

Welcome to 3HO's 2019 Summer Solstice Sadhana Celebration! This guide book gives you all the information you need to feel at home during the days we are here together.

Summer Solstice on the sacred land of Guru Ram Das Puri is an intertwining of several ancient 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 and expand.

of special events, community gatherings, calls to greater service,

meditations with the master, stories from yogis around the world, music to uplift the soul, and more.

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

# Yogi Bhajan

### Teacher for the Aquarian Age

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

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

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



A student once asked him, "How can I get to know you better?"

He replied, "I am my teachings. Read them, practice them,
and you will know me." Through his knowledge, wisdom, and
service he left us a timeless legacy and a healthy, happy, holy way of life.

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### Stuff You Need to Know

### **Finding Your Way Around Camp**

- •Please refer to the map on the inside front cover.
- •Feel free to visit Hospitality for directions.

#### **Taking Care of Yourself**

Days at Summer Solstice can be a whirlwind of spiritual and physical exertion.

- •Be selective and pace yourself.
- •Don't try to do everything.
- •Don't skip meals.
- •Nap when you need to! A cooled nap tent is located next to First Aid.
- •You can ask for help with anything from people wearing a "GUIDE" flag on their badge.

#### Watch out for Dehydration

We can't stress enough the importance of drinking water to prevent dehydration in this high desert climate.

- •Drink regularly throughout the day, and more than you are used to.
- •Always have your water bottle handy, as dehydration can happen quickly.
- •We provide both watermelon and electrolytes to replenish your body's mineral balance.
- •Electrolytes can be found in the orange containers around camp. We recommend 1 serving of electrolytes daily.
- •Signs of dehydration include headaches, paleness, disorientation and physical weakness. If you exhibit any of these signs, please go to First Aid.

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

- Faucet stations by the Tantric Shelter and the Dining/Bazaar tent.
- Sinks inside the Flush Toilet Building and at the Shower areas. **Do not** drink the water from the portable plastic sinks by the Porta Toilets!

### Name Badges and Wristbands

When you register you will be given a name badge and wristband. Please wear these at all times while in camp. You may be asked to show them by Camp Staff.

### Stuff You Need to Know

#### Climate

Guru Ram Das Puri is an environment of extraordinary natural beauty, but also one that can be challenging. The altitude is about 7,000 feet (2,200 meters) above sea level. Daytime temperatures can reach into the 90s°F (about 35°C) and at night can drop to the 40s°F (about 15°C). Sudden rainstorms do happen. Wearing layers of clothing is a wise choice. Use skin care lotions as well as sunscreen due to the extreme dryness.

#### **Tenting Areas**

Camping is part of the Solstice experience, as Yogi Bhajan taught us to be near the earth during this transformative time. Besides a few cabins reserved for senior participants and special needs, Guru Ram Das Puri has three designated tenting areas:

- •Water Tower is good for families, next to the Children's Pool Area.
- Tantric Hill is on the ridge to the right of the Tantric Shelter and is the most popular tenting location.
- •Shakti Valley is down the hill to the left and behind the Tantric Shelter, around the Water and Earth class tents. It is a nice, quiet area with more shower facilities. If you will be attending International Women's Camp following Summer Solstice, please tent here.

#### **Showers and Toilets**

- •Shower facilities are located close to each of the three tenting areas.
- •Flush toilets are found next to the Tantric Shelter.
- •Porta Toilets are found in the tenting areas as well as throughout camp.
- •Please conserve water by choosing the Porta Toilets.
- •All-Gender (Inclusive) showers are now available on camp near the Registration Tent.

### **Dishwashing and Hand Washing**

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

#### Meals

Meals are served in the Tantric Shelter or the Dining Tent. Please see the Schedule for details. We do our best to keep you informed of any changes.

### Stuff You Need to Know

### **Using Scented Products**

Please refrain from wearing or using strong scented oils and perfumes. Be sensitive to others.

### Take a Break from your Cell Phones & Gadgets

Solstice is a time for you and your personal journey. If you must use your cell phone, please be sensitive to those around you. Please silence your cell phones during Sadhana, workshops, and White Tantric Yoga®. 3HO does not provide internet service.

