

Winter Solstice

2023 / DECEMBER
16th–22nd





Parking ↑

Soccer Fields

Soccer Fields

1. Entrance
2. Luggage
3. Gurdwara/Palafito
4. Registration Check-in
5. Tantric Shelter/Mall
6. Inco Park
7. Churuata
8. Tree Pavillion
9. Fire Pit
10. Admin
11. Medical (Lodge 8)
12. Kitchen/Dining Room
13. Bazaar/Hospitality
14. Pool
15. Kids Camp
16. Lake Campground
17. Bosque Campground
18. Tenter Shower Cabins (female)
19. Tenter Shower Cabins (male)
20. Lake Bathroom/Showers
21. Pool Bathroom/Showers
22. Lodges 1-5
23. Lodges 6/7
24. Lodges 9/10
25. Cabins A-D
26. Cabins E-H
27. Shower Cabins I-J

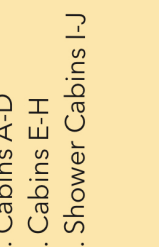
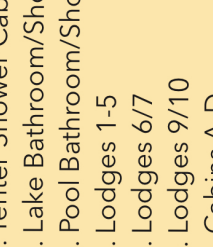
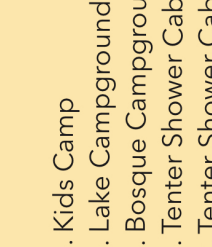


TABLE OF CONTENTS

PROGRAM INFORMATION

Solstice Map 2

Welcome to Solstice 4

Stuff You Need to Know 5

COVID Policy 9

Code of Conduct 12

Solstice Youth Cooperative 14

Camp Meditation 16

Compassionate Reconciliation Circle Process 18

Class Schedule 19

Class Descriptions 24

White Tantric Yoga Facilitators 36

White Tantric Yoga Mantras 37

CAMP INFORMATION

Daily Activities 43

Sikh Dharma 46

Gurdwara 47

Solstice Diet..... 48

10 Rights of a Kundalini Yoga Student..... 50

Kundalini Yoga 51

Karma Yoga..... 52

Terms Heard Around Camp..... 53

Bringing Solstice Home 55

Keeping Solstice Clean and Green..... 56

Aquarian Sadhana Mantras 57



A serene winter forest scene with snow-covered ground and trees. The sun is low in the sky, creating a warm, golden glow. In the distance, a person is walking through the snow. The overall atmosphere is peaceful and inviting.

Welcome to 3HO's 2023 Winter Solstice Celebration!

This guide book gives you all the information you need to feel at home during our time together.

Winter Solstice is an intertwining of several ancient yogic 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 an expand.

Stuff You Need to Know

Taking Care of Yourself

With plenty of workshops on Kundalini Yoga and yogic lifestyle, plus Karma Yoga, White Tantric Yoga®, live music and more, days at Winter Solstice can be a powerful experience of personal evolution and development. Be selective and pace yourself; don't try to do everything. Please remember to drink plenty of water, eat meals, and take a nap when you need to.

Name Badges and Wristbands

Each person receives a name badge and wristband when they check-in. Please wear these at all times while in camp. You may be asked to show both during camp by Camp Staff and go retrieve it if you don't have it on your person. You can ask help with anything from people wearing a "GUIDE" flag on their badge. There are 4 different wristband categories. Full Event, Child, Day Pass, and White Tantric Yoga Day Pass(es).

Registration and Check-in

Everyone is encouraged to register before arriving at camp. Internet speeds are variable, and to ensure a smooth and quick check-in process, register before arriving onsite. At check-in, you will get your badge, wristband, booklet, and have a chance to ask questions about cabins and tenting locations, and your karma yoga assignments.

Registration Hours:

- Saturday Dec 16: 1-8pm
- Sunday December 17th: 9am-8pm
- Monday December 18th: 9am-8pm
- Tuesday December 19th, Wednesday December 20th, and Thursday December 21st (White Tantric Yoga Days).
 - Registration and Check-in is open from 7-8am and during WTY Lunch time.
 - Registration will close after tantric lunch on Thursday the 21st.

Car and RV Parking

Parking is only allowed in the designated Parking Lot at the entrance of camp. Only staff and vendor cars can enter camp. There is a special RV parking area in the parking lot.

Stuff You Need to Know

Hospitality and Circles

Solstice Sadhana is an intense physical, mental, and spiritual experience. Our Hospitality Team is here to support you with all your camp needs, including questions about daily activities, classes, and camp facilities, to kundalini yoga, turban-tying and self-care tips. All over-the-counter medicine is available here instead of at First Aid. The Hospitality team also hosts two Compassionate Circle processes during camp, which are an opportunity to connect heart-to-heart, sharing and listening to each other's experiences and solstice processing. The Admin Office is open 9:30am- 8:00pm. On Tantric days, the office is closed during the tantric exercises and open before, after, and during breaks.

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 do not take your cell phone to Sadhana, workshops, or White Tantric Yoga®. There is no internet service available. It's a great time to disconnect and reconnect with your internal rhythm.

Photography and Videography at Solstice

Everyone agrees to be in any 3HO photos or recordings onsite when signing the Event Waiver at check-in. Most classes will have photography and some Tantric Shelter classes will be recorded. However, if you don't want to be visible, please sit towards the back of the shelter. Our camp photographers and videographers are wearing "Guide" badges, and if you feel strongly about not being filmed, you may tell them and they will try to accommodate.

For participants:

- 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 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.

Stuff You Need to Know

Tenting and Bathrooms

There are two designated camping areas at camp, the Lake Campground, and the Bosque Campground. Please pitch your **tents only in our designated areas**, as this helps us maintain camp security and manage any emergency gracefully.

Lake Campground: Enough capacity for about 75 tents, this area is best suited for families as it is close to kids camp, and people who prefer a shorter walk to showers and bathrooms and other camp buildings. It's very close to the Tantric Shelter/Mall where Sadhana and White Tantric Yoga happens.

Bosque Campground: Camp amongst the beautiful trees in this slightly more remote campground. Camp is small, and it is only a 3-5 min walk to the tenter shower cabins and port-a-potties.

Tenter Showers: There are 12 shower stalls available for campers in 6 locations, within a 5 min walk for campers in both tenting locations.

- **4 Tenter Shower Cabins** Please keep the tenter cabins clean, and be considerate of others by taking all of your towels and toiletries to your tent after use. No sleeping allowed in the tenter shower cabins! There are 2 Female Cabins, 1 Male, and 1 Gender Neutral, with 2 showers each.
- **Pool Complex** 2 full bathrooms with 1 shower each
- **Lake Campground** 2 full bathrooms with showers outside of the Kids Camp building.

In addition to these facilities with showers, there are 2 restrooms in the dining complex, and portapotties around camp.

Cabins

Cabins are located in the middle of camp, close to all class areas. See map in the booklet and at Registration/Check-in. Confirm your cabin location and assignment when you arrive at Registration/Check-in. All cabin assignments are posted outside each building, so double check before entering! If there are any discrepancies, please visit Registration to get any issues worked out. No bedding is provided, so bring your own. Small heaters are in each cabin. Please unplug them for the day before you leave for classes. It can get cold at night but is usually pleasant in the 55-75 Fahrenheit (12-24 Celsius) degree realm during the day.

Stuff You Need to Know

Pool Hours

The Pool is open only when a lifeguard is on duty, daily from 11:00am-4:00pm. Please check at the Pool for any schedule changes.

Lake

The lake is a serene and beautiful part of camp. However, there is no swimming or boating allowed. Please respect the gate that surrounds the lake and do not climb over onto the beach area.

Meals

Breakfast and Dinner are served in the Tantric Shelter/Mall in langar lines. There are some chairs for those who can't sit on the floor. Lunch is served outside the dining hall. During Tantric days, tantric burgers are served in the tantric lines.

