the subtle and powerful White Tantric Yoga® experience.
DAY ONE

HAR* (Simran & Guru Prem)  God
HAR* (Nirinjan Kaur)  The One
HARAY  The Projected One
HAREE  The Merged One
WAHE GURU  The Ecstasy of God

RAKHE RAKHANHAAR (Singh Kaur)
Rakhe Rakhanhar App Ubaarian
Guru Ki Pairi Pae Kaaj Sawaarian
Hoaa App Dayal Manhho Na Visaarian
Saadh Janaa Kai Sang Bhavjal Taarian
Saakat Nindak Dust Khin Maiha Bidaarian
Tis Sahib Ki Tayk Nanak Manai Maiha
Jis Simarat Sukh Hoe Sagalay Dukh Jai
DAY ONE

RAKHE RAKHANHAAR Translation
Thou who savest, save us all and take us across uplifting and giving the excellence.
You gave us the touch of the lotus feet of the Guru and all our jobs are done.
Thou has become merciful, kind and compassionate then our mind does not forget Thee.
In the company of the Holy beings you take us from misfortune, calamities and scandals.
Godless, slanderous enemies --
you finish them for all time
That great Lord in my anchor.
Nanak, keep Him firm in your mind.
By meditating and repeating His name all happiness comes and all sorrows and pain go away.
DAY ONE

MOOL MANTRA (Simran Kaur & Kirtan Singh)

EK ONG KAR
SAT NAM
KARTA PURKH
NIRBHAI
NIRVAIR
AKAL MOORAT
AJOONEE
SAIBUNG
GURPRASAAD
JAP!
AAD SUCH
JUGAAD SACH
HAIBEE SACH
NANAK HOSEE
BHEE SACH

One Creator
Truth is His Name
Doer of Everything
Fearless
Revengeless
Undying
Unborn
Self-Illumined
Guru's Grace
Repeat
True in the beginning
True through all the ages
True even now
Nanak says truth shall ever be
DAY TWO

HUMEE HUM BRAHM HUM* (Nirinjan Kaur)
We are we and we are God.

GURU GURU WAHE GURU (Singh Kaur)
GURU RAM DAS GURU
(This mantra has the power to take you through any of life's challenges)

I AM HAPPY I AM GOOD (Nirinjan Kaur)
I am Happy I am Good
I am Happy I am Good
Sat Nam Sat Nam Sat Nam Ji
Wahe Guru Wahe Guru Wahe Guru Ji

HAR* (Guru Prem Singh & Simran Kaur) God
WHITE TANTRIC YOGA® MANTRAS
SUMMER SOLSTICE 2015

(Mantras for Today's Course)
Mantras marked by an (*) are chanted aloud
The artist for these versions of the mantras are stated in ()

DAY TWO

HUMEE HUM BRAHM HUM* (Nirinjan Kaur)

REALITY PROSPERITY AND ECSTASY
(Nirinjan Kaur & Guru Prem Singh)
I Know Thou, Thee
Wahe Guru Ji
Give My Day Prosperity, Prosperity, Prosperity
Reality, Prosperity and Ecstasy
WHITE TANTRIC YOGA® MANTRAS
SUMMER SOLSTICE 2015

(Mantras for Today's Course)
Mantras marked by an (*) are chanted aloud
The artist for these versions of the mantras are stated in ()

DAY THREE (#70)

HAR* (Guru Prem Singh & Simran Kaur) God

ANG SANG WAHE GURU (Nirinjan Kaur)
The Infinite God is with you with every part of you

HUMEE HUM BRAHM HUM* (Nirinjan Kaur)
We are we and we are God.

ARDAS BHAEE AMAR DAS GURU (Liv Singh)
Ardas Bhaee Amar Das Guru
Amar Das Guru Ardas Bhaee
Ram Das Guru Ram Das Guru
Ram Das Guru Sachee Sahee

The prayer has been made to Guru Amar Das. The prayer has been made to Guru Amar Das. Guru Ram Das is the true guarantee. The Prayer has been accepted.
The Top 6 Reasons Joining IKYTA is Good for You:

1. Be a part of the largest global search engine created for Kundalini Yogis for classes, studios, trainings, and events.

2. Receive great discounts for events and products that support your development and service as a Teacher. Savings from IKYTA membership can more than make up for the cost of membership.

3. Have access to Teaching Curriculums and Yogi Bhajan lectures on Teaching, and find out what’s happening around the world in Kundalini Yoga communities.

4. As a Professional Member of IKYTA, you are eligible to teach classes at 3HO events.

5. Enjoy member only opportunities such as the KRI Library of Teachings web application for member’s websites.

6. Attend Teacher Conferences at Summer and Winter Solstices. Share with peers and work on your excellence as a Teacher.

Join at www.ikyta.com
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Join at www.ikyta.com

Kundalini Yoga Teachers
IKYTA is your home in 3HO!

