

Excel & Celebrate

a sacred circle of women



Sat-Sun - 16, 17 October 2010
Sat-Sun - 13, 14 November 2010
12pm – 3pm

155\$ + tax - Manual included
30\$ (Deposit – non refundable –book cost)
English course
Max 8 participants

A Sacred Circle of Women

Gathering together in a sacred circle of women for spiritual, physical and mental upliftment is the first step in helping to create a positive change for our families, our communities, our world and ourselves.

- ⊗ Kundalini Yoga (set specifically for woman)
- ⊗ Meditation
- ⊗ Breath technique
- ⊗ Venus kriya
- ⊗ Yogic Tips Discussions
- ⊗ Chanting –Singing
- ⊗ Coaching Techniques
- ⊗ Excerpts from Yogi Bhajan Lectures

Why Woman?

Yogi Bhajan began a movement to uplift women to their rightful status of dignity, divinity and grace. He believed in the fundamental power of the woman to impact change, starting with herself, sharing it with her family and thereby creating a conscious shift in the world. Thus, creating this tradition of gathering women to support one another on a journey to bring peace and awareness within, and to the world around.

Deadline to register: 1 Oct - 2010

****Early bird special - Save 10% and register before 15 Sept - 2010****

with Surjeet Kaur

25 years of experience in the Education / Teaching field-
Certified Level 1 Kundalini Teacher
Training- Completed a Level 2 module with Gurucharan in Toronto and participating in various Kundalini Yoga Retreats.



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