Drinking Water

Please use the filtered water containers in the Dining area and in the orange containers around camp. The cabin bathroom water is drinkable but not filtered. Do not drink or brush your teeth with water from the port-a-potty sinks!

Use of Scent

Please be mindful of others. Many people are sensitive to strong scents. Please be courteous and ask your neighbors in Tantric lines or at workshops before applying oils and perfumes.

Bazaar

The Bazaar is open each evening and during non-tantric days at the discretion of the vendors. Enjoy the wide variety of products and healing treatments inspired by our yogic lifestyle.

December 16th: 1 pm - 9:30 pm

December 17th, 18th 9:00am - 9:30pm

December 19th - 21st: Open after Tantric ends until 9:30pm.

The Bazaar will stay open late on the last night of Solstice/ WTY® and the bazaar is closed during WTY® and some all-camp gatherings.

COVID-19 Policy for 3HO Winter Solstice 2023

Testing Policy: In the event you are experiencing any symptoms of COVID-19, please go directly to the Medical Building and take a complimentary COVID-19 test. Participants are urged to self isolate if they experience COVID-19 related symptoms.

Positive test protocols: If you test positive for COVID-19 during the festival, you will be escorted to a designated isolation area for further assessment.

Isolation options: Depending on the situation and available resources, 3HO festival administration reserves the right to transport individuals with a positive COVID-19 test to a nearby hotel or urgent care facility for proper isolation and medical care.

No refunds: Due to the risks associated with COVID-19, there will be no refunds for participants who are unable to attend the festival or are required to leave due to a positive test result.

Festival Procedure: In the event of an outbreak (3-5% of daily attendance testing positive), 3HO festival administration will implement additional safety measures, including the possibility of mandatory mask usage, physical distancing guidelines, enhanced sanitation protocols, and continued monitoring of participant's health.

Contact tracing: In the event of a positive COVID-19 case, 3HO festival administration will cooperate with local health authorities to facilitate contact tracing and inform potentially exposed individuals.

Communication and education: Upon arrival and during the festival, participants are encouraged to perform regular hand-washing and to take a COVID-19 test at the onset of any COVID-19 related symptom. Masks are not required. Masks will be provided for anyone who wishes to wear a mask. In the event of an outbreak on-site 3HO administrators may choose to implement a mandatory mask policy.

If you have any symptoms such as **allergy-like symptoms, stomach/intestinal troubles, cough, fever, more fatigue than usual, a tickle in the throat, soreness or pain in the throat or around the eyes, please go to the designated testing station at First Aid and take a COVID-19 test.** Please follow the instructions at First Aid and report your results to first aid staff immediately if you test positive.

In order to keep the community safe, 3HO's COVID-19 policies reflect generally accepted guidelines for the prevention of an outbreak; being outside, regular hand-washing, testing and masking as necessary to prevent spread as well as each individual's right to physically distance as needed.

Stuff You Need to Know

First Aid

Basic self-serve First Aid supplies are available in the Hospitality. All over-the-counter medicine, like aspirin, ibuprofen and allergy medicine are available at Hospitality and must be signed out by a team member. A clinician is available during the day to assist or advise you on minor health concerns or first aid needs, and can be contacted by someone at Hospitality. In the event of a medical emergency, we have a licensed medical professional onsite to assess the level of care needed. A Hospital and Urgent Care facility is located approximately 20 min away and you will be driven there if required. There is also a nurse available during the evening at Medical Building in case of a night emergency.

If you have any special health needs or are taking any medications please continue to take your medication as prescribed by your doctor. While Kundalini Yoga, Karma Yoga and White Tantric Yoga® are powerful ancient traditions they should not be used as a substitute for regular or necessary medical care or prescribed medications.

Medical Emergency

In the case of a life or limb threatening medical emergency please call 911 immediately. If you or another attendee are in need of medical or first aid assistance that is not an emergency, please go to the Hospitality, the Medical Cabin or locate a Solstice Manager radio to contact the first aid team for you. If needed, we can provide transportation or directions to local urgent care or emergency rooms

In Case of Emergency

3HO has an Emergency Incident Plan in place in the event of any emergency. In the event of an emergency, camp staff will use fog horns and megaphones to direct people to the Tantric Shelter/Mall, or be given other instructions via megaphone like "shelter-in-place". All staff, service area managers and service exchanges have been briefed on role changes for their teams in the event of an evacuation or shelter in place order.

Stuff You Need to Know

Lost and Found

The Lost and Found box is located at Hospitality. The Admin office holds any lost valuable items such as keys or cell phones.

Security at Solstice

We strive for you to feel safe, secure, and peaceful about your personal belongings. Please do not leave valuable items in your tent or unattended. Keep high value items with you at all times, or lock your valuables in your car when not in use. 3HO is not responsible for loss or theft of personal belongings while at camp.

Leaving Camp

Clearly mark all your belongings and place them at the luggage drops located in each tenting area luggage drop or cabin luggage drop 1 hour before your departure. Departure day shuttle runs start at 4am on departure day, Friday December 22nd and the last Luggage Shuttle run is 11:30am. They will be driven to the Luggage tent. You may drive your car to the Luggage tent to pack up. For people taking shuttles to the airport, the shuttles will pick up you and your luggage there. Because many will be leaving the site at the same time, the process of exiting may take longer than expected. If you are leaving outside these times, or on a Tantric day, please visit Admin for help making arrangements to move your luggage. Make sure you reserve your seat on the airport shuttle early, and leave ample time to depart the site to make your flight (no less than 4 hours before your takeoff time).

Shuttle service to and from the airport is provided by an independent contractor. Please contact them directly to reserve and pay for your shuttle. The Yogi Mobile (231) 492-6951

Code of Conduct

--- A Drug/Alcohol/Smoke-Free Camp: Keeping your consciousness clear and uplifted enhances the transformational experience of Solstice and this is an opportunity to help your body cleanse. Winter Solstice is a drug-free, alcohol-free, and smoke-free camp.

--- This is a vegetarian and meat free environment.

--- While we share in the love for our animal friends, please do not bring your pets. We cannot accommodate them on site.

--- Please leave your environment cleaner than when you arrived

--- We ask that you “pack it in and pack it out” (if you brought it in, please take it with you when you leave). However, compost, recycle and landfill containers are provided to serve you.

--- Please turn off cell phones and all other personal electronics before participating in Morning Sadhana, Workshops and White Tantric Yoga®. 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 prohibited at Solstice 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 9:45pm – 3:15am except in designated areas and with 3HO Administration approval. One of our top priorities is providing the opportunity for everyone to experience group Sadhana every morning in the Amrit Vela (the ambrosial hours between 3–7 am), so late night activities are limited. All music, evening activities, and the bazaar end by 9:30 pm, and lights out in the camp is at 10 pm.

--- No firearms or weapons are allowed on the premises, including Conceal Carry of handguns. Kirpans are allowed.

Code of Conduct

--- Clothing and wardrobe choices are encouraged to support a meditative practice. Revealing or transparent clothing are discouraged as this can be distracting for people in a meditative process.

--- 3HO reserves the right to remove any participant not adhering to the camp Code of Conduct.

--- Please respect others' boundaries and seek consent when looking to connect with others. This is an event for healing for many, and what each person needs for their healing is different. Asking for permission before seeking out a hug, emotional sharing or other intimate interaction shows your respect for the other person and makes the interaction that much more meaningful. Breaching of another's personal boundaries is not acceptable at this event.

--- Any conduct deemed inappropriate by 3HO may be grounds for dismissal from camp.

Solstice Youth Cooperative

Our Solstice Youth Cooperative is a small youth camp that welcomes families with children between the ages of 3-12. This year's children's facilities will be safe and fun - an opportunity for parents to spend time with other parents, children and supportive volunteers.

There will be a certified lifeguard at the pool from 11am - 4pm, Saturday December 17th - Thursday December 21st.