Chakras for Teachers (10:45 am to 12:30 pm)
The study of chakras, the centers of consciousness, gave birth to Kundalini Yoga. We can learn them, feel them, teach and practice skillfully with them. What chakra are you teaching from? How do you connect to someone in the chakra they are in and yet remain neutral and intuitive? This experiential class will give you tools for recognizing, teaching and communicating from the chakras.

Lunch and Networking Session (12:30 pm to 1:45 pm)
Meet with fellow teachers for support, networking and planning on how IKYTA can help you and your community. Come and hear inspiring stories from several leading teachers in our community.
Lunch will be served. Please bring your dishes.
INTERNATIONAL WOMEN’S CAMP

June 29 – July 5, 2015

A Kundalini Yoga & Meditation camp for women. Come and experience the power, grace, depth, and radiance of your soul. Includes a day at the Ranch, Sikh Dharma classes, nightly So Purkh recitation, Celestial Communication, a trip to Ojo Caliente, chanting and much more.

Teachers include Deva Kaur (FL), Gurujodha Singh (CA), Gurukiren Kaur (NM), Hari Kaur (NM), Haridass Kaur (LA), Mahan Kirn Kaur, Pritpal Kaur (NM), Sangeet Kaur (NM), Shabad Atma Kaur (Austin), Shakta Kaur (Chicago).

www.3HO.org/womens-camp
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www.3HO.org/womens-camp

Khalsa Youth Camp
July 1 – July 12, 2015
Khalsa Youth Camp is a yoga camp for kids ages 5–12. It is a 12-day program that helps children build confidence and strength as physical and spiritual beings, emphasizing practical skills and leadership. Includes Morning Sadhana (spiritual practice), Kundalini Yoga, Meditation, Gurdwara, Arts & Crafts, Outdoor Skills, Hiking, Martial Arts, and Vegetarian Diet.

www.3ho.org/youth-camp
Solstice is a family-friendly environment and little people are everywhere. To give the children an experience of their own identity and to support the parents, we have a variety of programs for children, youth and teens.

Solstice Youth Camp Co-op (SYCC) and Teen Camp are powerful opportunities for children to feed both their spirit and their sense of fun, while learning ancient yogic teachings that build strong bodies and strong character. Give your child the opportunity to dwell in the frequency of Guru Ram Das Puri, be free, learn and connect with their peers. Yogi Bhajan said that one of the primary reasons for all people, children included, to come to the Solstices was to feel each other. Solstice Youth Camp provides that opportunity.

Resources, programs and support are available to parents, babies, toddlers, children and teens. If you’ve never brought your children or teens to Solstice before, consider it for next year. If you have any questions, contact Japjeet Kaur at japjeet@khalsa.com

“Create dependable children, not dependent children. Give your children the basic value to face their own tomorrow, without being blinded by yours. Enable them to have strong personalities, not be helpless puppets. Position them for success, don’t paralyze them with the commotion of your emotions.” - Yogi Bhajan
Classes on Parenting

Sunday, June 21st 2:00 pm - 3:30 pm
Bundling, a child’s introduction to Savasana/Corpse Pose with -
GuruSurya Kaur Khalsa, NY
Parent Tent (near playground)
Imagine having mastered corpse pose when you were three, or a child of four being able to relax and fall asleep in minutes, or a child of six taking a refreshing 10 minute nap on cue. Also, learn the lifelong benefits of knowing how to correctly swaddle an infant, and when and how long to bundle your child.

Monday, June 22nd 9:30 am - 10:30 am
Q&A for Parents - Rai Kaur Khalsa
Parent Tent (near playground)
Raising spiritual children in a materialistic world is not easy, but it is doable. There are no shortcuts or one-size-fits-all answers, but please bring your questions and I'll do my best to answer. I know what Yogi Bhajan taught, I know what worked for me, and I am happy to share.

Friday, June 26th 2:00 pm - 3:30 pm
Going to School in India: Q&A - GuruSurya Kaur Khalsa, NY
Parent Tent (near playground)
Let’s talk about the blessings and challenges facing children who attend school in India. We’ll discuss strategies for successful long-distance parenting, how to know when and if your child is ready, implementing successful transitions, and any other questions you might have.
JOIN MIRI PIRI ACADEMY
TO HONOR AND CELEBRATE THE
CLASS OF 2015

Siri Amrita Kaur Khalsa, Japan • Shiv Intar Kaur Khalsa, USA
Siri Ajeet Kaur Banda, South Africa • Diego Segesman, Mexico
Ambroise Centelles, UK • Mheny Singh, Malaysia
Joshua Regier, Germany • Sebastian Salazar, Peru

Live Music • Tabla Performance • Bhangra • Gatka Demonstration

KEYNOTE ADDRESS
MSS GURUBACHAN SINGH KHALSA

SUNDAY, JUNE 21ST
7:00 – 9:00 PM
TANTRIC SHELTER
RAM DAS PURI
Remembering Hari Simran Singh at Solstice

This past Winter a beloved member of our Solstice staff, the bright soul, Hari Simran Singh, returned home to his Creator. We honor his life, his spirit, his service, and his love of and presence at both Summer and Winter Solstices.