### Photography and Videography at Solstice

3HO livestreams classes and sadhanas in the Tantric Shelter. If you do not want to be visible, please sit towards the back of the shelter.

- •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.

#### **Medical Conditions**

If you have any special health needs or are taking any medications, please notify the First Aid staff when you arrive. While Kundalini Yoga and White Tantric Yoga® are powerful healing practices, they should not be used as a substitute for regular medical care. **Do not stop taking any prescribed medication while at Solstice.** 

#### First Aid

Basic first aid supplies are available at the First Aid trailer. In the event of a medical emergency, there are licensed Doctors and Nurse Practitioners onsite. A Hospital and Urgent Care facility is located approximately 30 minutes away in Espanola, and transportation will be provided if required.

#### Sukh Nivas

(Pregnant Women, Nursing Mothers and Family Space) Sukhnivas is a comfortable, cool tent dedicated to supporting the needs of pregnant and nursing women. Dads and young kids are welcome.

### Stuff You Need to Know

#### Take Care of Your Feet

Come relax and pamper your feet at the Divine Soles foot soaking station located by the First Aid trailer. (Sponsored by 3HO Canada)

### Yogi Tea

Each evening Yogi Tea is served in the Dining Tent. Enjoy a delicious cup of tea and relax with friends.

#### Bazaar

Enjoy a wide variety of products and healing treatments from vendors.

Bazaar Hours: (may be changed at 3HO's discretion)

June 13th-17th: 8:00 am-9:30 pm

June 18th-20th: Opens after Tantric ends, closes at 9:30 pm

June 21st: 8:00 am-10:30 pm

#### Hospitality and Heart-to-Heart Meetings

If you have questions about any activities, classes, finding your way around or need other assistance, the Hospitality Team is here to help. Solstice is an intense physical, mental, and spiritual experience. It's not unusual to go through mood swings and have unexpected emotions. If you need support, visit the Hospitality Team and sign up for a Heart-to-Heart session. These are 20 minute, confidential, one-on-one meetings.

### Leaving Camp

- •Plan to pack up your campsite on Friday night or Saturday morning.
- •All attendees must depart before noon on Saturday, June 22nd.
- •Clearly mark all your belongings and place them at the luggage drops located in each tenting area 2 hours before your time of departure.
- •Your luggage will be driven to the Luggage Tent for you.
- •You may drive your car to the Luggage Tent.
- •For people taking shuttles to the airport, the shuttles will pick up you and your luggage at the Luggage Tent.
- •The process of exiting may take longer than expected.

### **Sponsor a Solstice Area**

If you or your community would like to sponsor an area of Solstice, or someone attending a 3HO event, please let us know at yogainfo@3ho. org.

### Stuff You Need to Know

#### Ride Share and Bus Services to the Albuquerque Airport

•3HO Foundation is now offering bus service on <u>Satuday</u>, <u>June 22nd</u> during the following times for a fee of \$40:

### Bus Departure Times: 7:00AM / 9:00AM / 11:00AM

- \*Visit the Registration Tent for more information or to reserve a bus seat.
- •Reserve a bus/ride 48 hours in advance in order to guarantee your seat.
- •You need to set your ride share/bus reservation time for at least 4 hours before your plane departure time. The Albuquerque airport is approximately 2.5 hours from Ram Das Puri.

Ride Shares: The Yogi Mobile is an independently operated ride-share service. White Buffalo operates independently on a limited schedule.

- •The Yogi Mobile fren385@gmail.com 231-492-6951
- •White Buffalo Service info@whitebuffaloshuttle.us 831-359-8077

If you have any further questions about ride share services, please call them directly. 3HO is not affiliated with nor endorses this service, but provides this information solely for your convenience.

Please listen to the morning announcements for scheduling information or check with the Hospitality Team.

### Security

3HO is not responsible for loss or theft of personal belongings while at camp. 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 or a locked suitcase when not in use.

The Security Team members wear bright orange or camouflage vests. The Security Team is supported by the Rio Arriba County Sheriff's Department. Two uniformed deputy Sheriffs are on-duty at the event to protect and serve as needed. To report an emergency or a crime, or if you feel unsafe, please go to the Sheriff's Vehicle, the Security Office or Administration. These locations can be found on the map in the booklet. If you are in the vicinity of a Solstice Staff Member, you may ask them for assistance.

