YOGA FESTIVAL
2019
BE THE LIGHT!

27 JULY – 4 AUGUST
FONDJOUAN, FRANCE
Welcome to the European Yoga Festival!

This year we celebrate the 50th anniversary of 3HO. In one of Yogi Bhajan's first lectures, he spoke of being Healthy, Happy, and Holy – and this became the name of the organisation he founded in 1969 to promote yogic lifestyle and teachings.

In the early seventies, teachers he trained came to spread the teachings in Europe. A Summer Solstice event already existed in New Mexico, and in 1977, teachers who had relocated to Europe founded the European Yoga Festival.

This has been an annual event ever since, and offers a unique opportunity for yoga students and teachers to live in nature, be in community, and deepen their experience in the lifestyle and teachings of Yogi Bhajan.

This Festival is a place where we can get to know each other better, where we can share our gifts, have a deep experience, and inspire each other along the path.

May this Festival create space for you to connect to the light within, May you shine your light and share it with those around you, May this light guide you on your way.

And may we together set the foundations for the next 50 years of 3HO to come.

SAT NAM
YOGI BHajan was a spiritual teacher of great caliber. He was born on the 26th of August, 1929, in the north of India. He left his body on October 6, 2004, in Española, USA.

Yogi Bhajan studied a variety of yogic and spiritual teachings from an early age, becoming a master of Kundalini Yoga at the age of sixteen. Living the life of a householder (he was married and had three children) he decided in 1968 to go to the west and teach. From this beginning a worldwide organization (3HO Foundation, the Healthy, Happy, Holy Organization) has grown, a non-profit organization dedicated to spreading the teachings of Kundalini Yoga.

Inspired by Yogi Bhajan, a number of 3HO members have embraced the Sikh religion, many aspects of which are relevant to present times including the equality of men and women of all religions, races and cultures.

Yogi Bhajan put his whole heart in teaching yogic techniques, formerly shrouded by secrecy, to help humanity to find its natural joy, which he considered its birthright. He taught a large number of yoga sets and gave nutritional advice to maintain good health.

Since his first conference in Los Angeles in 1969 he has offered the technology of Kundalini Yoga as a way to deeply understand and experience what it means to be a human being.

To discover more about Yogi Bhajan, and 3HO, see the Exhibit in the Chateau (2nd door on the left) – covering themes including: Prosperity, Sangat, Children, Being a Teacher, Mahan Tantric, and Yogiji's biography.

We will offer some guided visits to the exhibit – times will be posted on doors of Chateau.
HEALTHY AM I
HAPPY AM I
HOLY AM I

This English mantra was originally taught by Yogi Bhajan on 10 July 1975.

It will be used for the All Camp meditation on July 27, 28, 29, 30, and August 3 at the end of the All Camp Class.
**IMPORTANT THINGS TO KNOW - PLEASE READ**

## REGISTRATION

Please register and sign up for your seva group on arrival at the Festival. This is important to aid us with meal planning. There will be registration checks during the Festival and before White Tantra begins. No refunds will be given once you have registered on site.

**Opening Hours**
- **Friday** 26.7: 14:00 - 19:00
- **Saturday** 27.7: 8:30 - 19:00
- **Sunday** 28.7: 9:00 - 11:00 and 17:00 - 19:00
- **Monday** 29.7: 9:00 - 11:00 and 17:00 - 19:00
- **Tuesday** 30.7: 9:00 - 11:00 and 17:00 - 19:00
- **Wednesday** 31.7: 7:30 until start of Tantra, in front of the Big Top
- **Thursday** 1.8: 7:30 until start of Tantra, in front of the Big Top
- **Friday** 2.8: 7:30 until start of Tantra, in front of the Big Top

## ROOM TENT RENTALS

The rental desk for rooms and tents is located in the same hall as Registration. Go there to pay and collect keys.

**Opening Hours**
- **26 July**: 13:00 to 22:00
- **27 July**: 09:00 to 22:00

**After that same as registration opening times.**

Use of drugs (non prescribed) alcohol, meat and smoking/vaping are not permitted on the Festival Site. Anyone not respecting these rules will be asked to leave the Festival; refunds will not be given.

## INFORMATION TENT

This is the main hub for any questions you have about the Festival and logistics: workshop details and locations, lost and found, ‘silence’ badges (should you choose to practice White Tantra in silence), bus/train schedules, and to purchase a bus ticket to Blois train station on the day of departure.

## VALUABLES

The Yoga Festival cannot take responsibility for loss or theft of valuables. We have volunteers from the Safeguarding team overseeing security around the camp. Please help them by being careful. Never leave valuables unattended in your tent; especially not during the White Tantric Yoga days. Please also guard your luggage well after you have packed it up on departure day.

## WATER

You are encouraged to drink lots of water – at least 2 litres each day – to enhance cleansing and promote physical balance. **The water from the tap is drinkable.**

## PREGNANT AND NURSING MOTHERS

You are invited to join the Parent Misl for help and support. Extra snacks and care are available to you. Please meet during the Children’s Camp Misl meetings (see the mlsel map at the end of the programme).
DIET
To further support the strengthening, balancing, and rejuvenating effects of your yoga practice, we follow a special Tantric diet during the Festival. The diet is vegetarian and vegan. This diet is based on ancient teachings and is formulated to complement the yoga and promote healing and cleansing. To realise the full potential benefits of the Festival, we recommend that you follow the diet, and not add in other foods.

Breakfast is served at 8:15 (earlier on Tantric days); watermelon in the afternoon; dinner is served at 16:30, and Yogi Tea or Golden Milk (dairy and non dairy options) in the evening.

Additional snacks are provided for pregnant and nursing mothers.
We are unable to provide for other special diets.
Most of the vegetables are grown locally and are organic whenever possible.
All milk products are organic.

RECYCLING I RUBBISH
There is recycling on site – please look carefully at the labels and consciously sort your rubbish so that it can be recycled in the correct bin. Let’s care for our Planet!

SADHANA MANTRAS
The words and translations for the sadhana mantras can be found towards the end of this programme.

WHITE TANTRIC YOGA
For detailed information to help prepare you for White Tantric Yoga, and the mantras for this year’s Tantric, please consult the end of this programme. Please bring your Festival booklet with you on Tantric days, so that you have the mantras if you need them.

GURDWARA
Gurdwara literally means ‘Gate to the Guru’. Every day, there is a Sikh Gurdwara Programme in the Gurdwara, right after the sadhana mantras. Everyone is welcome. We ask that you remove your shoes and cover your head. There are a few special Gurdwara programmes during the Festival:

Sahej Paath – A full cover to cover reading of the Siri Guru Granth Sahib. All are welcome to participate (you can read in Gurmukhi, or in English translation). Please speak to sevadars in the Gurdwara to sign up.

All Night Kirtan Ransubhai – 28 July 22.00 start, runs all night
**Karma Yoga**

Karma Yoga literally means 'union through action'. At the Festival, everyone signs up for a same-language Karma Yoga group, and each group contributes to important tasks to help run the Festival. In this way, the Festival runs on the combined efforts of everyone present.

Karma yoga is an essential part of the experience of the Festival. Participation in serving brings much more than dinner being served on time and clean toilets. It is a chance to clear your karmas – clear whatever limitations, or burdens you are carrying. It is an opportunity to play an active role in community, and to do it with enthusiasm. Through serving one another, we connect to group consciousness. Through the spirit of giving, we elevate consciousness. This is the attitude and spirit of the Festival.

So be inspired! Show up on time for your karma yoga group, do your part, and have the full experience. Throughout the festival, make yourself available at times for spontaneous seva – maybe you notice someone who needs help, or there may be a call for extra sevadars in some area.

“If you have come here, do seva. Do the Karma Yoga. Do it with your hands, and your mind, and your soul. Do it with your Self and your Self will be exalted.” Yogi Bhajan

---

**STAFF**

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>General coordination</td>
<td>Ram Singh, France</td>
</tr>
<tr>
<td>y3HO Europe/Yoga Festival administrator</td>
<td>Siri Kartar Kaur, Germany</td>
</tr>
<tr>
<td>Bazaar</td>
<td>Siri Sant Kaur, Italy</td>
</tr>
<tr>
<td>Buyer</td>
<td>Sohagani Kaur &amp; Bharata, France</td>
</tr>
<tr>
<td>Childrens Camp</td>
<td>Balprem Kaur, Austria</td>
</tr>
<tr>
<td>Childrens Kitchen</td>
<td>Nirvair Singh, Italy</td>
</tr>
<tr>
<td>Evening program &amp; Sadhana Music</td>
<td>Karta Purkh Singh, Germany</td>
</tr>
<tr>
<td>Finances and Registration</td>
<td>Sat Dharam Singh, Germany</td>
</tr>
<tr>
<td>First Aid</td>
<td>Hari Har Singh, Germany</td>
</tr>
<tr>
<td>Food &amp; Children's Food Coordination</td>
<td>Jap Dharam Kaur, France</td>
</tr>
<tr>
<td>Gurdwara: Fateh Singh, Germany</td>
<td></td>
</tr>
<tr>
<td>Hospitality:</td>
<td>Guru bani Kaur &amp; Munpreet Kaur, France</td>
</tr>
<tr>
<td>Information Tent</td>
<td>Suhella Picrot, Germany</td>
</tr>
<tr>
<td>Kitchen: Pavanjeet Singh &amp; Rajbir Singh, Hungary</td>
<td></td>
</tr>
<tr>
<td>Service and Welcome</td>
<td>Guru Ravi Kaur &amp; Kushwant Kaur, France</td>
</tr>
<tr>
<td>Light: Manou Ribeiro, France</td>
<td></td>
</tr>
<tr>
<td>Luggage crew: Balwant Kaur, Germany</td>
<td></td>
</tr>
<tr>
<td>Misls: Anja Escherich, Germany</td>
<td></td>
</tr>
<tr>
<td>Misl: Anja Escherich, Germany</td>
<td></td>
</tr>
<tr>
<td>Programme: Satwam Kaur, UK</td>
<td></td>
</tr>
<tr>
<td>Programme assistance: Gurudass Kaur, USA &amp; Hargobind Singh, Netherlands &amp; Nirmalbir Kaur, France</td>
<td></td>
</tr>
<tr>
<td>Rooms: Seva Kaur, Norway</td>
<td></td>
</tr>
<tr>
<td>Sadhana &amp; Evening Yoga: Jagat Prem Kaur, Poland</td>
<td></td>
</tr>
<tr>
<td>Security: Swa Singh &amp; Amrit Kaur, Germany</td>
<td></td>
</tr>
<tr>
<td>Setup: Jerome Shankar, UK</td>
<td></td>
</tr>
<tr>
<td>Seva: Kartar Singh, Spain</td>
<td></td>
</tr>
<tr>
<td>Sound: Hardy Schwartz, Germany</td>
<td></td>
</tr>
<tr>
<td>Teens: Kripa Singh, Austria</td>
<td></td>
</tr>
<tr>
<td>Toddlers: Sangeet Tera Kaur, France &amp; Amanjot, UK</td>
<td></td>
</tr>
<tr>
<td>White Tantric Head Facilitator: Sat Simran Kaur, USA</td>
<td></td>
</tr>
<tr>
<td>White Tantra: Sat Karam Singh, Sweden</td>
<td></td>
</tr>
</tbody>
</table>
Each day of the Yoga Festival begins with Sadhana.