Hari Simran Singh became the Veggie Chopping Manager in 2007 when he was 18 and continued in this position at both Summer and Winter Solstices. He made sure each person on the Veggie Chopping Team felt appreciated and welcome, taking the time to personally get to know new people. You could tell he always came from an authentic and joyous place, and fostered a true family spirit.

His sincere enthusiasm and love for the whole Solstice experience was infectious. Having been a member of the Solstice family his whole life, he was keen on showing people the ropes and giving the inside scoop on lots of fun details and adventures to be had. You could find him jumping into the lake at Winter Solstice at 3 am for ishnaan and doing baniis in the cold water. If you were at this past Winter Solstice 2014, you might have also tasted the delicious dinner that he and his wife, Ad Purkh Kaur, prepared on the last evening.

Hari Simran came to his first Solstice when he was six months old and attended 42 Solstices in his 25 years, only missing when he was studying in India and Japan. As a child he attended Khalsa Youth Camp here, developing a great love of the open space and night sky. He felt completely at home at Guru Ram Das Puri, often roaming around this sacred land for hours with friends. His father, Sat Jagat Singh, who has managed the kitchen for many years recalls that when Hari Simran was young, he would come into the kitchen, find a cozy spot on top of bags of onions and fall asleep. By the age of ten, it was his love of food and cooking that brought him into the Solstice kitchen to help out with the special meals created by his mother, Gurusurya Kaur. His love of people and devotion to seva, kept him coming back.

Thank you so much, Hari Simran Singh. You will always be in our hearts. You are an inspiration and a joy for us now and forever.

“As the soul came and traveled through time and space and dropped the body to go unto Infinity, grant the soul the passage unto Thee, to peace, tranquillity and everlasting rest. Guru says, ‘Oh the fortunate one, listen to the Infinite which has no boundary.’

- Yogi Bhajan 5/15/96
**Wake-Up Call**
Each morning at 3:00 a.m. minstrels will wake you up with live music as they make their rounds through the tenting and cabin areas. You will be roused from sleep by loving voices and beautiful music to encourage you to attend Morning Sadhana.

**Hydrotherapy**
A cold water shower is a part of the yogic lifestyle you can experience at Solstice. Hydrotherapy builds resistance to colds, flu, and hay fever, strengthens nerves and makes your skin glow. It is renowned for its positive effects because it oxygenates organs, flushes capillaries, and releases toxins from tissues.

To take a cold shower, first massage yourself with almond oil to neutralize any toxins. Under the cold water, massage your body vigorously; step out of the water and continue to massage. Repeat this process three times or until the water no longer feels cold.

**Note:** Hydrotherapy is not recommended for pregnant or menstruating women or people who have high blood pressure. Please check with your doctor if you have questions or concerns regarding this.

**Sadhana**
Sadhana starts at 3:40 a.m. with Japji, a prayer that balances earth and ether energy while strengthening the connections between the mental and spiritual bodies. It is recited in Gurmukhi, with alternating male and female voices.

Sadhana continues with a Kundalini Yoga set. The set begins by tuning in using the Adi Mantra: Ong Namo Guru Dev Namo. This mantra calls on the Universe, the Creativity of God, and the Golden Chain to prevail through us, by invoking the Teacher within. Kundalini Yoga energizes the body, strengthens and balances the glands and other bodily systems, and tunes up the nervous system in preparation for meditation. Following Kundalini Yoga, a sequence of seven meditations is practiced for a total of 62 minutes. See the Sadhana Mantras for the Aquarian Age section.

**Gurdwara**
Upon conclusion of the meditations, you are welcome to join us in the Gurdwara for Gurdwara service—an experience of sacred music and prayer. The service is a joyous mixture of Kirtan (devotional singing) and traditional Sikh prayers. Everyone is welcome to join in, sing, and meditate together. See more information in the Sikh Dharma section. At the end of Gurdwara, we close our entire morning Sadhana practice with this song:

“May the long time sun shine upon you, All love surround you, And the pure light within you, Guide your way on.”
**DAILY ACTIVITIES**

**Early Morning Workshops**
Workshops begin at 7:15 am. Please consult the Schedule and Class Descriptions sections for details. On White Tantric Yoga® days, workshops are not offered.

**Breakfast**
Breakfast is served in the Tantric Shelter at 8:30 am on non-Tantric days and at 6:45 am in the Dining Tent on Tantric days.

**Karma Yoga and Service Exchange Team Gatherings**
These begin at 9:30 am. Practice the all-camp meditation for the 3rd Sutra, and check-in with your fellow team members. If you are unsure of where your team meets, visit the Karma Yoga Support Team in the Registration tent.

**Morning Workshops**
Morning workshops begin at 10:45 am. Please consult the Schedule for details.

**Lunch**
Lunch is served at 12:45 pm in the Dining Tent unless otherwise noted on the schedule or in announcements.

**Afternoon Workshops**
Afternoon Workshops begin at 2:00 pm. Please consult the Schedule for details.

**Dinner**
Dinner is served by the Meal Serving Team at 5:30 pm in the Tantric Shelter unless otherwise noted on the schedule or in announcements.