### In Case of Emergency

In the event of an all-camp emergency, camp staff will use fog horns and megaphones to direct people to the Tantric Shelter for further instructions. The main Security office is located by the kitchen and can be reached via radio at Administration.

### Lost and Found

Those items deemed valuables will be at Administration. Other items are taken to Hospitality.

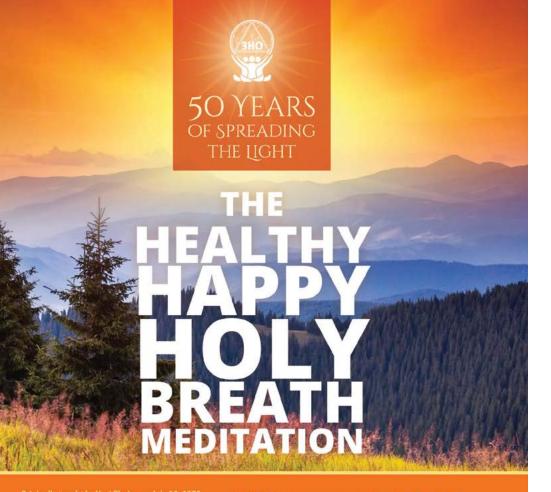
### Code of Conduct

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

### **Dress Code**

- Clothing should reflect the spiritual environment of Solstice Sadhana.
- Shirts must be worn at all times other than swimming and bathing.
- Very sheer or transparent clothing is not appropriate and undergarments must be worn.

3HO Foundation International reserves the right to request the departure of participants who do not adhere to the Conduct and Dress Code, or for any other disturbance.



Originally taught by Yogi Bhajan on July 10, 1975

This meditation uses the power of the breath to enhance the depth of the effects of the mantra Healthy am I, Happy am I, Holy am I, and to carry out your intentions.

When practiced correctly, the breath will slow to two and a half breaths per minute. This shift from the normal 12-15 breaths per minute is significant. Once the breath rate is slower than four breaths per minute, the central brain starts functioning more intensely. The pineal and pituitary glands shift their relationship to each other. In this state the effects of outer and inner sound are greater. The mantra will become more penetrating. A larger portion of yourself will be able to synchronize and carry out your intentions.

**POSTURE**: Sit in any easy posture that keeps the spine straight.

MENTAL FOCUS: With the eyes closed, bring the mental focus to the Brow Point.

BREATH AND MANTRA: Inhale deeply and completely through the nose. Hold the breath by suspending the movement of the chest. In your own language, silently repeat the mantra 3 times: Healthy Am I, Happy Am I, Holy Am I (translations on the following page). As you exhale, repeat the mantra out loud three times. Each repetition of the phrase takes about five seconds.

TIME: Continue for 11 minutes.

**TO END:** Inhale deeply, relax the breath, and sit silently for a minute or two. Then inhale deep, stretch the arms up over your head with the fingers interlocked, and pull the spine up. Exhale and relax.

Please note that if you are leading this meditation with a group, it is best if the leade chants aloud the whole time in order to keep the group timing together.

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#### TRANSLATED MANTRAS

#### French:

Sain(e) je suis, heureux(se) je suis, saint(e) je suis

#### German:

Gesund bin ich, glücklich bin ich, heilig bin ich

#### Greek:

Υγιής είμαι, Ευτυχής είμαι, Ιερός είμαι

#### Hebrew:

אני בריא אני שמח אני מקודש

#### Icelandic:

heilbrigð/heilbrigður er ég, hamingjusöm/hamingjusamur er ég, heilög/heilagur er ég

#### Japanese:

健康です、幸せです、清らかです

(Kenkou desu, Shiawase desu, Kiyoraka desu)

#### Portuguese:

Saudável sou, feliz eu sou, sagrado(a) sou

#### Sinhala:

සතීපෙත් මමසතුටෙත් මමශුද්ධ මම

#### Spanish:

Sano soy, feliz soy, sagrado(a) soy

#### Swedish:

Frisk är jag, lycklig är jag, helig är jag

#### Thai:

Chan suk ka parp di, Chan me kwam sook, Chan saksit

### Solstice Youth Camp Co-op

#### **Solstice Youth Camp**

Solstice is a family-friendly environment and little people are everywhere.