You will be woken at 4 am by a band of roving musicians. At this time you are encouraged to take a cold shower. As well as its numerous health benefits, the cold shower helps you to stay awake during the morning yoga and meditations! When you make your way to the Sadhana field, bring something waterproof to sit on and a blanket (not the one from your bed). You can rent an outside blanket at the “Accueil” for the whole week.

After Sadhana there is a short Sikh service in the Gurdwara to which everyone is invited. Before entering the Gurdwara, please remove your shoes and cover your head. We will sing some spiritual songs, offer a prayer and listen to the inspirational message (hukam) of the day.

Time for breakfast!! Meals will be served in lines on the lungar field. The first line is for children's food and the last line is for late-comers (this helps the serving to run smoothly). One of the missel groups will be doing the seva of serving you breakfast. Afterwards there is a little time to relax before the morning missel (same-language group) meetings and seva begin. (Seva means selfless service – in this case camp maintenance duties).

Following this are the morning classes. You can study the class and workshop list and decide which classes you are interested in. For people who do not understand english you can discuss any need for translators in your missel meetings so you can participate more fully.

This handbook contains a map to help you find your way around the camp.

**Watermelon** will be served early afternoon near the big top.

The **afternoon yoga workshop** involves the participation of the whole camp and it is based on the theme of this year's festival.

It is now time to go for **dinner in the lungar field**. Be sure to bring your registration wrist band. After dinner there is time to relax, meet with friends new and old, and wander through the bazaar.

**Tea** will be served after dinner at around 6:30pm in the bazaar area.

If you are at the Festival for the first time, there will be a special information session in your own language.

The **study groups in the evenings** will allow people to study a particular subject in more depth.

After this is the evening yoga class followed by the **Healing Meditation**, a tradition which started in 1978 at the Yoga Festival.

The **evening program** starts at 20:45.
Leadership in the Aquarian Age: BE THE LIGHT!

Through Kriyas and Meditations, we will explore a deeper meaning of Yogi Bhajan’s quote: “Live light, Travel light, Spread the light, Be the light” and its connection to find the Leader within you!

- Day 1: Live light
- Day 2: Travel light
- Day 3: Spread the light
- Day 4: Be the light

Open discussion on Gong Playing: Risks and Side Effects

Why do challenging emotions occur with listeners of the gong, and how can they be channelled into healing impulses? What inner preparation is needed before taking hold of a mallet? Is gong for everyone? How can we help prepare students to have a positive gong experience?

Gong sound waves cause very specific and strong impact on the human nervous system. If you already play the gong, or are thinking of learning, this session is for you! Expand your consciousness on the impact of this magnificent instrument.

**FESTIVAL WORKSHOPS**

**Morning Workshops**
July 28, 29, 30, August 3
11.30 - 13.30

**All Camp Yoga Workshops**
Big Top
July 28, 29, 30, August 3
14.00 - 16.00

**Evening Study Groups**
July 28, 29, 30
17.30 - 19.00
Authentically you: beyond the self-limiting patterns

Manifest your potential beyond self-limiting patterns. Through the principles of yoga psychology learn how to recognize, break, and create new patterns of living by understanding the resistance that is holding you back. Learn to align your life with God’s Will.

This is the process of moving from the coarse to the subtle to experience the subtlest vibration, the Ultimate Truth: Ek Ong Kar Satnam.

Do we dare to identify our Spiritual Self & Stand Out?

Kundalini Yoga and Sikh Dharma invite us to be outstanding. Giving our head is radically liberating and frees us from the mind’s prison of caring about public opinion. To have impact in the world, we are called to step forward with a clear sign or message of what principles we stand for, while becoming more of our Self.

We will reflect on Yogi Bhajan’s teachings, share the inspired examples of the Gurus and explore how the soul finds meaningful expression and purpose in life through the ways we interact with the world.

Shakti Dance® Luminous Harmonic Resonance

Tune to the pulse of harmony - weaving with awareness threads of:

- fluid asana,
- rhythmic breath & movement,
- mantra, voice & celestial communication.

Let creative spirit flow in resonance, as yogic ‘threads’ align – releasing your mind-body into relaxed spontaneous expression and transparent stillness.

In ‘wakful harmonisation’ BE the Light of True Being - radiant in synchronised expression and transparent stillness.

Discover your courage. Be the light you already are.

Ride the tiger of your true, unlimited power as woman. Be an invincible force for creating a new reality. Awaken Durga within you. The Supreme Goddess. Universal Mother, preserver of moral order and righteousness.

Once Durga defeated the demon who brought misery through the negative forces of arrogance, hatred, anger, greed and selfishness there was peace on earth. The sky became bright with sunlight. The rivers flowed freely. Those that inhabited the Earth danced and sang their sweet songs again. She made a promise to protect those who embo
ded her. Her power was magnificent.

Conscious Nutrition & Detox for the Yogic Body

Is the food you are eating nourishing you and sustaining the environment? Explore how conscious food choices can help you create a healthy, vital yogic body and create harmonious alignment with the environment. Chan will also highlight the food and hormone connec
tion and the build-up of toxins in the body from foods, metabolic process, from the environment, stress and other lifestyle factors.

Chan will share recipes for cleansing food, nutritional strategies, natural ways to detoxify the body and the mind. Chan will lead kriyas and meditation linked to digestion and stress reduction.

Be the light in the eye of the storm

Our inner light is something covered by the clouds of our daily life.

We lose contact to our light, to our stability and to our potential for self regulation.

In this workshop we will learn to reach altitude, to find the light and hold on to it so that we stay in the eye of the storm.
Sat Nam Rasayan
Sat Nam Rasayan is a meditative healing art in the tradition of the Kundalini Yoga.
Guru Dev Singh, the master of Sat Nam Rasayan, will lead you into an inner state of stillness: Shunia.
You will learn to use your own meditation to heal other people and give them deep relaxation.
Guru Dev uses Kundalini Yoga Kriyas in a specific way to expand your awareness.

GATKA: The luminous sword that cuts through darkness
Gatka, Kundalini Yoga's sister, is Sikh Dharma's martial art. Gatka offers a wonderful opportunity to experience and balance the polarity of defense/female and attack/male.
"You have to think as a saint. You have to act as a saint. A saint is nothing but compassion and kindness. But a soldier has to answer the call of duty at the cost of his life or her life. Saint has to act as a soldier. A saint is nothing but compassion and kindness."

The One Voice Mantra Choir
The One Voice Mantra Choir is a unique workshop that takes you beyond the limitations of the mind and intellect into the realm of mantra to create a joyful choir experience.
You are welcome to come and join your voice with many others, interweave the mantras and rhythms and then share our creation with the whole camp.
It is truly amazing how we turn into a wonderful choir in just three days.
The group energy of this workshop just guarantees fun is guaranteed!

The One Voice Mantra Choir
Gatka, Kundalini Yoga's sister, is Sikh Dharma's martial art. Gatka offers a wonderful opportunity to experience and balance the polarity of defense/female and attack/male.
"You have to think as a saint. You have to act as a saint. A saint is nothing but compassion and kindness. But a soldier has to answer the call of duty at the cost of his life or her life. Saint has to act as a soldier. A saint is nothing but compassion and kindness."

The Green Diet Challenge
The Green Diet is a cleansing Ayurvedic mono diet. In this workshop, you will learn about the benefits of the diet, how it works, which foods to eat, and what to expect when you only eat "green" for a period of time.
We will practice yoga sets and meditations that aide the detox process. You will learn how to organize a 40 Day Green Diet Course for your students and how to market the course.