**Universal 12-Step Meetings**
Universal 12-Step Meetings are offered in the Fire Tent for those interested during dinner. Check the schedule for which days these occur.

**Evening Programs**
Evening programs include sacred chant concerts, Yogi Bhajan video classes, gong meditations and the Yogi Tea Café. Each evening you can enjoy drinking Yogi Tea (and Golden Milk on White Tantric days). You may also choose to visit the Bazaar, a joyful socializing space where you can connect and share in the community spirit of Solstice Sadhana while perusing a wide variety of products and healing treatments inspired by our yogic lifestyle.
Kirtan Sohila
At 8:00 pm Kirtan Sohila is chanted (in English and Gurmukhi) in the Sikh Dharma Academy Tent. Join together for this short and beautiful prayer to soothe your mind, protect you through the night, and bring a beautiful dawn.

Lights Out & Camp Quiet
To support the opportunity of experiencing group Sadhana starting at 3:40 am, all evening programs, including the Bazaar, end by 9:30 pm.

We ask you to please wind down musical social activities at 9:30 pm. Please respect everyone’s rest and be quiet in all camping areas from 9 pm on.

Total camp lights out is 10:00 pm. Sweet Dreams!
Sustaining the Sacred Land of Guru Ram Das Puri

Please bring your conscious Kundalini Yogi awareness to caring for Guru Ram Das Puri while you are on this sacred land. To preserve the beauty and purity of the land of Guru Ram Das Puri, please carry off the mountain all the materials you bring there. Recycling, composting, and landfill will be available; please use them responsibly.

Pack it In, Pack it Out

• Minimize the amount of trash that you create.
• Use the recycling and compost containers around camp.
• Use reusable food containers, utensils, plates, cups, and water bottles.
• Choose biodegradable soaps and shampoos.
• We do not recycle glass containers, so please take them with you when you leave. If you get a glass container at the Bazaar, please return the used container to the vendor for proper disposal. They will be expecting this.
• New Mexico recycles only #1 and 2 plastics in bottle shapes – no clamshells, berry baskets, yogurt containers or other number plastics.
• New Mexico does not recycle alkaline batteries. Please do not leave your used batteries at Solstice.

Water Conservation

At Guru Ram Das Puri all the water comes from a single well. Water conservation is a matter of constant awareness and consciousness:
• Take brief showers and turn off the water while soaping up and washing hair.
• Use Porta Toilets instead of flush toilets when possible.
• Turn off any running faucets you come across.
• Please conserve water whenever possible, except for when it comes to drinking water!

Fire Safety at Guru Ram Das Puri

Please note that New Mexico is a large state and when there are forest fires, they do not necessarily affect Summer Solstice. 3HO is in close communication with the US Forest Service and the County Fire Marshal. We are constantly monitoring fire behavior in the area and have emergency preparedness procedures in place. Fire extinguishers are placed as per fire safety regulations. Each year, brush and dead trees are cleared to reduce risk. As a participant, you contribute by remembering that candles, matches, cigarettes, incense, and other combustible materials are prohibited at Guru Ram Das Puri.
Yogi Bhajan chose the foods for the special menu that we refer to as the Solstice Diet. This is yogic diet, meant to cleanse and energize your body and optimize your ability to keep up through your Solstice experience. If you can stick to the Solstice Diet, there is no doubt that you will strategically position yourself for the best possible experience.

**Breakfast:** The Solstice Soup is a spicy or mild potato, celery, and onion soup, with bananas and oranges served on the side. We also offer oatmeal for children and pregnant or nursing women. Both the Soup and Golden Milk that is given after tantric days are excellent ways to ingest a healthy dose of turmeric. Turmeric helps alleviate aches and pains from the long days of yoga and meditation as its anti-inflammatory powers soothe the inner structure of the body. It kindles agni (digestive fire), purifies the blood and the liver, soothes the respiratory system, clarifies the skin and is a strong anti-microbial.

**Lunch:** The lunch menu includes quinoa tabbouleh, stuffed grape leaves, tortillas and hummus. A menu for children is also available.

**Tantric burgers:** On White Tantric Yoga® days, a special Tantric Burger intended to support the Tantric experience is served for Lunch. The ingredients are:

**Burger Ingredients:** Tempeh, onions, carrots, almonds, sunflower seeds, flax seeds, oats, oil (safflower or canola), rice, cilantro, tamari, basil, black pepper, cinnamon, peppermint, 162-R (Yogi Bhajan’s herbal formula), senna, salt.

**Bun Ingredients:** Spelt Wheat (limited gluten free options available), oil (safflower or canola), sea salt, black pepper, chili powder, garam masala, onions.

**Sauce Ingredients:** Organic Ketchup, Organic Mustard, Vegan Mayonaise
THE SOLSTICE DIET

If you can stick to the Solstice Diet, there is no doubt that you’ll strategically position yourself for the best possible experience.