Camp Hours

Camp begins at 8:45 am, and ends at 5 pm.

Please drop-off for kids between 8:15 am - 8:30 am.

Please pick up your kids promptly at 5:00 pm.

Lunch and snacks are provided during Kids Camp.

We have in place the same policy as prior years, which is a single parent with a child of an age that requires supervision (12 and under) can not sign up for a management or service exchange position, but instead can join the parents karma yoga team, to be with other families and support each other in caring for your children.



Join the global community of teachers!

NETWORK, CONNECT, SERVE,
AND BUILD UNITY THROUGH
TEACHING, PRACTICING, AND
SHARING KUNDALINI YOGA
AND MEDITATION.



IKYTA



Kriya for Creating Self-Love

12–32 MINUTES • 3 EXERCISES • MEDIUM ACTIVITY LEVEL

This kriya helps to open the heart, create a positive relationship to the self, and make you available to receive love. If you do not have the lung capacity for the 1 minute breath that's called for in Exercise 1, reduce the timing of each segment to 10 seconds, or even 5. In time you will build your capacity.



Part 1

Posture: Sit in Easy Pose with a straight spine and hold your right palm six to nine inches above the top center of your head. The right palm faces down, blessing you. This self-blessing corrects the aura. The left elbow is bent with the upper arm near the rib cage. The forearm and hand point upward. The left palm faces forward and blesses the world.

Eyes: The eyes are closed and focus at the lunar center in the middle of the chin.

Breath: Breathe long, slow, and deep with a feeling of self-affection. Try to bring the breath to one breath per minute: Inhale for 20 seconds, hold for 20 seconds, exhale for 20 seconds.

*Continue for 11 minutes.
Then inhale deeply and move slowly and
directly into position for Exercise 2.*





Part 2

Posture: Extend your arms straight out in front, parallel to the ground, palms facing down. Stretch out to your maximum.

Eyes: The eyes are closed and focused at the lunar center in the center of the chin.

Breath: The breath is long, slow, and deep.

Continue for 3 minutes.

Then inhale deeply and move slowly and directly into position for Exercise 3.



Part 3

Posture: Stretch your arms straight up with the palms facing forward. There is no bend in the elbows.

Eyes: The eyes are closed and focused at the lunar center.

Breath: The breath continues to be long, slow, and deep.

Continue for 3 minutes. To end, inhale, hold your breath for 10 seconds while you stretch your arms upward (try to stretch so much that your buttocks are lifted) and tighten all the muscles of your body. Exhale. Repeat this sequence two more times.

COMMENTS: *Part 1* in this exercise is called Reverse Adi Shakti Kriya. You are mentally and hypnotically blessing yourself. This self-blessing is to affect and correct the magnetic field.

If you find it painful, you may have pent-up anger. Self-help can be difficult for those of us who are angry, but do your best to keep up. You may also

find that your muscles start hurting after five minutes or so, and in this case, your diet may need cleaning up. The taste in your mouth may change if you're breathing correctly.

Part 2 will benefit everything between the neck and the navel. It is said to strengthen the heart and open up the heart center.

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BY HARIJOT KAUR, P. 11, AVAILABLE FROM KRI.



"Wholeness & Belonging: An Invitation to Step Into the Compassionate Circle Process"

Are you dealing with a break in your sense of belonging? Are you interested in the transformation of individual and group consciousness? The Compassionate Circle Process brings together diverse facets of our global communities* responding to revelations of the past three years. We come together in Circle to be present so that wholeness can emerge.

An introduction to the Circle Process is on the 16th from 4:30-5:30 pm at the Tree Pavilion. Circles will be held at the Tree Pavilion from 4:00-5:15 pm on Sunday Dec. 17th and Monday Dec. 18th. This is an opportunity to come together and share thoughts, feelings, and experiences on healing, belonging, and dignity. All are welcome, along with all of your lived experience.

* Global communities include 3HO, Sikh Dharma, Kundalini Yoga and related communities.



Saturday, December 16

Time	Session	Tantric Shelter /The Mall	Gurdwara/ Palafito	Churuata	Tree Pavilion	Inco Park
1:00pm-8:00pm	<i>Arrival</i>					
3:00-4:30pm	<i>Class</i>	The Alchemy of Joy Vedya Amrita				
4:30-5:30 pm					Intro to Circles	
5:30-6:30 pm	<i>Dinner</i>					
7:00-9:00 pm	<i>Evening Programs</i>	Opening Ceremony with Hansujot				
9:45 pm	<i>Lights Out</i>					

**Yogi Tea Cafe from 7:30-9:00pm in the Bazaar.*



Sunday, December 17

Time	Session	Tantric Shelter /The Mall	Gurdwara/ Palafito	Churuata	Tree Pavilion	Inco Park
3:00 am	Wake Up					
3:40–6:00 am	Sadhana	Sadhana				
6:00–7:15 am	Gurdwara/Class		Gurdwara	Victory of Truth Jot Simrit		
7:30-8:30 am	Breakfast					
8:30–9:30 am	Karma Yoga Meetings					
9:45-11:00 am	Morning Classes	Authentic Expression Hansujot		Unlocking Inner Harmony Manou		
11:15–12:30 pm	Morning Classes	Luminosity Dr. Haridass		Moving Through Fear Keval Kaur Khalsa		
12:30-1:30 pm	Lunch					
1:30–2:15 pm	Free Time				Y.O.G.A. for Youth Meeting	
2:15-3:45 pm	Afternoon Classes	Divine Voice Kiranjot Kaur		Shakti Power AtmaChanan		
4:00-5:15 pm	Afternoon Classes	Circle of Hope Shakta Kaur		New Age Harsimran Singh	Circles	
5:30-6:30 pm	Dinner					
7:00-9:00 pm	Evening Programs	Concert with Karina Skye				
8:00-8:45 pm			So Purkh Meditation	Gong: Shakta Kaur		
9:45 pm	Lights Out					

*Yogi Tea Cafe from 7:30-9:00pm in the Bazaar.

Monday, December 18

Time	Session	Tantric Shelter /The Mall	Gurdwara/ Palafito	Churuata	Tree Pavilion	Inco Park
3:00 am	Wake Up					
3:40–6:00 am	Sadhana	Sadhana				
6:00–7:15 am	Gurdwara/ Class		Gurdwara	Loosening the Grip Dev Atma Kaur		
7:30-8:30 am	Breakfast					
8:30–9:30 am	Karma Yoga Meetings					
9:45-11:00 am	Morning Classes	Changing your Heart Shama Kaur	Love of Creation Shiva Singh	Let Your Heart Rule GuruPrem Singh		
11:15–12:30 pm	Morning Classes	Light Within Vedya Amrita		Idea of Healing Chris Maanas		Men's Circle
12:30-1:30 pm	Lunch					
1:30–2:15 pm	Free Time				WTY Monitors meeting	
2:15-3:45 pm	Afternoon Classes	Sat Nam Rasayan Siri Simran	Prosperity Satwant Singh	La Venus Kiret Naam Kaur		
4:00-5:15 pm	Afternoon Classes	Spiritual and Emotional Maturity GuruMeher Khalsa	WTY First Timer's Meeting	Research on Yoga Sat Bir Singh Khalsa, Ph.D.	Circles	
5:30-6:30 pm	Dinner					
7:00-9:00 pm	Evening Programs	Concert with Kiranjot Kaur				
8:00-8:45 pm			So Purkh Meditation	Gong: Jot Simrit		Fire ceremony at the Fire Pit
9:45 pm	Lights Out					

*Yogi Tea Cafe from 7:30-9:00pm in the Bazaar.