Light on PREGNANCY :: BIRTH :: POSTPARTUM for Expecting parents & future Doulas
Bringing a child into the world is a sacred journey for parents-to-be. Supporting the parents is a blessing for family and society.
Day 1: Transformations and consciousness during 9 months of gestation
Day 2: Empowering women to live birth as a safe and sacred initiation
Peace prayer day: "Mothering the Mother" - Why the first 40 postnatal days of Rest & Bonding are a Must for mom & babe, family and humanity.
Languages: English & Italian

Early teachings of Yogi Bhajan: kriya meditations and lectures from 1969 - 70
50 years later, let's practice kriya & meditations from the early years: the teachings Yogi Bhajan was sharing in 1969-70.
It was the birth of Kundalini Yoga we know, the birth of our international community.
We are here because of that!
Languages: English & Italian

Big Top
Gatka Area
Restaurant Bar

July 28, 29, 30, August 3
July 28, 29, 30, August 3
July 28, 29, 30, August 3
July 28, 29, 30, August 3
July 28, 29, 30, August 3
July 29, 30, August 3
July 28, 29
July 29, 30, August 3
July 28, 29
July 28, 29
Postures in Kundalini Yoga: Aligning yourself deeper within the asanas to enhance your KY practice and teaching skills

KY includes quite challenging and strenuous exercises, while being a technique of incredible potential to tune in with the universal flow.

We will deeply look into individual asanas, combining them with refined breathing and the active use of our pelvic floor and the ‘bandhas’. This will allow you to get deeper in touch with yourself as a student and/or enhance your skills as a KY teacher.

If you don’t stand for something, you’ll fall for anything

What does it mean that commitment is the 1st step to happiness?

Commitment is the 1st step to happiness. If you wish to achieve a ‘state of well being’ (i.e., to feel well) and to be happy, you have to make a commitment to something. This commitment can be anything that you wish to have in your life.

Master Fear: Be Successful and Prosper in the Aquarian Age

Most of us allow fear to divert our pathways away from all kinds of success.

Kundalini Yoga and meditation enable us to identify our fears clearly, when we utilize Yogi Bhajan’s suggested method of meditation - deep listening to what-ever mantra we might be repeating while meditating.

We’ll employ kriyas, meditations and mantras to help you create a brilliant light within burning away darkness and fear.

Women of Light - Workshop for Women

We will explore what it means to be a ‘Woman of Light’. To be the lighthouse for your partner, your family, your community and humanity. To radiate your light, even when the times are challenging and to guide and inspire younger women to follow in your footsteps.

To find their light and shine it out in the world.

We will get personal and reflect deeply. We will sing and practice meditations to support us on this journey of discovery.

A Heart On Fire

You are here to help heal the collective grief by healing your own. And we’ve entered a time when nothing but full commitment — to each other, to a practice, to our Selves, to LIFE — will suffice. If we do not face these karmic waves as they roll in, we’ll feel lost and hopeless. By strengthening the muscle of the heart and further developing the energetic space of the heart centre, we can embody all that is needed for this work.

Join Jai-Jagdeesh for a practice to set the heart alight.

**The material in this workshop will be different each day, but each day’s workshop will be complete unto itself. Please come to one, two, or all three sessions, as you wish.

Be Your Light with Happy Hormones

The happier we are, the brighter the light of our soul shines! The healthier we are, the better our body can support our soul, so that its light can shine through. Every single emotion, every passion or action is determined by a hormone. A sense of well-being is the result of their balance.

So happiness is a state of mind, based on the complex interplay of chemicals in the brain.

Come to discover the signals your body sends by an individual test of your glandular system, and learn how you can easily introduce changes in your life, creating big effects for a happier and shining life.
Create Brilliance, Prosperity and a Fearless Presence...
How to manifest brilliant systems, ideas or objects that empower, inspire and serve humanity. All while creating wealth, happiness and excellence around you - embracing tools and opportunities to leave all fear...

July 28, 29, 30

Day 1: Magnetic Success & Prosperity
We will experience and release our sub-conscious and conscious blocks to abundance and financial success. Mahan Kim will share proven techniques how to radically increase flow and balance in all aspects of life which you manifest including love, work and family. May we all prosper.

Day 2: Authentic Teacher - Teaching from Blind
How to sit in Shuniya and silence on the teacher’s bench, or in another leadership role as a leader in your family.  May we all prosper.

Day 3: Missionary Teacher - Teaching from Blinding
Impressive energetic meditations give you an experience of the joy of your soul and the ecstasy of dynamic exercises give us Cherdi Kala, the ever rising spirit.

July 30, August 3

Forest 12
August 3, Forest 1
July 28, 29
Forest 3

Missing text from the image.
BURN BRIGHT ... Without Burning Out

We will practice some rare, precious teachings Yogi Bhajan gave, that have not yet been formally written up, to combat cold depression – stress response that leads to burnout – and awaken in us the energy we need to reach our destination, our destiny!

Learn techniques that you can use personally and, for Kundalini Yoga teachers to share with students who are coming to the practice longing for upliftment, connection, and relief from the pressures of the times!

A Deep Dive into Postures: How to practice safely and get the most out of the postures

Radha Kirin will guide students through the 20 most common postures. Misaligned misalignment happens all the time. Tuning up postures leads to greater transformation more quickly. Breaking each pose down to its fundamentals, she’ll help students understand what’s going on anatomically. Students will feel the difference between practicing with proper alignment and engagement, and practicing improperly. She will also show common mistakes and demonstrate the misalignments that can lead to injury.

Light up your relationships

Understand the dynamic of human relationships.

So each of them can become a mould for unconditional love to incarnate, and spiritual virtues to manifest. In the shadows and doubts of our times, light up your relationships, and let them be a source of inspiration, prosperity and radiance for all.

Inner Peace Work-Out From Piscean Social justice to Aquarian Spiritual Practice: Kundalini Yoga as Healing Activism

Yogi Bhajan said KY is our birthright; he lifted it out of Piscean secrecy. Three workshops look at what was, what is, and what shall come to be: KY as a practice that frees us from ancestral trauma – WHAT WAS creates profound healing in the individual. We can build worldwide empowered communities operating with ONE MIND – WHAT SHALL BE Group Consciousness to Universal Consciousness for Planetary-wide Transformation.

How Nature Contributes to Your Happy, Healthy and Holy Life!

We are part of nature and nature is part of us. We have busy lives and many days we are hardly even outside. When we reconnect with nature, it also reconnects us to the Infinite. When we acknowledge Mother Nature as a living house, you don’t have to go far if you are happy, healthy and holy life!
Trauma, Transformation and Integration: Kundalini Yoga to understand and transform Trauma

Has your life been affected by trauma? Does the past interfere with your enjoyment of possibilities in the present? Traumatic events give rise to persistent mental and spiritual wounds. Many experiences and the reactions on them can create emotional wounds, mental and spiritual wounds. The spiritual community of sangat is the gathering where hum ee hum Brahm hum (We are we, we are God) becomes a divine spirit merge to give birth to the new human; being of light. Start your Healing Journey. Be the light you already are.

Arc Line: Realise Your Power

Your thoughts and feelings create your reality by offering a vibration to the Universe, then your arc line is the transmitter that sends out the signal. How to communicate, how to be effective, how to achieve, working with our arc line which reflects on the radiant body. Project, Protect and glow your arc line to your soul, when it’s bound down by the 5 tattvas, it creates the arc line. It creates that existence of the huge flow and you in it, it creates that arc line." YB

Between Burn-Out and Enlightenment
The Aquarian Challenge

"Without the technical knowledge of the Higher Self, life in the Aquarian Age will be very strenuous." Yogi Bhajan warned us: "People will knock at your door and ask for your help." Are we prepared to be the healing light in these early days of the Aquarian Age? Let us learn how to overcome suffering from stress, burn-out and depression. Let us guide the way for the direction home to our own soul. Let us learn to see God in all, find Inner Peace and merge into the uplift ing vibrations of this New Age.

The spiritual community of sangat is the melting pot; the chalice within which the rising human soul and the descending divine spirit merge to give birth to the new human; being of light. Sangat is a reality check, an environment to awaken the neotal mind, a gathering where humee hum Brahm hum (We are we, we are God) becomes a directly lived experience, and truth unfolds naturally.

It takes a sangat to blend the individual light with the Universal Light

The Sikh Gurus and Bhagats shared with us the Shabad Guru, a complete experience of meaning and sound through BANI (word), RAAG (melody) and TAAL (rhythm). At the Guru’s court sacred music was a daily blessing. Many disciples learnt the compositions and passed them to next generation, and so on, in a long line of love and devotion. Most of the original compositions are lost, due to the complex history of the Khalsa Panth. But some of them survived, and we are happy to share with you what we learnt in the last 25 years about this precious heritage and the tradition of gurbani Sangeet.

We all shine, we all radiate. The traumas of life coat the light, so it becomes dull and grey: Many experiences and the reactions on them can create emotional wounds, mental and spiritual wounds. Elevate your pain to consciousness, transform your suffering to victory. Start your Healing Journey. Be the light you already are.
KY5oplus, tools for better aging

This course is designed for both the teacher, interested to offer 'silver classes' and the yogin, GROWING into age. When Kundalini Yoga came to the west, the students were young and in eager need of physical challenges. Today lots of "newcomers" encounter their age as their primary challenge. KY5oplus offers teachings of Yogi Bhajan, which help us to grow old in the true meaning of the word.

Kundalini Yoga and Sphenology - swing yourself free

In this workshop you will learn to swing yourself into balance, so that your body is upright, in alignment and symmetrical. You will learn how to adjust the sphenoid, upper jaw and first vertebrae, lumbar spine, sacrum and tailbone. With the help of e.g. spinal flexes you will become more flexible, get the energy to move and you will heal. After this workshop you are able to practice 12 be free oscillations, achieve alignment, remain stable and integrate it in your daily yoga practice. 

Crystallize the Self

We are living in a world in which the majority of people are exposed to stress and constant stimulation of the nervous system. This overstimulation from the mind for the experience of deep relaxation and meditation.

Through the practise of yogic asanas, kriyas, breathing exercises, mantra and Naad Yoga we prepare our bodies and minds for the experience of deep relaxation and meditation. We gain back the ability to authentically express our soul and to live a conscious, happy and wholesome life full of everyday miracles, love and abundance.