Dinner: Mung beans and rice served with carrots, beets, and hot sauce, an iceberg lettuce wedge and/or salad. Both spicy and mild versions are available. This is one of the most revered meals in the Ayurvedic and Yogic traditions because of its ability to detoxify the body and kindle digestive fire, providing nourishment to the tissues—a rare mix of therapeutic effects. A diet of mung beans and rice provides a perfect balance of protein and complex carbohydrates that allows your body to detoxify while still feeling nourished and strong, and is easy to digest. Within just a couple of days on this diet the chemistry of the blood changes, the organs and tissues are allowed to restore from the chronic stress of dietary excess or deficiency, the body becomes light, the stomach satisfied, and the mind crystal clear.

Solstice Hot Sauce: A spicy, tangy accompaniment made with lots of onions, red chiles, oil, vinegar, turmeric, and tamarind.

Yogi Tea: A healthy, delicious, soothing and energizing tea formulated by Yogi Bhajan. It is a blend of cloves to benefit the nervous system, cardamom pods to aid digestion, black pepper to purify the blood, cinnamon to strengthen the bones and ginger root to energize overall. The recipe includes a small amount of black tea to create just the right balance.

Golden Milk: Golden Milk is especially beneficial for stiff joints and provides a source of lubrication for the entire system. Includes milk, turmeric, almond oil, and honey.
KUNDALINI YOGA

How does Kundalini Yoga as taught by Yogi Bhajan® differ from other forms of yoga? While other forms of yoga employ a comparatively finite number of postures that are taught in various combinations, Kundalini Yoga is comprised of thousands of different kriyas (yoga sets). These contain pranayama (breathing techniques), postures, and meditations designed to obtain very specific results.

Many of the postures may feel unconventional but the benefit of this is that the practitioner is confronted with the choice to either respond with resistance or surrender to the experience. As we become aware of the many ways in which we resist going deeper, we can make a conscious decision to take the mind and body beyond our comfort zone, off and on the mat.

Postures are often held for a substantial period of time. The challenge of this is to quiet the mind and emotional reactions and rely on the body's wisdom to keep up and heal. The body is a self-regulating system; it knows how to heal itself and performs appropriately in the absence of the ego's interventions.

The synergistic combination of postures, mantras, and meditations puts positive pressure on the subconscious mind to allow limiting beliefs and negative patterns that are otherwise inaccessible to clear. The peace and healing we can experience after a yoga set happens because of all these elements, including our ability to keep up and be present.

This powerful system of yoga is always taught in its undiluted form in order to preserve its intent and efficacy. Kundalini Yoga as taught by Yogi Bhajan® is suitable for all levels, including those who have never done yoga before.

“The totality of all yoga is Kundalini Yoga – the yoga of awareness. This yoga is for those who want a specific course in consciousness and awareness. It demands a commitment.”

~ Yogi Bhajan
KARMA YOGA

Karma Yoga is an essential part of the Solstice experience. As we participate in service to each other and to our camp community, we ultimately serve our Global Community. The energy of giving elevates our consciousness as we embrace the Aquarian spirit side by side with our brothers and sisters.

Each participant creates their own Solstice experience through Karma Yoga, which exalts ordinary work as an experience of the Divine. From chopping vegetables to cleaning the restrooms to setting up the Gurdwara, your participation sets the intention and energy of manifesting a joyous and fulfilling Solstice for yourself and for everyone with whom you serve.

Karma yogis and yoginis can expect to serve 2 hours a day, but you can always choose to contribute more if you are so inspired. Camp runs on the combined effort of all the people here.

Everyone participates in Karma Yoga.

“There’s only one thing which will bring happiness to you. When you humble yourself and serve others, then God will fill in the gap and shall serve you.”

~ Yogi Bhajan

Each service team meets daily for meditation, connection, and work assignments. These small group meetings also provide the opportunity to check-in on a personal level about your solstice experience.
Sikh Dharma The spiritual practice of Sikh Dharma is a path of transformation of body, mind and spirit. Initiated at the start of the 16th century by the first Sikh Saint, Guru Nanak, the practice of Sikh Dharma helps people awaken to their own divinity. Through meditation and chanting God’s Name, daily spiritual practice of self-understanding, earning an honest living, embracing and supporting your community, and living a conscious and healthy lifestyle, every person can experience and live their Divinity on the earth.

Gurdwara All are welcome to participate in the Gurdwara! It is a powerful and beneficial spiritual practice to surrender the finite sense of self (Ego) to the Universal Self (Infinite). This relationship to the Infinite can be felt deeply by being in the presence of the Guru (that which takes you from darkness to light). Gurdwara means gateway or door to the Guru and refers to a place that houses the Siri Guru Granth Sahib, which is the embodiment of all Sikh Dharma wisdom and authority. Although it is in the form of a large book with the collected writings of the Sikh Gurus and other revered saints, for Sikhs this represents the living form of their Guru. As such it holds the place of utmost importance in every Gurdwara.