Tuesday, December 19

Time	Session	Tantric Shelter /The Mall	Gurdwara/ Palafito	Churuata	Tree Pavilion	Inco Park
3:00 am	Wake Up					
3:40–6:00 am	Sadhana	Sadhana				
6:00–7:15 am	Gurdwara		Gurdwara			
7:00–8:00 am	Breakfast					
8:00am-5:00pm	Workshops	White Tantric Yoga		Clearing Past Relationships		
5:30-6:30 pm	Dinner					
8:00-8:45 pm	Evening Programs		So Purkh Meditation	Gong: Dr. Haridass		
9:45 pm	Lights Out					

**Yogi Tea Cafe from 7:30-9:00pm in the Bazaar.*

Wednesday, December 20

Time	Session	Tantric Shelter /The Mall	Gurdwara/ Palafito	Churuata	Tree Pavilion	Inco Park
3:00 am	Wake Up					
3:40–6:00 am	Sadhana	Sadhana				
6:00–7:15 am	Gurdwara		Gurdwara			
7:00–8:00 am	Breakfast					
8:00am-5:00pm	Workshops	White Tantric Yoga		Clearing Past Relationships		
5:30-6:30 pm	Dinner					
8:00-8:45 pm	Evening Programs		So Purkh Meditation	Gong		
9:45 pm	Lights Out					

**Yogi Tea Cafe from 7:30-9:00pm in the Bazaar.*

Thursday, December 21

Time	Session	Tantric Shelter /The Mall	Gurdwara/ Palafito	Churuata	Tree Pavilion	Inco Park
3:00 am	Wake Up					
3:40–6:00 am	Sadhana	Sadhana				
6:00–7:15 am	Gurdwara		Gurdwara			
7:00–8:00 am	Breakfast					
8:00am-5:00pm	Workshops	White Tantric Yoga		Clearing Past Relationships		
5:30-6:30 pm	Dinner					
7:00-9:00 pm	Skits	Skits and Yogi Tea Cafe				
8:00-8:45 pm	Evening Programs		So Purkh Meditation	Gong		
9:45 pm	Lights Out					

Friday, December 22

Time	Session	Tantric Shelter /The Mall	Gurdwara/ Palafito	Churuata	Tree Pavilion	Inco Park
3:00 am	Wake Up					
3:40–6:00 am	Sadhana	Sadhana				
6:00–7:15 am	Gurdwara		Gurdwara			
7:30–8:30 am	Breakfast					
1:00 pm	Departure					

Saturday, December 16

1:00-8:00 pm

Arrival

3:00 - 4:30 pm

The Alchemy of Joy- Vedyā Amrita Kaur

Tantric Shelter/The Mall

There is magic in transforming negative emotions, such as anger, fear, and sadness, into joy, love, and compassion. At its essence, the alchemy of Joy is the spirit of self-discovery and transformation. Breaking down our negative emotions leads us to wisdom in well-being and connection with ourselves and the world around us. Join Vedyā Amrita as we free ourselves to live more joyfully!

4:30-5:30 pm

Intro to Circle Processes

The Tree Pavilion

7:00-9:00 pm

Opening Ceremony with Hansu Jot

Tantric Shelter/The Mall

Sunday, December 17

6:00 - 7:15 am

Using Movement to Achieve the Victory of Truth-Jot Simrit

Churuata

To begin, we will build our stamina and strengthen our aerobic capacity to engage the mind, body and spirit. Blocks will be cleared and willpower will be strengthened by balancing the glandular system to help spark the guardians of our life. Through this movement, we will find a connection with tranquility, and begin to experience the ultimate Victory of Truth. The victory has already been established, and we will create the vehicle to transport us to Truth.

Sunday, December 17

9:45 - 11:00 am

From Stillness to Authentic Expression - a Kundalini Meditation experience - Hansu Jot

Tantric Shelter/The Mall

In our hectic modern lives, finding stillness may feel like a distant goal. However, in these quiet moments, we discover our true selves and the path to authentic expression. This journey involves self-discovery, embracing imperfections, and fostering self-love. To start, we create stillness through mindfulness or meditation. This practice unlocks authentic expression, where we trust our intuition and stay true to ourselves. This journey is challenging but inspiring to others, drawing like-minded people and opportunities.

Workshop Highlights:

- Deep Kundalini Yoga Meditations for inner listening, energy flow, and wisdom
- Pranayam to connect with life's force
- Naad Yoga and mantra practice for expressive alignment
- Deep relaxation for cellular healing

Unlocking Inner Harmony and Universal Alignment- Manou

Churuata

Embrace a transformative journey is self discovery and spiritual awakening through the wholistic approach to healing of ChakraBalanceSystem®. This experiential workshop is designed to restore balance and harmony within your body, mind, and spirit while aligning you with the boundless energies of the Universe.

We will connect to our Soul's Journey® and embark on a profound exploration of our inner self through visualizations and deep meditative states to release what no longer serves our highest purpose and the greater Universe.

Sunday, December 17

11:15am - 12:30 pm

The Mind and Heart Luminosity- Dr. Haridass Kaur

Tantric Shelter/The Mall

Open yourself to the divine elixirs of self-consciousness, self-experience, and self-love into your being. Learn to harness the power of your radiant body to your advantage. Tap into your executive mind qualities, transcending fear, resonating with courage, and embracing heart-centered leadership. Learn how to move through time and space with Grace.

Moving Through Fear- Keval Kaur Khalsa

Churuata

This Kundalini Yoga class focuses on moving beyond fear, with the emphasis on MOVING. In order to work through something or let go of something, something has to happen - something has to move. Through Kundalini Yoga, we can release blockages, change thought patterns, and move from a place of fear to a place of courage and love. We can learn to lean on the Infinite as Source.

1:30 - 2:15 pm

Free Time - Y.O.G.A. for Youth Informational Gathering

Tree Pavillion

Do you have a passion for working with youth? Are you currently or would you like to be a youth yoga educator? Please join us for a Y.O.G.A. for Youth Information Meeting! Your Own Greatness Affirmed aka Y.O.G.A. for Youth was founded by Krishna Kaur and empowers youth and families in underserved communities through the principles and practice of yoga. Come find out about our Teacher Training course and programming, and share your experience and wisdom with Beloved Community.

2:15 - 3:45 pm

Divine Voice: Becoming Instruments of the Divine - Kiranjot Kaur

Tantric Shelter/The Mall

Indian classical Note singing as a path to deep presence and connection to God.

Sunday, December 17

Heal Yourself with your Sexual Shakti Power / Cúrate con tu poder sexual
Shakti - Atma Chanan Kaur, Ph.D

Churuata

This is a workshop style session bringing together the sacred masculine and the sacred feminine within us, and how these are played out in relation to others. Instructions of different exercises honoring the womb in all bodies will be guided, creating amongst participants a space of empowerment as well as a safe terrain for the feminine inner force we call Shakti to express itself. Its goal is to explore our sexualities and touch the surface of our intimate connection to our bodies, ourselves and our life purpose. And from this open, uncritical space of discovery, it also aims to bring an inclusive understanding of our social identities. It includes meditations from Kundalini Yoga and some movement, dyads, group share and depending on the group, it may include a circle of no shame regarding one's sexualities, diversities and past traumas around the body. It is open to all genders and sexual orientations.

Esta es una sesión estilo taller que reúne lo sagrado masculino y lo sagrado femenino dentro de nosotros, y cómo se manifiestan en relación con los demás. Se guiarán instrucciones de diferentes ejercicios que honran el útero en todos los cuerpos, creando entre los participantes un espacio de empoderamiento así como un terreno seguro para que la fuerza interna femenina que llamamos Shakti se exprese. Su objetivo es explorar nuestras sexualidades y tocar la superficie de nuestra conexión íntima con nuestros cuerpos, nosotros mismos y nuestro propósito de vida. Y desde este espacio de descubrimiento abierto y acrítico, también pretende aportar una comprensión inclusiva de nuestras identidades sociales. Incluye meditaciones de Kundalini Yoga y algo de movimiento, díadas, compartir en grupo y, dependiendo del grupo, puede incluir un círculo sin vergüenza con respecto a las sexualidades, diversidades y traumas pasados alrededor del cuerpo. Está abierto a todos los géneros y orientaciones sexuales.