July 28, 29, 30
July 30, August 3
July 28, 29

Chair Sadhana / Yoga
Forest 6
Forest 16

Peace Prayer Day was started by Yogi Bhajan, to promote peace in ourselves, peace in our communities, peace in our environments and peace all around us.

There will be morning workshops as usual, and also there are a few special events, culminating in the Festival Closing Ceremony around on the lake:

11 Hour Jappa (continuous chanting) of Peace Mantra

Deepen your celebration of Peace Prayer Day. Let us invite and manifest peace in the world by chanting the mantra: Sat Narayan Wahe Guru, Hari Narayan Sat Nam for 11 hours. Join the circle for as long as you like. Everyone is welcome. Come, chant, nap or meditate. Enlist in the schedule on the information board. Put your name down for 30 min or an hour or for whatever time … Bring acoustic instruments.

We all have gained personal peace during the festival. Let us bring this peace out into the world consciously and as a group. Chanting begins just after sadhana, and continues until the evening programme starts.

Find us in the Chair yoga tent – opposite the sadhana stage.

We all have gained personal peace during the festival. Let us bring this peace out into the world consciously and as a group. Chanting begins just after sadhana, and continues until the evening programme starts.

Find us in the Chair yoga tent – opposite the sadhana stage.

Initiate yourself into your own internal peace.

Understand the importance, and become peaceful in mind, body and spirit. Communicate to every creation of God with reverence, grace and a smile.

May your tomorrow be beautiful, blessed and blissful.

Yogi Bhajan
THE RED TENT
INTERNATIONAL

For the fifth year running there will be a Red Tent to serve the women of the European Yoga Festival. This is a 50 m2 comfortable and beautiful lounge, open to women only, from 08:00 to 22:00, where tea is served all day and a team of sevadars will welcome all and every woman no matter the phase of her life. The Red Tent is specially intended to serve those who are menstruating by offering them a place to relax and freshly sautéed honey almonds. There is a schedule of four morning workshops related to post-modern yet ancient teachings and some informal yet important talking circles in the evenings.

For more info contact the Teen's or Children's Camp organizer.

On the Tantric days the Tent will also be open with a Sevadar on duty to support women who need a break or a rest.

The Red Tent steering committee is a second wave feminist international group convenant in the yogic philosophy and lifestyle teachings of Yogi Bhajan.

We look forward to meeting you!

Sat Nam

July 28 - Murari Kaur, nly
HOW TO SET UP AND RUN A RED TENT
All women are welcome
You don't need a certificate! Nothing should stop you gathering in a circle. In fact, it's urgent and very necessary that women do so! Some of us have just forgotten how. This workshop will answer some of your questions. What does a circle so powerful? What is stopping you from making your dream of running a Red Tent come true? What does 'holding space' for women really mean? We will share, sing, laugh and perhaps shed a few tears.

July 29 - Satguru Kaur, Iran
BOUNDARIES, through Somatic Experience and Kundalini Yoga
In this workshop we will work on creating a strong container through awareness, education and Kundalini Yoga techniques to restore healthy boundaries in our nervous system and mind processes as a result of them being blurred or broken through a traumatic incident. Healthy, effective boundaries and trauma do not co-exist. When we have suffered trauma, it is a given that boundaries have been violated. After traumatic events have overwhelmed our boundaries, we lose connection with our innate ability to make healthy choices that enhance our lives and need help to re-establish healthy boundaries.

July 30 - Charan Kamal, The Netherlands
BIRTH CLOSING RITUAL
A rite of passage into new life
Rituals are an important way to mark a transformative change, especially during and around birth and labor. A closing ritual is a powerful technique to honor the change and mark the journey as a mother.

August 3 - Nam Har! Kaur, Iran
DIALOGUE WITH YOUR FEMALE BODY:
Sexuality and Sensuality
Relaxation and meditation guided by Nam Har! Kaur dialoguing with your woman’s body, through conscious breathing and creative visualization. Live your sexuality bringing awareness to your sensuality for your luminous projection of your self.

July 28, 29, 30, August 3
Red Tent
Yogi Bhajan taught us thousands of kriyas to release us from all that blocks our inner light. In this class we use KRIYA TO WITHSTAND THE PRESSURE OF TIME to heal our nervous systems of the karmic wounds we have inherited from our ancestors. Using kriya, we heal ourselves layer by layer, to realise the vastness of who we are, in the original self, the Sat Nam. We are spiritual warriors who spread their healing light wherever they are, creating change and transformation in the world.

Spread the Light!

Yogi Bhajan taught us thousands of kriyas to release us from all that blocks our inner light. In this class we use KRIYA TO WITHSTAND THE PRESSURE OF TIME to heal our nervous systems of the karmic wounds we have inherited from our ancestors. Using kriya, we heal ourselves layer by layer, to realise the vastness of who we are, in the original self, the Sat Nam. We are spiritual warriors who spread their healing light wherever they are, creating change and transformation in the world.

Be the Light!

Through the process of elimination and transformation, there is a becoming taking place. This becoming manifests in the illumination of the soul coming through and influences the reach of your Radiant Body. Breathe, relax and embrace the lightness within you in this moment, now. Come and rejoice in your own Light and the Light of the One that shines in All. Shine, Shine On!

Live Light!

Join me as we merge into the sound and power of the Universe through Kundalini Yoga and mantra. We will chant and vibrate the cosmos to go deep into our hearts and into the infinite Light. Live Light, and be in the love and beauty of your soul.

Travel Light!

What we heard from Yogi Bhajan almost every time we sat with him over decades was 'you gotta do your sadhana'. Working towards an everyday practice will bless your life with beauty, bounty and bliss. This insures we move through life with greater awareness, sensitivity and smiles - helping us travel lightly. Through your steady efforts at cultivating discipline, you begin to learn how your behaviours impact others and yourself - helping you further, travel lightly.
### EVENING STUDY GROUPS

<table>
<thead>
<tr>
<th>Time</th>
<th>Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>17.30 - 19.00</td>
<td><strong>Healthy Breast Yoga</strong></td>
</tr>
<tr>
<td><strong>Gong into White Light</strong></td>
<td>Many characterize the gong as the most powerful instrument of sound healing. Played in the tradition of Yogi Bhajan and Nanak Dev Singh, the gong carries you to a realm of no-mind, a sensation of limitless being whole. Gong meditation is just the thing for you if you adore sound, trance, and powerful experience. Surrender to Gong sound wave. Allow it to open access to infinity in you. Re-set to the state of ultimate potentiality. Lie down, enjoy the gong’s overwhelming overtones and just be.</td>
</tr>
<tr>
<td><strong>Gong and sound Relaxation session</strong></td>
<td>Take time out of the festival and relax during the sound of different Gongs. Drums, Didgeridoo, singing bells, and much more - be surprised.</td>
</tr>
<tr>
<td><strong>Messenger from the Guru’s House</strong></td>
<td>Assigned the project of writing Yogi Bhajan’s story by him in 1983, the work was many years in the making. In this workshop, we will discuss the journey of writing Yogi Bhajan’s biography and where the stories came from. Of course, we will also share some of those amazing and inspiring stories. We will discuss as well keeping the life and vision of Yogi Bhajan alive and, importantly, translating his story into languages other than English.</td>
</tr>
<tr>
<td><strong>Kundalini Yoga Coaching: applying Kundalini Yoga 1-to-1 with individuals</strong></td>
<td>Kundalini Yoga is great for expanding our inner light and our minds. Even with expanded and enlightened minds we can be bothered by limiting beliefs and negative thoughts. Yogi Bhajan taught a fantastic Kundalini Yoga technology based on pranayama and coaching questions to change negative thought and belief patterns into positive ones. In this workshop we will explore and apply this simple, effective and incredibly powerful kundalini tool that can be used for any negative beliefs in any aspect of your life.</td>
</tr>
</tbody>
</table>

#### Steps of Chateau

- July 28, 29

#### Big Top

- July 28, 29, 30

#### July 29, 30

- Chair Sadhana / Yoga

#### July 28

- Forest 15

#### July 28

- Chair Sadhana / Yoga
**Spiritual Warrior Training**

**The Art of Violence Neutralisation**

Kundalini Yoga & Meditation - Pathway to Inner Peace and The Art of Violence Neutralisation - Cane Fitness and Self Defence.

Kundalini Yoga & Meditation - Pathway to Inner Peace and The Art of Violence Neutralisation Contact Manipulation, joint locks, throws, and immobilisation techniques.

**Mannai - Agree to Agree**

We will explore together the truthful way of life. How can we live in a peaceful mind when we agree.

The workshop will reveal the understanding of the “mannai” pauris from Japji.

Together we will practice Kundalini Yoga, meditate and relax with sound therapy, deep healing of the didgeridoo, and the Fanton (harmonic drum).

**The Body as a Landscape**

Through a combination of art, movement, contact and yoga we will dive into our inner wisdom and vision, allowing our bodies to open up and show themselves through colour, clay, touch and vibration.

We will connect with our organs, skin, listening deeply and reenergizing them through art.

Our bodies are made of colours, geometries, melodies, nourishment.

This workshop is an invitation for a travel to the land of our body, discovering jewels and landscapes of power.

**Evening**

July 28, Forest 15
July 28, Forest 12
July 28, Forest 8
July 30, Forest 7
July 30, Forest 11
July 30, Steps of Chateau

---

**Lay Down Your Anger – and Be the Light**

Anger, shame and guilt...

Make “negative” emotions work for you with Kriya.

- How Basic emotions relate to tattvas and chakras.
- We will elaborate on relating to Basic & Cover Emotions with pranayama, asana and mudra.
- We will practice Kriya, meditations, games, dynamics and shabads.
- may lead you to find your pearl in the mud.

Become invincible!

**Creating your Dream Life**

Living your dream life is the ability to let go in order to grow and evolve. We have spent the last decade learning how to manifest our heart's desires and create heaven on earth.