Solstice Youth Camp is a powerful opportunity for children to experience yogic and meditative practices, have fun, enjoy the land and the beauty of Ram Das Puri, and connect with their peers.

Solstice Youth Camp runs from Saturday to Thursday with open pool hours on other days. For more details, please see the Solstice Youth Camp booklet. If you didn't receive one, please pick one up from Registration.

"Create dependable children, not dependent children. Give your children the basic value to face their own tomorrow, without being blinded by yours. Enable them to have strong personalities, not be helpless puppets. Position them for success, don't paralyze them with the commotion of your emotions."

-Yogi Bhajan



### Solstice Youth Camp Co-op

### Parent Karma Yoga

Everybody at Solstice has an area of service (karma yoga). As a parent, you serve one day in Youth Camp. If you signed up online, please confirm the day you registered for with the <u>Parent Coordinator</u> at one of the following meetings: Friday, June 14th, Saturday, June 15th, Sunday, June 16th or Monday, June 17th at 9:30am in the small tent near the playground.

#### Schedule for 3-11 Year Olds

Saturday 15th, Sunday 16th, Monday 17th Drop off at 9:30 am, pick up at 3:30 pm Tuesday 18th, Wednesday 19th, Thursday 20th (Tantric Days) Drop off at 8 am, and pick up at 5:00 pm or the end of Tantric (if later) Pick up is at 5 pm for the 3-4 year olds each Tantric day.

#### What to Bring

A backpack with: Water Bottle, Hat or Visor, Swimsuit, Towel & Goggles, Sturdy Closed-toed shoes (no sandals), Sunscreen, Head covering for Gurdwara visits.

Please put your child's name on everything.

#### **Sukh Nivas**

Sukh Nivas is an air-conditioned tent which provides a nurturing environment for pregnant mothers and parents with babies and small children. Come to Sukh Nivas for a cool place to relax and connect with other families. We'll be doing the morning meditation at 9am each day and will have lunch and dinner available. If you'd like to coordinate with other families to arrange childcare, come to a meeting on Saturday, June 15th or Monday, June 17th at 9am.

Note: all of the service exchanges and managers who serve in children's camp have completed background checks.





### Share your experience, skills and stories Network, ask questions, and gain new resources

#### **3HO**

Register for 3HO events:

- Winter Solstice
- International Women's Camp
- Khalsa Youth Camp

### **IKYTA**

Renew Your IKYTA Membership

Discover ways our IKYTA Website can help you promote your classes and events

- · Learn more about IKYTA Member Benefits
- Discounted Teacher's Insurance
- Free IKYTA Coaching Webinars
- Preview our Teachings for Teachers Videos
- Fantastic Retail Discounts for Teachers
- \$50 discount to 3HO Events

Free gifts to take home to your students and 3HO communities

### **Spiritual Names**

Sign up for a Spiritual Name

Learn how a Spiritual Name can create a Radiant Future



Date	Kriya Leader	Chant Leader
Thurs 13	Hari Sant Kaur	Charanpal Kaur
Fri 14	Prabhu Singh	Har Dev Singh
Sat 15	Simrit Deep Singh	Sat Purkh Kaur
Sun 16	Charanpal Kaur	Hansu Jot Singh
Mon 17	Ram Kirin Singh	Bachan Kaur
Tues 18	Daya Prakash	Snatam Kaur
Wed 19	Jot Singh	Guru Ganesha Band
Thurs 20	Shama	Simrit Kaur
Fri 21	Jai Gopal Singh	Aykanna
Sat 22	Bowing Jaap Sahib Siri Chand Kaur	Bhai Harvinder & Bhai Satvinder

### Thursday, June 13

Time	Session	Location
3:00 am	Wake Up	
3:40 am - 6:00 am	Sadhana	Tantric Shelter
1:00 pm	Registration Opens	Registration Tent
5:15 pm - 6:15 pm	Dinner	Tantric Shelter
6:30 pm	Opening Ceremony	Tantric Shelter
8:15 pm - 9:15 pm	Evening Gong Dr. Haridass Kaur Khalsa	Tantric Shelter
10:00 pm	Lights Out	