Sunday, December 17

4:00 - 5:15 pm

Circle of Hope: With a Future this Bright, We Gotta Wear Shades!- Shakta Kaur

Tantric Shelter/The Mall

We've been through a tough past couple of years. But there is hope! Hope is always an act of Infinity on our part. Shakta leads us in a Kundalini Yoga Kriya to celebrate the existence of all the good things in life—love, human kindness and character. Then we Meditate together in a circle to nurture that always present spark of hope inside of us. We gotta have hope!

Consciously Entering the New Age - Harsimran Singh

Churuata

Out with the Old and In with the New. Ego driven desire can stop us in our tracks. Regular practice of yoga and meditation can be the tools we need to tune in to the Now, and intuit what is right for each one of us at any given moment. Change is a given, and we can flow silently into the new era of Love & Light. This experiential class help will take us to inner peace, then connect to the higher selves and Akashic through Kundalini yoga and meditation.

Compassionate Circle Process

Tree Pavilion

7:00 - 9:00 pm

Concert with Karina Skye

Tantric Shelter/The Mall

Yogi Tea Cafe

Bazaar

8:00 - 8:45 pm

So Purkh Meditation

Gurdwara/Palafito

Channel your devotion and uplift the men in your life through the mantra of So Purkh. Join us each evening for a cozy gathering of eleven recitations. All welcome.

Gong: Shakta Kaur

Churuata

Monday, December 18

6:00 - 7:15 am

Loosening the Grip - Dev Atma Kaur

Churuata

Join Dev Atma Kaur ~ Theresa Banks for an inspirational workshop shining light on death through the lens of the Kundalini yogic teachings. In this workshop, kundalini practices and creative activities will provide the opportunity to transform fears of death into inspirations for living.

9:45 - 11:00 am

Changing your Heart towards Pain - Shama Kaur

Tantric Shelter/The Mall

To love is to feel the pain of the heart. This is inevitable. It goes with human existence. The challenge is to always have the love just that bit stronger than the pain. This Kundalini Yoga and Meditation class delves into the profound teachings of transforming our relationship with pain by magnifying our experience of love. It explores how Kundalini Yoga and meditation practices can empower you to change your heart and minds when facing physical, emotional, or spiritual pain. We will work on strengthening the nervous system so that it can take on a new level of experience; even one that is uncomfortable.

Love of Creation: A Journey into Sikh Beliefs and History - SS Shiva Singh Khalsa

Gurdwara/Palafito

Explore the Sikh faith tradition that loves the creation, sees it as mother, and father, that in the Sikh scriptures, the respect and stewardship of this creation is hailed, encouraged and manifested historically. The images in the ecstatic poetry of the Sikh scriptures lovingly call to us. We will approach the critical aspects of climate change with sacred poetry, visual media. An engaging view of Sikh scripture and history that will leave a lasting understanding and hopefully a call to action.

Let Your Heart Rule - GuruPrem Singh

Churuata

Finding Joy, ease and transformation in your yoga practice. Simple yet powerful ways to grow from where you are to where you would like to be, staying healthy, improving your strength and flexibility and developing a better way to sit comfortably for deeper meditation.

Monday, December 18

11:15am - 12:30 pm

The Incandescent Light Within - Vedyā Amrita Kaur

Tantric Shelter/The Mall

The consciousness of hope is seeing the incandescent light within the darkness surrounding us. This mystical light connects all life, creating a profound sense of faith and hope. The incandescent light of the Guru is Truth itself, Hope itself, Love itself, Source itself. Join Vedyā Amrita as we activate the mystical light within to ignite hope and illuminate the path of transformation.

Healing our Idea of Healing - Chris Maanas

Churuata

This class will redefine your relationship with healing. Exploring different paths we will walk through our quantum possibilities of the self using the neutral perspective of the mind to liberate energy trapped in conscious and subconscious behaviors. We will move the body with an energetic kriya and quiet the mind with a deep powerful meditation to experience the clarity of this connection and plant the seed of a new concept of healing that lies completely in our own hands.

Men's Circle

Tree Pavilion

The men's healing circle is when a group of men gather together to listen to each other and hold the space with love and compassion. In the middle of the circle is a talking stick. One picks up the talking stick and in his time allows what needs to be spoken, to be spoken. We hold the sacred space and the stick returns to the middle of the circle and the process continues. We listen and if we feel moved, we pick up the talking stick and speak our truth. The guidelines will be presented within the circle, with all of us making a commitment to honor.

1:30 -2:15pm

White Tantric Yoga® Monitor's Meeting

Tree Pavillion

Interested in being a Monitor at White Tantric Yoga (WTY)? Then attend our WTY Monitor Meeting! A WTY Monitor is the extension of the Facilitator. So, a WTY Monitor must have already attended at least one WTY workshop, wear white clothing and head covering plus the Monitor ID marker/arm band. Come learn more about the important role of being a monitor!

Monday, December 18

2:15 - 3:45 pm

Sat Nam Rasayan: the ancient art of healing - SiriSimran

Tantric Shelter/The Mall

Learn to heal and be healed with the ancient art of Sat Nam Rasayan®.

You will experience how:

- To heal others with only your consciousness, awareness, and the application of Silence
- To integrate Silence & calmness into your life through this practice
- To experience mental clarity & presence

In Sat Nam Rasayan we approach illness, mental and emotional imbalances as conflicts in the system that the person doesn't know how or cannot release on their own. As healers, we build and develop our state of Silence (Shuniya) where we merge with the experience of the event, person or object and have a direct perception of what is happening. This is how the healing happens.

La Venus de las pieles... - Kiret Naam Kaur

Churuata

¿o armonía en el corazón? Explorando las energías del valor, el amor, las relaciones y la estética. Un taller para explorar las energías asociadas a Venus. Este es un espacio sagrado donde podrás profundizar en las prácticas transformadoras del Kundalini Yoga para conectar con la esencia del valor, el amor, el dinero, la estética y el equilibrio dentro de ti. Quizás quieras traer algo para escribir (para tu yo futuro). Te invito a ataviarte tanto como se te antoje.

Prosperity: A Yogic and Dharmic Approach - SS Satwant Singh Khalsa

Gurdwara/Palafito

Learn the "Secret to Prosperity" along with various kriyas and meditations to enhance your awareness. Opportunities present themselves all the time. We just need the awareness to see them.

4:00 - 5:15 pm

Spiritual and Emotional Maturity - GuruMeher Khalsa

Tantric Shelter/The Mall

Finding peace on the mat while denying real human issues and traumas can turn our pursuit of happiness into a form of repression. When we use meditative clarity to safely feel and process what is really there, we engage in true healing and full personal development. Let's discuss and practice.

Monday, December 18

4:00 - 5:15 pm

White Tantric First Timer's Meeting

Gurdwara/Palafito

Is this your first time doing White Tantric Yoga (WTY)? Then come to a special meeting to learn what to expect for your first WTY at Winter Solstice! WTY is a series of all-day meditations done with a partner. You'll learn what to wear, what to bring, how to find a partner (if you don't have one) and what to expect from this full day of meditations. WTY is designed to expand your spiritual awareness, increase your intuition and self-healing and cleanse old, patterns which limit your success today. Receive answers to all of your WTY questions at this special event!

Understanding the Science and Research on Yoga - Dr. Sat Bir Singh Khalsa

Churuata

In easy-to-understand language, this workshop/lecture will present an overview of modern biomedical research on yoga with special attention to Kundalini Yoga. We will review the biomedical scientific evidence for how yoga works, the clinical trials research, and the value/implications of yoga research in society and healthcare and how this knowledge can help with getting yoga classes into public venues, workplaces, fitness centers, schools and healthcare institutions.