The workshop will include our experience on how to fully embrace this abundant life by seeing the miracles within the challenges and practice how to access the knowing deep within yourself that you are taken care of and worth all the universe has to offer you.

During our time together, we will explore and heal limiting beliefs and apply time tested methods to live our best life.

The workshop will include the tools of Kundalini yoga & meditation, journaling, and community.

**Karam Kriya: the Science of Applied Numerology**

This workshop will give you an introduction to the sacred language of numbers that allows you to see the light within all and to align yourself to your highest principles. So you can bring your light into life and radiate your true identity. In small interactive groups, different teachers will give an introduction on themes like:

- your date of birth
- 10 spiritual bodies
- the Mul Mantra and the numbers 5 elements - healing through numbers
- 5 voices - numbers and conscious communication
- resolving karmic patterns
Breathe Your Way to Happiness

Workshop based on my book “Headstart for Happiness” and combines the Enneagram System of Personality with Kundalini Yoga, breathing exercises and meditations. The workshop is half lecture, half physical practice.

Dynamic Thai Massage

In this workshop we will experience silence of mind and deep listening through the hands.

We will merge into the practice of yoga Thai massage, stretching, rocking and melting the body to free the energy.

We will learn how to give simple sequences from Thai massage.

We will practise therapeutic postures, and some more advanced poses.

There will be playfulness, creativity and limitless possibilities.

Fascia and Kundalini Yoga – a great partnership

Yoga and fascia: a great team!

A healthy body includes movable and powerful fascia. It gives room for inner growth and forms a central force.

An efficient interaction of your fascia makes you as a whole person resilient, healthy and happy.

This workshop provides a three-dimen-
sional look into the world of fascia to make Kundalini Yoga even more effective.

July 28, 29

July 29, 30

July 28, 29

July 28, 29

July 29, 30

July 28, 29

July 30, 29

July 29, 30

July 28, 29
"Yogic Science to Recalibrate the Brain" From Recovery to Self-Discovery

SuperHealth is a system of yogic science to break habits and addictive behaviours. The technology is Kundalini Yoga, meditation, nutrition restoration with specific therapeutic juices. To achieve mental self-control, we need to command of our own human psyche. Instead of living by emotions and feelings, live by intuitive sensitivity. Experience self-discovery and accelerate healing, increase spiritual awareness, and deepen a relationship to your True Self.

Registration

July 28, 29
Sadhana Stage

July 28, 29
Forest 9
The highly sensitive person - embrace the blessing 3.0

We are sensitive people. About 20% of us are highly sensitive. Those people have a very sensitive nervous system. It is not easy to filter all that stimulus in this busy world. Do you already know that Kundalini Yoga has great tools to support you in this process? It helps you to find more inner peace and emotional balance. Your self-judgement and frustration will transform into self-love and creativity. Your handicap into a gift, into a talent?

We are sensitive people. About 20% of us are highly sensitive. Those people have a very sensitive nervous system. It is not easy to filter all that stimulus in this busy world. Do you already know that Kundalini Yoga has great tools to support you in this process? It helps you to find more inner peace and emotional balance. Your self-judgement and frustration will transform into self-love and creativity. Your handicap into a gift, into a talent?

The zodiac with its equivalents.... to the medicinal plants, the elements and yoga exercises focused on your personality

Astrology is a tool to recognize your personal map and to harmonize your self. Medicinal plants and Yoga exercises can support this process.

In this course I give inspirations to integrate this knowledge into daily life:

1. Collecting the plants at the right time according to the lunar calendar
2. Processing of plants - dry and store
3. Recipes: applications of herbs
   a. Plants rituals – ‘Fabled stories’ – background of the plant names
   b. Contains simple yoga, kriyas, and live music, and musicians...

The Highest Destiny of a Woman through the Naad

An interactive musical experience of singing and dissecting how the specific Naad of Jhand Jamee-al works to deliver you to your highest destiny.

We will cover the elements of the Gurmukhi pronunciation, rhythm, meaning, translation, and musical flow. We will apply visualization exercises for how to apply these elements to your life. We will also study the elements of Yogi Bhajan’s teachings from Women’s Camp with other musical compositions taught there for fulfillment, marriage and motherhood.

Contains simple yoga, kriyas, and live music, and musicians...

Sat Nam Rasayan - for advanced students with Seva Kaur and team

In this workshop different teachers will share their experience and application of Sat Nam Rasayan in specific fields.

This could include the work with elements, symbols, the dream, communication, healing touch, or other fields of interest.

Please see the bulletin board for the detailed program and who will teach on which day.

Sat Nam Rasayan - for beginners with Fateh Singh and team

Workshop with explanations for Beginners. Sat Nam Rasayan is a centuries-old meditation technique and healing art in the tradition of the Kundalini Yoga.

It helps to release tendencies and limitations in body, mind and emotions – the common reasons for sickness.

Sat Nam Rasayan is a natural healing art, based on Shuniya, your inner Silence. To access this meditative state you will use the sensory awareness of your body.

Meditation as body healing practice

Kundalini yoga meditations can be successfully used for healing different types of body diseases. In this class you will learn how body organs correspond to different chakras and what healing techniques can be used for each of them.

We will also talk about how tattvas influence our health and how to regulate the system of tattvas and balance them through meditations, food and lifestyle.

We will practice a few meditations for solving common health issues.
The Pure Lights of the Future: A conscious approach to conception and pregnancy
As a garden needs careful preparation, planning for healthy blossoms and fruit so do we need to consciously prepare ourselves and environments and set the base for the healthy, happy, holy child.

The Touchstones of Parenting: Consistency, Respect, Honesty, Patience.
The importance of the family and environment in the development of the person and personality of the future, so facets of child-raising and communication.

Become a Change Maker – for your own and for the greater good
How and where can we spread the light if we want to contribute to a better world?
If you want to make a real difference, reach out to people who are in charge and who have power.
In this workshop you will learn where to find them, how to overcome the obstacles that keep you from approaching them and why you have to change yourself before you can help others change.

Mantra dance: chanting and dance medicine for the soul
Drawing on the expressiveness of modern and ethnic dance, the power of martial arts and the wisdom and stillness of yoga. The upbeat mantra music and inspired movement restores vitality and celebrates our light and radiance in unlimited playfulness. As we direct the body towards transformation we are willingly guided into a state of grace of joyous movement.
This practice includes the music, melodies and mantras produced by Sri Sadhana Kaur opening the dialogue between the aspects of that creates, moves and does, and the parts that receive, serve and connect our greater consciousness and light.

Create and project your future
In our society there is a structure consolidated around fear and guilt. When we free ourselves from fear, we realize that it was a ghost that should never have scared us. We have to find the courage to awaken the consciousness and be able to face our ghosts.
We will deepen in the vision of our current moment, of the marked and unfilled objectives, we will take the commitment to release everything that limits or blocks us.
By Yola Garbers
Yola will share an effective hands-on technique to close Diastasis Recti and teach simple exercises that anyone can learn.
This workshop is for women that have given birth even a long time ago and want to learn how to treat a weak navel or Diastasis Recti.
It is also for physiotherapists, midwives, doulas who want to learn how to treat a weak navel centre physically, emotionally and spiritually.
May all mothers regain a strong navel centre!

How to heal the gap in the belly muscles after birth (diastasis recti)
In our society there is a structure consolidated around fear and guilt. When we free ourselves from fear, we realize that it was a ghost that should never have scared us. We have to find the courage to awaken the consciousness and be able to face our ghosts.
We will deepen in the vision of our current moment, of the marked and unfilled objectives, we will take the commitment to release everything that limits or blocks us.
By Yola Garbers
Yola will share an effective hands-on technique to close Diastasis Recti and teach simple exercises that anyone can learn.
This workshop is for women that have given birth even a long time ago and want to learn how to treat a weak navel centre physically, emotionally and spiritually.
May all mothers regain a strong navel centre!

Chair Sadhana / Yoga

Forest 5
July 29, 30

Forest 2
July 28, 29

YOLA GARBERS
SPAIN

SEVA KAUR
NORWAY

SIMONE SAT
AMRIT KAUR
GERMANY

SIRI SADHANA
KAUR
UK

VIKRAM PAL
SINGH
SPAIN
FESTIVAL INTRODUCTION IN YOUR OWN LANGUAGE

with the misi leaders, at the end of the opening ceremony

SADHANA ON A CHAIR

Are you coming into age?
Have you ever thought of joining Sadhana, but then stayed in your tent because of the early morning dew and your stiff bones after a night in the tent? Come join a Sadhana offer made directly for you. All the kriyas given on stage during Sadhana will be simultaneously instructed for chair yoga people. We are eager to appeal to teachers too. Gain practical knowledge for your own 50plus or chair classes at home. It is time for Yoga to open up to elderly newcomers. Chairs will be provided.

TEA

18.30 Bazaar area

July 27

every morning

Tent opposite Sadhana stage

EVENING YOGA

CHILDREN’S YOGA

19.00 - 19.30

Sadhana Stage

July 28, 29, 30

EVERYDAY YOGA AND HEALING MEDITATION

19.30 - 20.45

Sadhana Field

July 27, 28, 29, 30

YOGA FOR PREGNANT AND BREASTFEEDING WOMEN

19.30 - 20.45

Forest 12

July 28, 29, 30
This year, we host two opportunities to dance... the Rockout Night and Traditional Group Dancing. This tradition has been revived in France in the last decades. We will be led by Elvire & Thierry Leblanc and local musicians Trio Pinoteau, who play traditional instruments: the hurdy-gurdy and the pipes. Group dancing connects you to your roots, your ancestors. For centuries, in cultures around the world, we have been doing these simple dances to be together in harmony and joy. The dances are easy to learn and fun to do. So kick off your shoes, and join us!
Satsimran Kaur  Day 1

Satsimran Kaur was on Yogi Bhajan’s personal staff since 1971 and was his appointment and travel secretary until 1987, when he entrusted her to work with him to create the White Tantric Yoga® videos. Over the years she worked in many capacities and as a board member within 3HO Foundation, Sikh Dharma, KRI and 3HO Europe.