Please approach the Gurdwara with reverence. Leave all sheepskins, food and backpacks/bags outside the Gurdwara. Before entering the Gurdwara, cover your head, remove your shoes and wash your hands and feet. Immediately upon entering, it is customary to bow your head to the floor and place an offering before the Siri Guru Granth Sahib. Although an offering is not required, it reflects an exchange of energy and opens you to receive the Guru’s blessing. While sitting in the Gurdwara, it is asked that the bottoms of your feet do not face toward the Siri Guru Granth Sahib. Please do not place any shabad sheets or Nitnems on the floor. The Gurdwara services are a joyous mixture of Kirtan (devotional music and singing in praise of God) and traditional Sikh prayers. Following Kirtan are the Song of the Khalsa, the Anand Sahib (The Song of Joy and Ecstasy), the Ardas (our group prayer and projection for the day), and the Hukam (a randomly-selected inspiring selection from the Siri Guru Granth Sahib). To conclude, Prasad (a sweet made from honey, ghee, water, and flour) is served. You are welcome to stay for as little or as much of the program as you like.

To find out more, take a class at the SDI Academy tent. Sikh Dharma International (SDI) is a non-profit whose mission is to connect people to the teachings of Sikh Dharma as presented by Siri Singh Sahib, Yogi Bhajan. SDI's booth in the Bazaar offers information and products that support the Sikh Dharma lifestyle. Sikh Dharma International is available online at: www.sikhdharma.org and www.dasvandh.org.
For the
First Time
at Summer Solstice!

In our dedicated tent, you can participate every day in:

- **Daily Classes** about all aspects of Sikh Dharma
- **Dinner and a Class** – just bring your plate and enjoy a class
  (Solstice dinner will be served to you in our tent)
- **Evening Gurbani Kirtan** every evening – 7:00-8:00pm
- **Kirtan Sohila** every evening at 8:00pm – bring the kids
- **Prayer Altar** for personal prayers and meditation

Located across from the Kitchen

We need people to signup to work at SDI Academy as your Karma Yoga!
Terms Heard Around Camp

Adi Shakti Primal power; also the Sikh mystical symbol for the Infinite.

Akhand Path A 72-hour continuous reading in the Gurdwara of the Siri Guru Granth Sahib. You are welcome to participate. Sign up early!

Amrit Ceremony The Tenth Sikh Master, Guru Gobind Singh, created the Amrit Ceremony as a way to give his Sikhs a unique identity and form. Today, Sikhs who seek a deeper connection with the path of Sikh Dharma experience the same ceremony and keep that same identity and form that was given over 300 years ago. If you would like more information, please contact a member of the Gurdwara Team.

Anand Karaj The Sikh wedding of mutual commitment to a spiritual path, God, Guru, and each other.

Ardas A daily Sikh prayer done by the sangat (community) at the end of the Gurdwara service, for healing, strength, blessings, and success. It can be done before or after undertaking any significant task or event.

Bole So Nihal, Sat Siri Akal Translation “Respond and be blessed. Great undying Truth.”

Gatka Sikh martial art.

G.O.D. The Generating, Organizing, and Delivering/Destroying aspects within all things.

Gurbani The song of the Guru.

Kaur Kaur is given as the second part of a Spiritual Name for women. Kaur means “princess or lioness of God.” The names Kaur and Singh convey nobility, grace, power, courage and living consciously.

Kirtan Sohila A bedtime prayer to soothe your mind, protect you through the night, and bring a beautiful dawn.

Nagar Kirtan A procession with the Siri Guru Granth Sahib with Kirtan and Gatka.
Terms Heard Around Camp

Ransabhi All-night kirtan and devotional music. Bring your sleeping bag or blanket and join the whole camp for this cozy and divine night. You may lie down or sit up; listen or sing along.

Rehiras is the evening prayer to bring grace and protection to our living conditions and environments, and to bring prosperity.

Sat Nam Translation “Truth is my identity.”

Shabad Song in praise of God.

Sikh Vows Commitment to righteous living and following the Sikh path. If you are interested, please contact a member of the Gurdwara Team.

Singh The second part of each Spiritual Name for men. Singh means “the lion of God.” The names Kaur and Singh convey nobility, grace, power, courage and living consciously.

Sikh Vows At Solstice we offer an opportunity to take Sikh Vows, the vows of the Sikh way of life. If you are interested, please contact a member of the Gurdwara Team.

Wahe Guru Ji Ka Khalsa, Wahe Guru Ji Ki Fateh! Translation “The pure ones belong to God, all victory belongs to God.”
Taking Solstice Home With You

You may experience a period of readjustment after Solstice. Going through renewal and growth can bring up emotional, mental and physical challenges. It helps to be conscious regarding diet and sleep habits and to keep up a regular sadhana.

Also, please remember it is not necessary to go through this process by yourself. Reach out to others and share the integration experience. Here are some ideas that you may want to consider when you return home:

• Keep a 40-day diary.

• Practice a 40-day Kriya like Kirtan Kriya or another of your choice.

• Get together with other Kundalini Yogis to meditate, share photos, food, Yogi Tea, stories and your process.