Compassionate Circle Process

Tree Pavilion

7:00 - 9:00 pm

Concert with Kiranjot Kaur

Tantric Shelter/The Mall

8:00 - 8:45 pm

So Purkh Meditation

Gurdwara/Palafito

Channel your devotion and uplift the men in your life through the mantra of So Purkh. Join us each evening for a cozy gathering of eleven recitations. All welcome.

Gong: Jot Simrit

Churuata

Monday, December 18

Fire Ceremony of Purification and Peace - Dr. Haridass Kaur

Fire Pit

As part of her new book, *Creating Happiness*, Dr. Haridass Kaur leads the Fire Ceremony to cleanse all the burdens and troubles. Wrap up all the loose ends by revisiting and making peace. Become lighter and float into the new year with a new projection and vision. Take accountability and be grateful for the lessons and be ready to receive the full blessings. You are exactly where you need to be.

7:30-9:00 pm

Yogi Tea Cafe

Bazaar

Tuesday, December 19

8:00 am - 5:00 pm

White Tantric Yoga®

Tantric Shelter/The Mall

8:30 am - 5:00 pm

Clearing Past Relationships - Shama Kaur

Churuata

8:00 - 8:45 pm

So Purkh Meditation

Gurdwara/Palafito

Channel your devotion and uplift the men in your life through the mantra of So Purkh. Join us each evening for a cozy gathering of eleven recitations. All welcome.

Gong: Dr. Haridass

Churuata

7:30-9:00 pm

Yogi Tea Cafe

Bazaar



Wednesday, December 20

8:00 am - 5:00 pm

White Tantric Yoga®

Tantric Shelter/The Mall

8:30 am - 5:00 pm

Clearing Past Relationships - Shama Kaur

Churuata

8:00 - 8:45 pm

So Purkh Meditation

Gurdwara/Palafito

Channel your devotion and uplift the men in your life through the mantra of So Purkh. Join us each evening for a cozy gathering of eleven recitations. All welcome.

Gong

Churuata

7:30-9:00 pm

Yogi Tea Cafe

Bazaar

Thursday, December 21

8:00 am - 5:00 pm

White Tantric Yoga®

Tantric Shelter/The Mall

8:30 am - 5:00 pm

Clearing Past Relationships - Shama Kaur

Churuata

Thursday, December 21

7:00 - 9:00pm

Skits and Yogi Tea Cafe
Tantric Shelter/The Mall

8:00 - 8:45 pm

So Purkh Meditation
Gurdwara/Palafito

Channel your devotion and uplift the men in your life through the mantra of So Purkh. Join us each evening for a cozy gathering of eleven recitations. All welcome.

Gong

Churuata

Friday, December 22

3:40 - 6:00 am

Sadhana
Tantric Shelter/The Mall

6:00 - 7:15 am

Gurdwara
Gurdwara/Palafito

7:30 - 8:30 am

Breakfast

1:00 pm

Departure



White Tantric Yoga® Facilitators



Sat Nirmal Kaur Khalsa is a certified Kundalini Yoga teacher and a minister of Sikh Dharma. She has traveled extensively teaching Kundalini Yoga to business executives, students, children and teens. Sat Nirmal Kaur is an accomplished musician, studying piano, viola and voice since the age of 5. She has learned the Sikh traditional music, gurbani kirtan, and has participated in kirtan programs worldwide. She lives in Espanola, New Mexico, with her husband Daya Singh. They have one daughter who resides in California.



SiriSimran Khalsa has devoted her life to Kundalini Yoga and Sat Nam Rasayan, having been introduced to Yogi Bhajans class by Guru Sharon, her mother. When SiriSimran turned 18, she became Yogi Bhajan's full-time assistant. Through meditation, SiriSimran became aware that her professional path forward lay in studying Sat Nam Rasayan. She had the gift of learning directly from Guru Dev, the master of Sat Nam Rasayan for over 20 years. During that time SiriSimran became a level III certified Sat Nam Rasayan healer and traveling teacher. She is one of

only a few certified Sat Nam Rasayan healers authorized to teach this healing art. She has a long-standing private practice that serves local and international clients. In 2013 she began serving as a White Tantric Yoga Facilitator and joined the White Tantric Board of Directors a few years later. She also serves on The Center for Contemplative awareness Non-profit board of the Sat Nam Rasayan USA school. SiriSimran loves guiding people to become more aware of the subtleties that exist in their perception and how powerful these subtleties can be in healing oneself and others. In January 2023, SiriSimran became the CEO of White Tantric Yoga, Humanology and Health Sciences.

White Tantric Yoga®

Mantras for Day 1

Mantras marked by an * are chanted aloud.

The artist for these versions of the mantras are stated in ()

SAA RAY SAA SAA (*Guru Shabad Singh*)

Saa Ray Saa Saa
Saa Ray Saa Saa
Saa Ray Saa Saa Saarung
Haray Har Har
Haray Har Har
Haray Har Har Har Rung

PAVAN PAVAN PAVAN PAVAN (*Guru Shabad Singh*)

PAVAN PAVAN PAVAN PAVAN
PAR PARAA PAVAN GURU
PAVAN GURU WAHE GURU

Translation:

"May the life force be with you." (Whoever recites this mantra becomes absolutely Divine - God in Action.)

HAR HAR BLISSFUL (*Nirinjan Kaur*)

Har Har Wahe Guru Blissful
Har Har Wahe Guru Blissful
Har Har Wahe Guru Blissful, Blissful, Blissful
Har Har Wahe Guru
Conquering Lord of Mine
Har Har Wahe Guru
All Victory is Thine
All Victory is Thine

White Tantric Yoga®

Mantras for Day 1

Mantras marked by an * are chanted aloud.

The artist for these versions of the mantras are stated in ()

ANG SANG WAHE GURU (*Nirinjan Kaur*)

***WE ARE THE PEOPLE THE PEOPLE OF LOVE**

We are the people the people of love

Let us people love today

Sat Nam Sat Nam Sat Nam Sat Nam

Sat Nam Sat Nam Wahe Guru

WAAH YANTEE KAR YANTEE (*Nirinjan Kaur*)

WAAH YANTEE

KAR YANTEE

JAG DUT PATEE

AADAK IT WAAHAA

BRAHMAADEH TAYSHA GURU

IT WAHE GURU

Translation:

Great Macroself

Creative Self

All that is creative through time

All that is the great One

Three aspects of God: Brahma, Vishnu, Mahesh

That is Wahe Guru

White Tantric Yoga®

Mantras for Day 2

Mantras marked by an * are chanted aloud.

The artist for these versions of the mantras are stated in ()

***ONG NAMO GURU DEV NAMO** (Nirinjan Kaur)

Translation:

"I bow to the creator, I bow to the Divine Teacher within."

***HUMEE HUM BRAHM HUM** (Nirinjan Kaur)

Translation:

"We are we and we are God."

***ANG SANG WAHE GURU** (Nirinjan Kaur)

Translation:

"The Infinite God is with you, with every part of you."

***MOOL MANTRA** (Sada Sat Kaur)

Ek Ong Kar	One Creator
Sat Nam	Truth is His Name
Karta Purkh	Doer of Everything
Nirbhao	Fearless
Nirvair	Revengeless
Akaal Moort	Undying
Ajoonee	Unborn
Saibung	Self-Illumined
GurPrasaad	Guru's Grace
Jap	Repeat
Aad Sach	True in the beginning
Jugaad Sach	True through all ages
Haibee Sach	True even now
Nanak Hosee Bhee Sach	Nanak says truth shall ever be.

White Tantric Yoga®

Mantras for Day 2

Mantras marked by an * are chanted aloud.