She is CEO of WTY worldwide 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. She is a member of the Board of Directors of Humanology & Health Science and CEO. Satsimran is a graduate of Coach University. Her 35 years-plus experience with Yogi Bhajan, and in human development and transformation as a Life Coach and group facilitator, gives her the knowledge that anything is possible if we are mindful about achieving it and we have fun doing it!

Nirinjan Kaur  Day 2

Nirinjan Kaur was blessed to study with and also served Yogi Bhajan as his Chief of Staff from 1972 until his death in 2004. Facilitating his work and communications with his students, as well as with his business, political and social contacts, were her main focuses.

During that time, Yogi Bhajan also trained her in his method of providing spiritual names to all who requested them. Today, with his blessings and using his technology, she gratefully and joyfully carries on the legacy of giving spiritual names through 3HO. Her passion is exploring new cultures and meeting new people and the 3HO communities worldwide.

She adores animals and nature and is always ready to have fun - ever diligent to adhere to Yogi Bhajan’s directive: “Relax and have fun.”

Panch Nishan Kaur  Day 3

Panch Nishan Kaur never left Espanola NM after taking the Master’s Touch Kundalini Yoga Teacher Training course in 1999. She was blessed to have had the opportunity to study directly with the Master of Kundalini Yoga, Yogi Bhajan and spent many years working under his guidance for Akal Security, Sikh Dharma International and 3HO Foundation where she led the area of International Community Relations and as Assistant Secretary General to Khalsa Council of Sikh Dharma.

Panch Nishan is a KRI Certified Kundalini Yoga Teacher and Teacher Trainer. She has been teaching yoga for over 15 years in a wide range of environments and locations including: universities, health centers, yoga centers, yoga festivals, conferences, women’s camps, and KRI Teacher Training programs in North and South America and Europe. She is a member of the Board of Directors for both Sikhnet and the Kundalini Research Institute. She holds a degree in Business with a focus in Organizational Leadership, and currently lives in Berlin Germany. Panch Nishan is a deep listener, enjoys meeting new people and is passionate about her work and the power of group consciousness. She enjoys dancing (especially bhangara), rock climbing, martial arts, downhill skiing and visiting the ocean.
Following are the mantras and songs that are in the video. Please familiarize yourself with them as soon as possible which will allow greater focus during the meditations. The mantras that are to be chanted or sung aloud are indicated with a "*".

**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

**SAT NAM WAHE GURU** (Lata Mangeshkar)

God’s Name is Truth whose identity is the indescribable ecstasy of consciousness

- 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
AAD GURAY NAMEH (Singh Kaur)
Aad Guray Nameh  Hail to the Primal Guru
Jugaad Guray Nameh  Hail to the Guru throughout the ages
Sat Guray Nameh  Hail to the True Guru
Siri Guru Dayvay Nameh  Hail to the great Divine Guru

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

RAKHE RAKHANHAAR* (Singh Kaur)
Rakhe Rakhanhaar  Thou who savest, save us all and take us across
aap ubaarian  uplifting and giving the excellence.
Guru ki pairi  You gave us the touch of the lotus feet of the Guru
and all our jobs are done.
Hoaa aap dayal manho  Thou has become merciful, kind and compassionate;
aa visaaralan.  then our mind does not forget Thee.
Saadh janaa kai sang  In the company of the Holy beings you take us from
bhavjal taarian.  misfortune, calamities and scandals.
Saakat nindak dust  Godless, slanderous enemies
khin maiha bidaarian.  -- you finish them for all time.
Tis sahib ki tek  That great Lord is my anchor.
Nanak manai maiha  Nanak, keep Him firm in your mind.
Jis simarat sukh hoe  By meditating and repeating His name all happiness
sagale dukh jai.  comes and all sorrows and pain go away.

EVERY HEARTBEAT (Nirinjan Kaur)
Every heartbeat is God's Name to me
And every breath of life is ecstasy
Every night is a bliss to me
And I awake in your company
The dawn plays a symphony -- revealing reality

CHORUS: Every life is a living God to me; everything is God's personality
Every kiss is God's romance to me, and every love is God's originality
I hear and see and speak of You
Each breath reveals this Universal Truth
From the past and future and now it shall be
With Thy Name I dwell in you eternally

CHORUS: Aad Sach, Jugaad Sach, Haibay Sach, Nanak Hosee Bay Sach
In me, with every beat of my heart, I feel the presence of You
And in me, with every breath You impart, I'm in the rhythm with You
In me, from the sounds that I hear, I play the music of You
Within me, through Your words You are here, so I sing the glory of You
Every heartbeat is God's Name to me
And every breath of life is ecstasy
In a breeze, I feel You touching me
With every face, I see You looking at me
By Your grace, I'm in harmony -- living reality

CHORUS: Aad Sach, Jugaad Sach, Haibay Sach, Nanak Hosee Bay Sach
**DAY TWO**

**SAT NAM**

Truth is my identity

**WAAH YANTEE** (Nirinjan Kaur)

WAAH YANTEE  
Great Macroself

KAR YANTEE  
Creative Self

JAG DUT PATEE  
All that is creative through time

AADAK IT WAHAHA  
All that is the great One

BRAHMAADEH TRAYSHA GURU  
Three aspects of God: Brahma, Vishnu, Mahesh.

IT WAHE GURU  
That is Wahe Guru

**SAT NAM WAHE GURU** (Lata Mangeshkar)

God’s Name is Truth whose identity is the indescribable ecstasy of consciousness

**MOOL MANTRA** (Sada Sat Kaur)

see Day ONE

**HAR** (Guru Prem Singh & Simran Kaur)

The One

HARAY  
The Projected One

HAREE  
The Merged One

WAHE GURU  
The Ecstasy of God

**ADI SHAKTI** (Gurudass Kaur)

Adi Shakti, Adi Shakti, Adi Shakti, I bow to the primal female power.

Namo, Namo

Sarab Shakti Sarab Shakti, Sarb Shakti, I bow to the female power that is in everything.

Namo, Namo

Pritam Bhagvati, Pritam Bhagvati, Pritam Bhagvati, I bow to the original power of the universe.

Namo, Namo

Kundalini Mata Shakti, Mata Shakti, I bow to infinity and the mother of all power.

Namo, Namo
D A Y  T H R E E

HAR* (Guru Prem Singh & Simran Kaur)  God

SOCHAI SOCH NA HOVAI  (Matamandir Singh)

Sochai soch na ho vai je soch lai lakh var
Chupai chup na ho vai je lae rahaak liv tar.
Bukhia bhukh na utri je banna puria bhaar.
Sahas sianpa lakh hoi ta ik na chalai nal.
Kiv sachiaara hoiai kiv kuri hoi tu tai paal.
Hukam rajai chaalia Nanak likhiaa naal.

By reflecting upon the nature of God,
No knowledge of Him is ever obtained;
Even if one were to try thousands of times,
By maintaining silence He cannot be known,
The consciousness must still be united with Him.

If one were to gather up all the goods of the world,
Still the hunger of the hungry would not be appeased.
Though a man may possess hundreds of thousands of skills,
Yet not one will go with Him into the court of the Lord.

Then how can a man be True and dispel the veil of illusion?
Sayeth Nanak: When, by His Grace, a man’s destiny is perfect
And he lives in His Will, the veil of illusion is dispelled.

SAT NAM WAHE GURU*  (Lata Mangeshkar)  God’s Name is Truth whose identity is the indescribable ecstasy of consciousness

WAHE GURU*  The ecstasy of consciousness

RAKHE RAKHANHAAR*  (Singh Kaur)

Rakhe Rakhanhaar
aap ubaariun
Guru ki pairi pae
kaaj sawaariun
Hoaa aap dayal manho
na visaariun
Saadh janaai kai sang bav
jal taariin.
Saakat nindak dust khin
maihia bidaariun.
Tis sahib ki tek
Nanak manai miha
Jis simarat sukh hoe
sagale dukh jai.

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 is 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.

ARDAAS BHAEE AMAR DAAS GURU*  (Liv Singh)

ARDAAS BHAEE AMAR DAAS GURU  The prayer has been made to Guru Amar Das.
AMAR DAAS GURU ARDAAS BHAEE  Guru Ram Das is the true guarantee
RAAM DAAS GURU RAM DAAS GURU
RAAM DAAS GURU SACHHEE SAAHEE  The prayer has been accepted.

ARDAAS BHAEE AMAR DAAS GURU  (Lata Mangeshkar)  God’s Name is Truth whose identity is the indescribable ecstasy of consciousness

RAKHE RAKHANHAAR  The ecstasy of consciousness

Rakhe Rakhanhaar
aap ubaariun
Guru ki pairi pae
kaaj sawaariun
Hoaa aap dayal manho
na visaariun
Saadh janaai kai sang bav
jal taariin.
Saakat nindak dust khin
maihia bidaariun.
Tis sahib ki tek
Nanak manai miha
Jis simarat sukh hoe
sagale dukh jai.

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 is 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.

ARDAAS BHAEE AMAR DAAS GURU  (Liv Singh)

ARDAAS BHAEE AMAR DAAS GURU  The prayer has been made to Guru Amar Das.
AMAR DAAS GURU ARDAAS BHAEE  Guru Ram Das is the true guarantee
RAAM DAAS GURU RAM DAAS GURU
RAAM DAAS GURU SACHHEE SAAHEE  The prayer has been accepted.
Yoga means ‘to join’ and in the case of Tantric Yoga it refers to the union of the basic forces of the universe, the male and female polarities. We experience them as light and dark, day and night, hard and soft, sun and moon, yin and yang. The subtle body of the Master expands to filter the individual and group processes as the exercises release blocks and limitations from our subconscious minds. Some people choose to be on silence during the 3 days of White Tantric. If you wish to do so you can ask for a little sign at the Information Tent to pin on your clothes so others will understand and respect your silence.