• Organize a Solstice party in your community at the end of the 40 days after Solstice.

• Share your experience and growth with friends, family members and others.

• Join the 3HO Facebook page: www.facebook/3HOFoundation

• Visit www.3HO.org for inspiration, education, connection, and services:
  ~ Yogic Living Newsletter and Blogs
  ~ Lifestyle Podcasts
  ~ Original Music MP3s
  ~ Monthly Numerology Forecasts
  ~ Spiritual Name Requests
  ~ Upcoming Events
  ~ Yogic Recipes
Aquarian Sadhana Mantras

Morning Call (7 minutes)
*Ek Ong Kaar Sat Naam Siri Wahe Guru*
One creator created this creation, truth is His name, great beyond description is His infinite wisdom.

This mantra opens all the chakras. Be sure to apply the neck lock to let the Kundalini energy rise.

Waah Yantee, Kar Yantee (7 minutes)
*Waah Yantee, Kar Yantee, Jag Dut Patee, Aadak, It Whaa-baa Brahmaaday, Traysba Guroo, It Wha-heey Guroo*
Great macroself, creative self, all which is creative through time, All that is the great one, three aspects of God: Brahma, Vishnu, Mahesh (Shiva), which is Wahe Guru.

The Mul Mantra (7 minutes)
*Ek Ong Kaar, Sat Naam, Kartaa Purkh, Nirbbo, Nirvair, Akaal Moorat, Ajoonee, Saibhang, Gur Prasad, Jap, Aad Such, Jugaad Such, Hai Bhee Such, Naanak Hosee Bhee Such*

The Mul Mantra gives the capacity to retain rulership. There are 108 elements in the universe and 108 letters in the mantra (in its original language). Emphasize the “CH” sound at the end of the word “SUCH,” but do not sustain the sound; this adds power.

Sat Siri, Siri Akal (7 minutes)
*Sat Siree, Siree Akaal, Siree Akaal, Maahaa Akaal Maahaa Akaal, Sat Naam, Akaal Moorat, Wha-heey Guroo*
Great Truth, Great Undying, Great Undying, Great Deathless, Great Deathless, Truth is His Name. Deathless Image of God, Great Beyond Description is His Wisdom. Great Undying, Great Deathless, Truth is His Name, Deathless Image of God, Great Beyond Description is His Wisdom.
Aquarian Sadhana Mantras

Rakhe Rakhan Har (7 minutes)
Rakhay rakbanhaar aap ubaariun
Gur kee pairee paa-eh kaaj savaariunn
Hoaa aap dayaal manabo na visaariunn
Saadh janaa kai sung bhavajal taariunn
Saakat nindak dusht kbin maa-eb bidaariunn
Tis saahib kee tayk Naanak manai maa-eb
Jis simrat sukb bo-eb sagalay dookh jaa-eb
Oh savior Lord: take us across the world ocean. Uplifting and giving the
excellence, You gave us the touch of the lotus feet of the Guru, and our Works are
embellished with perfection. You have become merciful, kind, and compassionate,
so our mind does not forget You. In the company of the holy, You carry us across,
from misfortune, calamities, and disrepute. The Godless, slanderous enemies You
finish them off in an instant. That Lord Master is my Anchor and Support.
O Nanak, hold firm in your mind. Remembering Him in meditation, happiness
comes, and all sorrows and pain simply vanish.

Wahe Guru Wahe Jio (22 minutes)
Wha-hey Guroo Wha-hey Guroo
Wha-hey Guroo Wha-hey Jio
Great Beyond Description is This
Wisdom.

Vir Asan is done sitting on the left heel
with the right knee up, right foot flat on
the ground and hands in Prayer Pose.
Eyes are fixed on the tip of the nose.

Guru Ram Das Chant (5 minutes)
Guroo Guroo Wha-bey Guroo
Guroo Raam Das Guroo
Calls on Guru Ram Das in praise of
his spiritual guiding light and protective
grace.
Yogic Living is the 3HO monthly e-newsletter. It brings you Yogi Bhajan lectures and quotes, community blogs, Kundalini Yoga technology and recipes—all geared towards a specific topic within the 3HO lifestyle and the teachings of Yogi Bhajan.

Yogic Living delivers a comprehensive exploration of the yogic lifestyle and brings inspiration and connection to our global spiritual community.

Each month we focus on a lifestyle topic such as teaching, healing, diet, relationships, communication, mantra, and more!

Sign up for Yogic Living at 3HO.org, and stay tuned-in!

PS: We love hearing your feedback and learning how Yogic Living has impacted you. We are also always looking for great 3HO Lifestyle Bloggers - if you are interested in sharing your stories with the global community, please email us at: Yogainfo@3ho.org
Thank you to our supporting organizations

A comprehensive library of Kundalini Yoga, Meditations, Yogic recipes, community articles and Yogi Bhajan’s teachings

3HO events, founded by Yogi Bhajan, provide a place for the worldwide community to come together to practice the Healthy, Happy, Holy Lifestyle!