The artist for these versions of the mantras are stated in ()

THE CALLING (*Nirinjan Kaur/Guru Prem Singh*)

Verse 1:

In the walk of life, in the dance of life, we all kiss the pranic breath,
In the total surroundings of our wonderful world, we are born to
find our depth.

CHORUS:

**There is a calling and it is time, to awaken the
rhythm of me and mine.**

**There is a light shining bright, throughout all
God's space and to all by His Grace.**

Ek Ong Kar Sat Nam Siri Wahe Guru.

Verse 2:

We have to walk on the path of the Self to find our own Grace,
My inner love, a feeling in feelings, the knowledge of the entire
universe.

CHORUS

Verse 3:

But I also know that love is the power, it's the Guru's blessing and
God's merciful shower.

In joy we are happy, in sadness we find it, in Bliss we enjoy it, with
courage we grind it.

Small atoms move in their trinity dancing, Love is the power,
Infinite beauty romancing.

CHORUS

White Tantric Yoga®

Mantras for Day 3

Mantras marked by an * are chanted aloud.

The artist for these versions of the mantras are stated in ()

***GURU GAITREE** (*Sada Sat Kaur*)

Gobinday	<i>Sustainer</i>
Mukanday	<i>Liberator</i>
Udharay	<i>Enlightener</i>
Apaaray	<i>Infinite</i>
Haring	<i>Destroyer</i>
Karing	<i>Creator</i>
Nirnaamay	<i>Nameless</i>
Akaamay	<i>Desireless</i>

***BOUNTIFUL, BLISSFUL AND BEAUTIFUL**

(*Nirinjan Kaur/Sada Sat Kaur*)

Ek Ong Kar
Sat Gur Prasaad
Anand Bhaiaa mayree maa-ay
Satiguru mai paia
Satigur ta paia sahaj seti
Man vajia vadhaia
Raag rataan parvaar paria
Shabad gaavan aia
Shabado ta gavoh Hari kera
Man jini vasaia
Kahai Nanak anand hoa
Says Nanak: Satigur mai paia

White Tantric Yoga®

Mantras for Day 3

Translation:

*There is One Creator of the Creation,
this is realized by the True Guru's grace.
this is realized by the True Guru's grace.*

*O my mother, I am in ecstasy,
for I have found my True Guru.*

*I have found the True Guru with ease, and within my mind
resounds the music of bliss.*

*With the music of jewels and crystals, the celestial fairies hymn the
Word.*

*They sing the Word of the Lord,
whom they enshrine in their mind.*

*I am in ecstasy,
for I have found the True Guru*

AQUARIAN MARCH (Nirinjan Kaur)

Sat Siri Siri Akaal

Siri Akaal Maha Akaal

Maha Akaal Sat Nam

Akaal Moort Wahe Guru

Translation:

"The Creative Infinite Sound of all Creation"

***HAPPINESS RUNS** (Donovan)

Happiness runs in a circular motion

Thought is like a little boat upon the sea

Everybody is a part of everything anyway

You can have everything if you let yourself be

You can have everything if you let yourself be

Why--oh--because, Why--oh--because

Daily Activities

Wake-Up Call

Each morning at 3:00 am 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. **Directions:** 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.

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 Namō Guru Dev Namō. 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.



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Daily Activities

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.

Early Morning Workshops

Workshops begin at 6:00 am. Please consult the Schedule and Class Descriptions sections for details.

Breakfast

Breakfast is served from 7:30 - 8:30 am in the Tantric Shelter/Mall on non-Tantric Days, and outside the Dining Hall on Tantric Days at 7:00am-8:00am.

Karma Yoga and Service Exchange Team Gatherings

Team meetings are from 8:30-9:30 am at their designated locations. Practice the all-camp meditation and check-in with your fellow team members. If you are unsure of where your team meets, visit the Karma Yoga Support Team at the Registration/Check-in building.

Morning Classes

Morning workshops begin at 9:45 am. Please consult the Schedule for details.

Lunch

Lunch is served at 12:30 pm outside the Dining Hall and there is free time until 2:15pm.

Afternoon Classes

Afternoon Workshops begin at 2:15 pm. Please consult the Schedule for details.

Dinner

Dinner is at 5:30 pm in the Tantric Shelter/Mall

Daily Activities

Evening Programs

Evening programs include sacred chant concerts, gong meditations and dance parties! Yogi Tea is served every night after dinner in the Dining Room, next to the Bazaar. Yogi Tea Cafe happens every night in the Bazaar. The Bazaar is 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.

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 9pm on.

Total camp lights out is 10:00 pm. Sweet Dreams!

Sikh Dharma

What is Sikh Dharma?

The spiritual practice of Sikh Dharma is a path of transformation of body, mind and spirit. Founded at the start of the 16th century by the first Sikh saint, Guru Nanak, the practice of Sikh Dharma is grounded in the Oneness of all things and all people. Dharma is a life based on practices and beliefs to elevate consciousness, with an aim to avoid dogma, judgment and rigidity. You do not need to become a Sikh to enjoy the benefits of the values and virtues of Sikh Dharma. Following the Sikh Dharma way of life, which includes daily meditation, chanting the sacred mantras and scriptures, earning an honest living, sharing with others, and living a conscious and healthy lifestyle, you can live your 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 self (Ego) to the Universal Infinite Self. 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.

Program The Gurdwara services are a joyous mixture of Kirtan (devotional singing) and traditional Sikh prayers. Kirtan ends with the "Song of the Khalsa" and the "Anand Sahib" (The Song of Joy). After this, we pray an Ardas, a collective prayer seeking the welfare of all humanity. Following the Ardas, the Hukamnama is read - a randomly-selected inspiring selection from the Siri Guru Granth Sahib. This random selection is considered a divine message and serves as guidance for the community.

Concluding the program, Prasad (a sweet made from honey, ghee, water, and flour) is served. You are welcome to stay for as little or much of the program as you like.

Gurdwara services are open to people of all backgrounds. It is a space where all individuals, regardless of their social or cultural backgrounds, feel welcome and respected.

Attending Gurdwara:

It is customary to bow your head to the floor and place an offering before the Siri Guru Granth Sahib, but not required.

Please remember to:

- Cover your head
- Remove your shoes
- Wash your hands and feet
- Refrain from bringing outside food
- No unnecessary bags
- No mats or sheepskins
- Keep all shabad sheets and Nitnems off the floor
- Keep the bottoms of your feet away from the Siri Guru Granth Sahib

The Solstice Diet

The Solstice Diet: Food of the Yogis

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 antimicrobial.

Lunch

Lunch consists of a quinoa, a hearty chickpea stew, and salad on non-tantric days, and Tantric Burgers on tantric days.

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.



The Solstice Diet

The Solstice Diet: Food of the Yogis

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. 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.

Tantric Burgers

On White Tantric Yoga® days, a special Tantric Burger intended to support the Tantric experience is served for Lunch. Burger Ingredients: Tempeh, onions, carrots, almonds, sunflower seeds, flax seeds, oats, sunflower oil, rice, cilantro, tamari, basil, black pepper, cinnamon, peppermint, senna, salt.



10 Rights of a Kundalini Yoga Student

1. To have a safe, clean and welcoming class environment.
2. To be treated with kindness, respect and honesty.
3. To be treated equally with other students, without discrimination.
4. To freely choose where, and with whom, you study Kundalini Yoga.
5. To receive the teachings of Kundalini Yoga.
6. To practice Kundalini Yoga and Meditation at your level of comfort, capacity and self-care while respecting the needs of others.
7. To have a Student-Teacher relationship that is professional, respectful and graceful.
8. To practice Kundalini Yoga free of personal, sexual, financial, religious or political pressure from your Teacher.
9. To respectfully ask questions or raise issues of concern or complaint, openly or anonymously, and receive honest answers and fair consideration without fear of ridicule or retaliation.
10. To enjoy your Kundalini Yoga journey!