You may want to carry a little notebook and pen with you to communicate with others.

Practical guidelines to enhance your Tantric experience:

• The lines must be kept straight as this increases the energy flow of the group.

• For the same reason please keep your spine straight.

• For no reason should the Tantric lines be broken by anyone leaving once an exercise has started. In an emergency, you can raise your hand and a monitor will take your place.

• Please follow the instructions as carefully as you can and keep eye contact whenever indicated. In this way you will benefit the most from the session.

• White Tantric is an occasion to participate in a sacred experience. After an exercise is over it is recommended to circulate the energy internally in order to have a more complete experience and to profit from the science of White Tantric Yoga.

• No food for at least one hour beforehand. Bring water with you and drink plenty.

• Bring a sheepskin or blanket of natural fibers (but not from your bed) to sit on.

• Wear comfortable clothes or natural fibers (preferably white).

• Your hair should be combed and longer hair tied up. A cotton cloth or turban must be worn on the head throughout the Tantric sessions. This acts as a filter to keep a stable flow of energy.

• Exercises are done with a partner of your choice. Help will be provided to ensure everyone has a partner.
MORNING SADHANA

We start by reciting the Sikh prayer Jap Ji Sahib, and after chanting Ong Namo Guru Dev Namo we begin the yoga exercises. We then have a short relaxation and at 6 am start the meditation; consisting of seven different mantras, each one sung or chanted for the specified time. Any position can be used, but please ensure that your spine is straight.

MANTRAS

1 Mantra - 7 minutes

Ek Ong Kar Sat Nam Siri Wahe Guru

‘One Creator created this creation, Truth is His Name, and great beyond description is His infinite wisdom’ (Remember the “HE” right before the “Guru” is very short. This mantra opens all the chakras. Be sure to apply the neck lock to let the Kundalini energy rise. 2 1/2 breath cycle)

2 Mantra - 7 minutes

Wah Yantee

Kar Yantee

Jug dut patee aadak it waha

Brahmaa deh traysha Guru

Ite Waahey Guru

Great Micro Self

Creative Self

All that is creative through time

Three aspects of God

That is Wahe Guru

3 Mantra - minutes

Ek Ong Kar

Sat Nam

Karta Purkh

Nirbao

Nirvair

Akal Moorat

Ajun

Saibhung

Gurprasad

Jap

Aad Such

Jugaad Such

Hebhee Such

One Creator and Creation

Truth identified (named)

Doer of everything

Fearless

Without Revenge

Undying

Unborn

Self-Illumined

Guru’s Grace (gift)

Chant (repeat)

True in the beginning

True through all the ages

True even now

Nanak says Truth shall ever be

The Mul Mantra gives ability to lead. There are 108 elements in the universe and 108 letters in this mantra (including some vowels which equal the sound of 2 letters). Emphasize the “ch” sound at the end of the word “such” but do not sustain the sound; this adds power. Also leave a slight pause between “ajuni” and “saibhung”.

The Mul Mantra gives ability to lead. There are 108 elements in the universe and 108 letters in this mantra (including some vowels which equal the sound of 2 letters). Emphasize the “ch” sound at the end of the word “such” but do not sustain the sound; this adds power. Also leave a slight pause between “ajuni” and “saibhung”.
4  Mantra - 7 minutes

Sat Siri
Great Truth

Siri Akal, Siri Akal
Great Undying

Maha Akal, Maha Akal
Great Deathless

Sat Nam
Truth is His Name

Akaal Moorat
Deathless Image of God

Wahe Guru
Great beyond description is His Wisdom

5  Mantra - 7 minutes - This Shabad gives complete protection

Rakhay Rakhanhaar  I  Aap Ubarian
Thou who savest, save us all and take us across  I  Uplifting and giving the excellence

Guru ki pairi  I  Pea kaaj sawaarian
You gave us the touch of the lotus feet of the Guru  I  And all out jobs are done

Hoaa aap dayal manho  I  Na visaarian
Thou has become merciful, kind and compassioante  I  Then our mind does not forget Thee

Saadh janaa kai sang  I  Bhavjal taarian
In the company of the holy beings you take form  I  Misfortune, calamities and scandals

Saakat nindhak dust  I  Khin maiha bidaarian
Godless, slanderous enemies  I  You finish them for all time

Tis sahib ki tek  I  Nanak mania maiha
That great Lord is my anchor  I  Nanak, keep Him firm in your mind

Jis simarat sukh hoe  I  Sagale dukh jai
By meditating and repeating His name all happiness  I  Comes and all sorrows and pain go away

6  Mantra - 22 minutes

Great beyond description is this wisdom

Sit in Vir Asan; kneeling on the left heel with the right knee up and the hands in prayer pose.
The eyes are at the tip of the nose.

7  Mantra - 5 minutes

Guru Guru Wahe Guru Guru Ram Das Guru
Calls on the spiritual guiding light and protective grace of Guru Ram Das.

Basic Mantras – always chanted to begin all Kundalini Yoga practice

Ong Namo, Guru Dev Namo

I call on the infinite creative consciousness
Opening yourself to the universal consciousness that guides all action

I call on the divine wisdom
You bow before your higher self to guide you in using the knowledge and energy received

Connects us to the teacher within and the Golden Chain of Kundalini Yoga teachers before us.
**MANGALA CHARAN MANTRA**

Aad Guray Nameh  
I bow to the Primal Guru (wisdom)

Jugaad Guray Nameh  
I bow to that Guru that has existed throughout all ages

Sat Guray Nameh  
I bow to the True Guru

Siri Guru Devay Nameh  
I bow to the Great Guru

**THE HEALING MEDITATION : Ra Ma Da Sa Sa Se So Hung**

This mantra, known as the *Siri Gaitri mantra*, has the eight sounds of the Kundalini in it combining earth and ether. *Ra* is the sun, *Ma* the moon, *Da* the earth, *Sa* infinity and *Se* the totality of infinity. *So Hung* means I am thou. *Sa Se Hung* is the ether mantra and *Ra Ma Da Sa* is the earth mantra connecting with the link word, *Sa*. *Sa* repeats itself being the tide and the reversal of the tide completing the cycle.

The healing meditation is done in a large circle on the sadhana field. Those who wish to can lie down in the middle of the circle and absorb the healing energy.

**Sat Nam** = Truth is my identity

---

**MAY THE LONG TIME SUN**

*English*  
MAY THE LONG TIME SUN SHINE UPON YOU, ALL LOVE SURROUND YOU, AND THE PURE LIGHT WITHIN YOU GUIDE YOUR WAY ON

*Deutsch*  
DIE SONNE ERLEUCHTE DICH IMMER, DIE LIEBE DEIN BEGLEITER SEI, UND DAS REINE LICHT IM HERZEN SEI STETS MIT DIR

*Italiano*  
CHE IL SOLE TI ILLUMINI SEMPRE, L’AMORE TI CIRCONDI, E LA PURA LUCE DENTRO DI TE GUIDI IL TUO CAMMINO

*Français*  
QUE LE SOLEIL BRILLE EN TOUT TEMPS SUR TOI, TOUT AMOUR AUTOUR DE TOI, ET LA LUMIERE PURE DANS TON CŒUR, GUIDE TON CHEMIN

*Español*  
QUE EL ETERNO SOL TE ILLUMINE, EL AMOR TE RODEE, Y LA PURA LUZ INTERIOR GUÍE TU CAMINO

*Nederlands*  
MOGE DE ZON JE LEVEN LANG, JE WARMEN ALLE LIEFDE, JE OMRINGEN, EN HET WARE LICHT BINNEN IN JE LEIDEN OP JE WEG

*Poruuski*  
POOST’ SOLNTSE SVETIT NAAD, TOBOY I LUBOV’ PREBUDET, CHEESITY SVET OZAREET TEG’AA I KHRANEET V POOTEE

*Svensk*  
MÅTTE SOLEN LANGE LYSA PÅ, DEJ ALL KÄRLEK OMGE DEJ OCH DET KLARA LIJSET INOM DEJ LEDA DIN VAG
GLOSSARY of Terms you hear around the camp

Ardas  A daily Sikh prayer done by the sangat (community) 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  This is a cry of victory, divided in two parts or phrases. The first, Bole So Nihal, is a statement meaning ‘whoever utter (the phrase following) shall be happy, shall be fulfilled’, and the second part Sat Siri Akal means ‘eternal is the Great Timeless Truth’.

Gatka  Sikh martial art

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

Gurbani  This word is made up of two roots: Gur meaning ‘Guru’ – spiritual teacher, and Bani meaning ‘words, utterances’. Gurbani means ‘the Guru’s words’, ‘the Guru’s teachings’.

Gurdwara  Gateway or ‘Door to the Guru’. Refers to a place that houses the Siri Guru Granth Sahib. Also means the ceremony held in the Gurdwara.

Karma Yoga  The yoga of selfless service - service you do without any thought of reward. The practice of Karma Yoga develops grace and humility so that we can be radiant and humble.

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  Singing the sacred poetry contained in the Siri Guru Granth Sahib (each poem or hymn often referred to as a shabad).

Kriya  means action - an action that leads to a complete manifestation like a seed leads to a bloom, a thought into actuality, a desire to commitment. In Kundalini Yoga a kriya is a series of postures, breath, and sound that work toward a specific outcome.

Langar  A simple tradition in which all people regardless of religion, race, or gender sit together as equals and share in a blessed meal. No one has special seating or dishes. All sit on the floor and are served together.