A comprehensive database of information on Kundalini Yoga, Yogi Bhajan and living the 3HO Lifestyle

Quickly read about the latest 3HO Events, the newest MP3s, get your personal numerology, and request a Spiritual Name

Read *Yogic Living* and dive deep into the month’s lifestyle theme with community articles, Yogi Bhajan lectures, recipes, and Kundalini Yoga Kriyas and Meditations

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August 1 - 4, 2015 · Millis, Massachusetts

Second segment

Origins and Identity of Kundalini Yoga as Therapy
August 6 - 9, 2015 · Millis, Massachusetts
January 14 - 17, 2016 · Los Angeles, California

Third segment

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Breath Walk
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June 27-28
Saturday 10-5 / Sunday 9-4
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This one-weekend training is mainly experiential, moving through five different Breathwalks to provide stress relief, mental clarity, mood control, and anxiety reduction. Illustrated Breathwalk guide included. See Shakta at Solstice for details, or www.ShaktaKaur.com. $250 per person.

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Guru Singh’s New Book
GURU SINGH
A YEAR OF PRAYER

&
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Guru Singh
And a Band of Yogis
At Guru Singh’s Booth in Bazaar

Hacienda de Guru Ram Das

Healthy, Happy, Holy Langars

Hacienda de Guru Ram Das in Espanola, New Mexico, is considered the Mother Ashram to all of 3HO and we look forward to serving you this summer. Our goal is to make our langars with more ORGANIC Ingredients and UPGRADE the ashram kitchen to better serve you.

You can help us by making your donations to our Langar Kitchen fund at: www.go/undme.com/healthylangars
<table>
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<tr>
<th><strong>SNR RETREAT</strong></th>
<th><strong>with Guru Dev Singh at Mount Shasta</strong></th>
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<tr>
<td><strong>September 2-7</strong></td>
<td><strong>Camping US $899 up / Lodging US $1799 up</strong></td>
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<td><strong>Lodging prices based on Double Occupancy / 5 Nights</strong></td>
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<tr>
<th><strong>INFORMATION &amp; REGISTRATION</strong></th>
<th><strong>The Center for Contemplative Awareness</strong></th>
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<tr>
<td><strong>7529 Sunset Blvd., West Hollywood, CA 90046</strong></td>
<td><strong>call: 323.436.0264 email: <a href="mailto:kirpal@gurudevsnr.com">kirpal@gurudevsnr.com</a></strong></td>
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<td><strong><a href="http://www.gurudevsnr.com">www.gurudevsnr.com</a></strong></td>
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<tr>
<th><strong>SOLSTICE CLASS</strong></th>
<th><strong>Ra Ma and the Human Psyche - Balancing the Interplay of the Sun and Moon Energies</strong></th>
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<tr>
<td><strong>June 22 Monday</strong></td>
<td><strong>2- 5pm Tantric Shelter</strong></td>
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<th><strong>SNR INTENSIVE</strong></th>
<th><strong>Living as a Spiritual Being in the Material World</strong></th>
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<td><strong>June 27 Saturday</strong></td>
<td><strong>$225 paid by 6/1, $250 by 6/15, $275 by 6/27, $299 day of 11 am Langar Hall Espanola, NM</strong></td>
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<tr>
<th><strong>GURU DEV’S APPOINTMENTS</strong></th>
<th><strong>during solstice &amp; in Espanola thru 6/30</strong></th>
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<tr>
<td><strong>Solstice Site</strong>: $250 paid by 6/1, $275 by 6/15, $299 after**</td>
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<tr>
<td><strong>Espanola</strong>: Saturday 6/27: $350 paid by 6/15, $399 after**</td>
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<tr>
<td><strong>Sunday 6/28</strong>: $350 paid by 6/15, $399 after**</td>
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<td>*<strong>On-site contact Angad: 212.213.2142</strong></td>
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<th><strong>LIVESTREAM</strong></th>
<th><strong>Connect with Guru Dev every month FREE!</strong></th>
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<td><strong><a href="http://new.livestream.com/accounts/3642623">http://new.livestream.com/accounts/3642623</a></strong></td>
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Daman Prakash - Santiago, Chile

“Thank you so much for offering this wonderful webinar. In just these few weeks, my relationship with Gurbani has expanded greatly and I am so grateful.”
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Sunday, June 21 from 3:45–5:15 p.m. (after Gurdwara) • At the 3HO House
Join us for refreshments in celebration of the 1-year anniversary of the official launch of the online database and a special Q&A session with a Yogi Bhajan Library of Teachings™ developer. Learn search tips from the pro and discover exciting features available at www.libraryofteachings.org!

www.KundaliniResearchInstitute.org
Winter is not cold.  
Not if you are bold.  
Come and experience spirituality.  
This is the period for planning your prosperity.

It is our family union and spiritual communion.  
Come you all, bring the children by.  
Bring them out of the cold and clouds  
To enjoy the sunny sky.  

-Yogi Bhajan

REGISTRATION OPENS ON SEPTEMBER 2, 2015

www.3HO.org/winter-solstice