Kundalini Yoga

Known for its transformative benefits, the practice of Kundalini Yoga builds physical strength and stamina and enhances cognitive function, emotional fitness, and spiritual connection. Many people describe the experience as exhilarating, euphoric, and powerful.

In this practice, the primary focus is on the movement and transformation of energy. There is no one practice or series. Instead, the practice focuses on kriyas, which are each a specific sequence of yogic techniques and meditations to create a specific result in consciousness. This could be something very concrete (like better digestion) or something more etheric (like an open heart). Each kriya (which means “action” in Sanskrit) and comes with precise instructions and usually includes most of the following techniques:

Asana: body postures

Mudras: hand positions

Pranayama: breathwork

Mantras: intentional, repeated sounds

Bandhas: constriction of particular area of the body

Drishti: directing the gaze of the eyes

Savasana: relaxation at the end of practice

Kundalini Yoga is known to assist change and self-limiting habits.

It is a transformational system designed to release blocks to the reservoirs of untapped energy within us.

It is designed to balance the glandular system and revitalize the nervous systems.

It works to build, clear, and balance the subtle systems of the nadis (energy channels) and the chakras.

It includes hydrotherapy and breathing practices and other established practices for optimal health and optimal functioning.

When energy moves freely through the chakras, it stimulates the mental, physical, and spiritual health of the being. There is a clarity that arises that combines perception, thought, and intuition.

Karma Yoga

Seva is a universal value of many yoga traditions and is a service done for others and for the community. These tools of Kundalini Yoga and meditation are meant to bring us to Shuniya and to a transcendent experience of serving others. There are 22 forms of Yoga, and Karma Yoga is one of these paths. The practice of Karma Yoga as a Kundalini Yogi develops grace and humility so that we can be both radiant and humble.

Karma Yoga is a main part of the Solstice experience, just as much as the practice of Morning Sadhana or daily Kundalini Yoga classes.

Everyone you meet here serves as either Full-time staff, Service Exchange yogis who work 4-6 hours/day, or Karma Yogis who work 2 hours/day. Camp runs on the combined effort of all the people here. This is your camp—the Solstice camp is an opportunity to participate in this collaborative experience.

From chopping vegetables to cleaning toilets, your participation sets the intention and energy of manifesting a joyous and fulfilling Solstice for all through serving the Global Community. The energy of giving elevates our consciousness as we embrace the Aquarian spirit side-by-side with our fellow yogis.

Karma Yoga/Service Exchange Meetings

Every Karma Yoga or Service Area Team will gather daily in the morning for an hour every day of camp. During this time you will practice a daily camp meditation, check-in on a personal level about your solstice experience and hear important information and announcements from your team leader/facilitator. Your Service Area Team is like your small circle of connection during the event. For many people their karma yoga teams are so important as a connecting circle of inclusion and sharing an experience of service together.

We ask all Solstice attendees to participate in at least 2 hours of Karma Yoga each day. We recognize this can feel like a lot of your time but these moments of giving bring so much in return.

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 "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

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

Sat Nam "Truth is my identity."

Shabad Song in praise of God.

Sikh Vows Commitment to righteous living and following the Sikh path. 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.

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.

Wahe Guru Ji Ka Khalsa, Wahe Guru Ji Ki Fateh!

"The pure ones belong to God, all victory belongs to God."



Bringing Solstice Home

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 to consider when you return home:

- 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.
- 3HO Instagram profile:
<https://www.instagram.com/3HOInternational>
- Join the 3HO Facebook page:
<https://www.facebook.com/3HOInternational>
- Visit www.3HO.org for inspiration, education and services:

- ~ Yogic Living Newsletter and Blogs
- ~ Monthly Numerology Forecasts
- ~ Spiritual Name Requests
- ~ Upcoming Events
- ~ Yogic Recipes

Keeping Solstice Green and Clean

Waste Management and You!

We rely on you to support Mother Earth by incorporating green consciousness into daily life. Help contribute to a greener Solstice by:

- Minimize the amount of trash that you create.
- Use the recycling and food waster containers around camp.
- Use only biodegradable soaps and shampoos.
- Do not use aerosol sprays.

Pack It In, Pack It Out

Did you know that Burning Man, the largest Leave No Trace event in the world has ZERO trash cans!! Let's move in the same direction.

Recycling

Keeping Solstice Green

These are the acceptable items that can be recycled in Florida

Plastics 1 - 7 (no plastic bags please)

Aluminum and tin cans.

Cardboard, Paper, Newspaper

Solstice is unable to recycle glass, styrofoam, batteries, cartons of any kind, large metal items, large plastic containers or toys, and liquids of any kind.

If you have something other than the above please put it in the trash or take it with you.

Trash

Trash and Recycling Stations are located at porta-potties stations and showers areas as well as at the Dining Complex and the Tantric Shelter/Mall. Please use these areas to dispose of your trash, non-food compostable items and glass.

Thank you for keeping our site beautiful, clean and green!



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.

Wah Yantee, Kar Yantee (7 minutes)

Wah Yantee, Kar Yantee, Jag Dut Patee, Aadak, It Whaa-kaa Brahmaaday, Traysha Guroo, It Wha-hey 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, Nirbho, Nirvair, Akaal Moorat, Ajoonee, Saibhang, Gur Prasad, Jap, Aad Such, Jugaad Such, Hai Bhee Such, Naanak Hosee Bhee Such

The Creator and Creation are One. The identity is Truth. Doer of all things. Fearless, Beyond Revenge, Undying, Unborn, Self-illuminated, Guru's Grace. Meditate! True in the Beginning. True through all the ages. True even now. Nanak says: Truth shall ever be.

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)

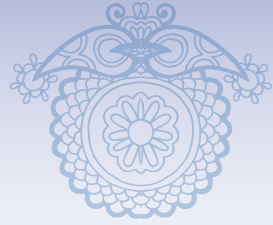
Sat Siree, Siree Akaal, Siree Akaal, Maahaa Akaal, Maahaa Akaal, Sat Naam, Akaal Moorat, Wha-hey Guroo

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 rakhanhaar aap ubaariun
Gur kee pairee paa-eh kaaj savaariun
Hoaa aap dayaal manaho na visaariun
Saadh janaa kai sung bhavajal taariun
Saakat nindak dusht khin maa-eh bidaariun
Tis saahib kee tayk Naanak manai maa-eh
Jis simrat sukh ho-eh sagalay dookh jaa-eh*



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.

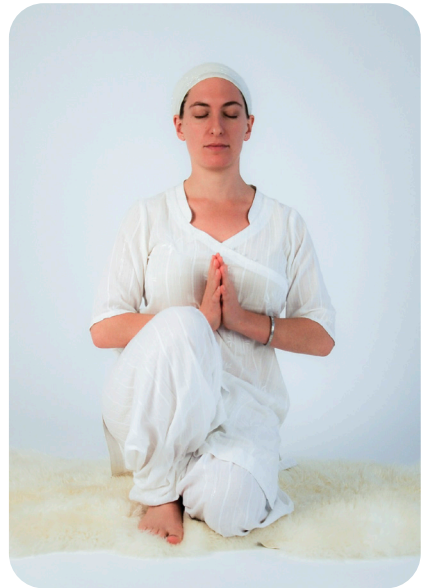
Wahe Guru Wahe Jio (22 minutes)


*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-hey Guroo
Guroo Raam Das Guroo*
Calls on Guru Ram Das in praise of his spiritual guiding light and protective grace.





Donate to 3HO

*Your gift catalyzes meaningful change through Kundalini Yoga.
Gifts of all kinds and amounts bring 3HO's vision to life:
sharing the uplifting practices of Kundalini Yoga with people everywhere.*



*A World of
Kundalini Yoga*

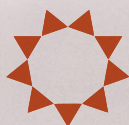
Summer Solstice

2024 /

June 14–June 22

Ram Das Puri,

New Mexico



3HO

Join us!