Misl  This term is said to originally come from Persian, meaning ‘alike or equal’. In the 18thC it was used to describe a unit of Sikh warriors. It has been used in 3HO to describe a working group of sevadars.

Ransabhai  All night kirtan and devotional music. Join the whole camp for this cozy and divine night. You may lie down (with your head towards the Guru) or sit up; listen or sing along.

Sadhana  Daily Spiritual Practice

Sahej Paath  A complete reading of the Siri Guru Granth Sahib accomplished at the reader’s schedule (an Akhand Paath is a complete and continuous reading with no breaks). A Sahej Paath may be done by one or more readers.

Sangat  is a group of people offering good community and spiritual support to its members. The Guru often refers to the ‘company of saints’ or the ‘company of the holy’. When we are dedicated and aligned with Truth, we become this ‘company of saints’.

Seva  Selfless service; service from the heart.

Shabd  Song in praise of God.

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.

Siri Guru Granth Sahib  The embodiment of all Sikh Dharma wisdom. 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.

Wahe Guru Ji Ka Khalsa, Wahe Guru Ji Ki Fateh!  ‘All purity belongs to God, all victory belongs to God’.
THE BREAKFAST SONG

La sopa, la sopa, la sopa
Soup, soup, soup

Comer para vivir, vivir, vivir
Eat to live, live, live

Morir para la tierra, la tierra, la tierra
Die for the earth, earth, earth

Las flores para las niñas, las niñas, las niñas
Flowers for the girls, girls, girls

Todos para ser yoguis, ser yoguis, ser yoguis
And everyone to be yogis, yogis, yogis

La sopa para comer, comer, comer
Soup to eat, eat, eat

Vivir para morir, morir, morir
Live to die, die, die

La tierra para las flores, las flores, las flores;
Earth for the flowers, flowers, flowers

Las niñas y los niños, los niños, los niños
The girls and boys, boys, boys

Ser yoguis para la seva, la seva, la seva
Yogis for the seva, seva, seva

La seva para la sopa, la sopa, la sopa
Seva for the soup, soup, soup

La seva para LA SOPA!!!
Seva for the soup!
MISSEL AREAS EVERYDAY MEETING IN YOUR LANGUAGE GROUP: 10 - 11.15 AM

1 International | Langar Field: 6x VEGGIE | 2x TANTRIC SNACK [MORNING]
2 International | Behind the Chateau: 1x SPECIAL DINNER | 4x DINNER SERVICE
3 International | Big Top: 1x AREA CLEAN UP
4 Dutch: 1x VEGGIE
5 German: 1x BATHROOM | 1x CLEAN UP DINNER | 1x DINNER SERVICE
6 German - Behind the Kitchen: 1x VEGGIE
7 French: 1x BATHROOM | 1x BADGES & TEA | 1x WATERMELON
8 Spanish & Latin American: 8a 1x BATHROOM | 8b 5x BREAKFAST SERVICE
9 Italian: 1x TANTRIC SNACK [EVENING]
10 Russian: 1x CLEAN UP BREAKFAST
11 Chinese and Taiwanese: 1x CLEAN UP DINNER
12 International | German 2x CHILDREN'S CAMP MISSELS
13 Pregnant Ladies
14 Music
15 Gurudwara
**KARMA YOGA**

<table>
<thead>
<tr>
<th>KARMA YOGA</th>
<th>STARTS</th>
<th>WORK LOCATION</th>
<th>MISL (GROUP)</th>
</tr>
</thead>
<tbody>
<tr>
<td>VEGETABLE CHOPPING Every other day</td>
<td>6:00 am During Tantric: 4:00 am</td>
<td>Veggies Cutting Area Near Kitchen</td>
<td>International German Dutch</td>
</tr>
<tr>
<td>BREAKFAST SERVICE</td>
<td>7:30 am Kitchen 8:00 am Langar Field During Tantric: 6:30 am</td>
<td>Langar Field Latin American &amp; Spanish</td>
<td></td>
</tr>
<tr>
<td>CLEAN UP AFTER BREAKFAST</td>
<td>8:30 am During Tantric: 7:00 am</td>
<td>Kitchen Area Russian</td>
<td></td>
</tr>
<tr>
<td>WATERMELON SERVICE Cutting 8:30 am During Tantric: 7:30 am Serving 1:30 pm</td>
<td>Kitchen Area for cutting Big Top area for serving</td>
<td>French</td>
<td></td>
</tr>
<tr>
<td>DINNER SERVICE</td>
<td>4:00 pm Tantric days: after Tantric</td>
<td>Langar Field International German</td>
<td></td>
</tr>
<tr>
<td>AFTER DINNER CLEAN UP KITCHEN AND OUTSIDE AREA</td>
<td>5:00 pm Tantric days: after Tantric</td>
<td>Kitchen Area German Chinese &amp; Taiwanese</td>
<td></td>
</tr>
</tbody>
</table>

**MORE INFORMATION ABOUT YOUR KARMA YOGA?** Every day from 10:00 – 11.15 am at your Misl meeting.

**WHERE IS MY MISL-GROUP?** Look for your meeting point on the map.

<table>
<thead>
<tr>
<th>KARMA YOGA</th>
<th>STARTS</th>
<th>WORK LOCATION</th>
<th>MISL (GROUP)</th>
</tr>
</thead>
<tbody>
<tr>
<td>AREA CLEAN UP</td>
<td>7:15 am During Tantric: 6:15 am and right after dinner</td>
<td>Big Top, Langar Field All over....</td>
<td>International</td>
</tr>
<tr>
<td>TEA SERVING &amp; CHECKING BRACELETS</td>
<td>6:00 pm During Tantric: after dinner</td>
<td>Big tree by the sadhana field</td>
<td>French</td>
</tr>
<tr>
<td>TANTRIC SNACK EVENING</td>
<td>7:00 pm Starts before first day of Tantric</td>
<td></td>
<td></td>
</tr>
<tr>
<td>TANTRIC SNACK MORNING</td>
<td>4:00 am Each Tantric day</td>
<td>Kitchen Area</td>
<td>Italian</td>
</tr>
<tr>
<td>SPECIAL DINNER (give help After Dinner Clean Up every day)</td>
<td>9:00 am &amp; 4 pm</td>
<td>Peace Prayer Day Big trees by the sadhana field</td>
<td>Kitchen Area International</td>
</tr>
<tr>
<td>BATHROOM CLEAN UP</td>
<td>French 7 pm Spanish 4 pm during 10-camp Meditation German 7 am</td>
<td>Ask your Misl Leader</td>
<td>French Spanish German</td>
</tr>
<tr>
<td>GURDWARA</td>
<td>Ask your Misl Leader</td>
<td>Gurdwara International</td>
<td></td>
</tr>
<tr>
<td>MUSIC</td>
<td>3:45 am - Starts 28.7</td>
<td>Gazebo International</td>
<td></td>
</tr>
<tr>
<td>Time</td>
<td>July 27</td>
<td>28</td>
<td>29</td>
</tr>
<tr>
<td>-------</td>
<td>---------</td>
<td>----</td>
<td>----</td>
</tr>
<tr>
<td>4.00</td>
<td>Wake up</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4.30</td>
<td>- 7.00</td>
<td>Sadhana - Yoga and Meditation</td>
<td></td>
</tr>
<tr>
<td>7.00</td>
<td>- 8.00</td>
<td>Gurdwara</td>
<td></td>
</tr>
<tr>
<td>8.15</td>
<td>Breakfast</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10.00</td>
<td>- 11.30</td>
<td>Misli (Language Group) and Karma Yoga</td>
<td></td>
</tr>
<tr>
<td>11.30</td>
<td>- 13.30</td>
<td>Morning Workshops</td>
<td></td>
</tr>
<tr>
<td>13.30</td>
<td>- 14.00</td>
<td>Chanting</td>
<td></td>
</tr>
<tr>
<td>14.00</td>
<td>- 16.00</td>
<td>All Camp Workshop</td>
<td></td>
</tr>
<tr>
<td>15.00</td>
<td>Dinner</td>
<td></td>
<td></td>
</tr>
<tr>
<td>15.00</td>
<td>Opening Ceremony</td>
<td></td>
<td></td>
</tr>
<tr>
<td>19.45</td>
<td>Evening Yoga / Newcomer Intro</td>
<td></td>
<td></td>
</tr>
<tr>
<td>20.45</td>
<td>Healing Meditation</td>
<td></td>
<td></td>
</tr>
<tr>
<td>21.45</td>
<td>Silence</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time</th>
<th>31 August 1</th>
<th>2</th>
</tr>
</thead>
<tbody>
<tr>
<td>3.45</td>
<td>Wake up</td>
<td></td>
</tr>
<tr>
<td>6.15</td>
<td>- 6.30 Sadhana</td>
<td></td>
</tr>
<tr>
<td>6.30</td>
<td>- 7.15 Gurdwara</td>
<td></td>
</tr>
<tr>
<td>7.00</td>
<td>Breakfast</td>
<td></td>
</tr>
<tr>
<td>8.00</td>
<td>- 18.00</td>
<td></td>
</tr>
<tr>
<td></td>
<td>WHITE TANTRIC YOGA</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time</th>
<th>3</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td>4.00</td>
<td>Wake up</td>
<td></td>
</tr>
<tr>
<td>6.00</td>
<td>Dinner</td>
<td></td>
</tr>
<tr>
<td>6.30</td>
<td>- 7.30 Sadhana</td>
<td></td>
</tr>
<tr>
<td>9.00</td>
<td>Breakfast</td>
<td></td>
</tr>
<tr>
<td>10.00</td>
<td>Goodbye!</td>
<td></td>
</tr>
</tbody>
</table>

**Notes**
- **Peace Prayer Day**
- **White Tantric Yoga**
- **Easy**
- **Circle Dance**
- **Rockout Night**