Time	Session	Tantric Shelter	Prem Tent	Shanti Tent	Joti Tent	Atma Tent	SDI Academy	YB House
3:00 am	Wake Up							
3:40 - 6:00 am	Sadhana	Sadhana						
6:00 - 7:15 am	Gurdwara	Gurdwara	6:30 - 8:00 Light & Dark: Navigating Difficulty Shabad Atma Kaur	6:30 - 8:00 Create a Radiant Presence Dr. Krishna Kaur	6:30 - 8:00 Beauty From Within Gianjot Kaur	6:30 - 8:00 Performance & Presence Dharam Dev Khalsa		
7:45 - 8:45 am	Breakfast	Breakfast					7:15 - 8:15 Gurumukhi Series Session #1 Gatka Series Session #1	
9:00 - 10:00 am	KarmaYogaMeetings							
10:15 - 11:45 am	Morning Class	Be in the Light of Mind Nirvair Singh Khalsa	10:15-12:15 IKYTA Conference Unity Through Diversity	Lighting Candles of Consciousness Charampal Kaur & Ghansham Singh	Living Beyond Fear Guruka Singh & Livtar Singh	Aradhana: How to Stay Empowered Gurutej Kaur Khalsa	The Light of the Sound Current Hari Dharam Kaur w/Hari Bhajan Kaur	
12:15 - 1:15 pm	Lunch	Lunch				Lunch with Luminaries		
1:30 - 3:00 pm	AfternoonWorkshop (1)	Beyond Knowing Krishna Kaur Khalsa	Light of Peace, Light of the Soul SatSantokh Khalsa	The Art of Potential Living Sadhana Singh	Be Hu-man, Vibrate the Light Dunja Mladenic	Universal Light to Your Unique Soul Hari Jiwan Singh Khalsa	Walking with Guru Nanak, Listening to his Songs Shabad Kaur & Shiva Singh	
3:15 - 4:45 pm	AfternoonWorkshop (2)	Awakened Human: Be the Lighthouse Sunder Khalsa	Ek Ong Kaar. How to Live it? Awtar Kaur Khalsa & Haridev Kaur	Light Hearted Practice & Life Simran Khalsa	Lighting the Light: Together Dr Kartar Khalsa	The Successful Leader in You Sahiba Kaur	A Short Journey into the Heart of Sikh Dharma Mata Mandir Kaur and otehrs	Letters from Yogi Bhajan Sat Jagat Singh
5:15 - 6:15 pm	Dinner	Dinner						
6:30 - 8:00 pm	Evening Program	Aykanna in Concert	Beginning Sat Nam Rasayan ® Hari Das Kaur	Rainbow Sangat Meeting	Universal 12-Step Meeting	Orientation: Connect with Your Solstice Community	6:30: Guru Story 6:45: Gurbani Kirtan 7:45: Kirtan Sohila	
8:15 - 9:15 pm	Evening Gong		Sunder Khalsa					
10:00 pm	Lights Out							

## Saturday, June 15

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Time	Session	Tantric Shelter	Prem Tent	Shanti Tent	Joti Tent	Atma Tent	SDI Academy	YB House
3:00 am	Wake Up							
3:40 - 6:00 am	Sadhana	Sadhana						
6:00 - 7:15 am	Gurdwara	Asa Di Vaar Chardi Kala Jatha						
7:45 - 8:45 am	Breakfast (DINING TENT)						7:15 - 8:15 Gurumukhi Series Session #2 Gatka Series Session #2	
9:00 - 10:00 am	KarmaYogaMeetings							
10:15 - 11:45 am	Morning Class	Peaceful Warrior Spirit Krishna Kaur Khalsa						Green Room
12:15 - 1:15 pm	Lunch (DINING TENT)							
1:30 - 3:00 pm	AfternoonWorkshop (1)	Peace Prayer Day Program see p. 63 for complete program				Chanting for Peace Sat Narayan Mantra 7:30am to 7:30pm		
3:15 - 4:45 pm	AfternoonWorkshop (2)	Peace Prayer Day Program see p. 63 for complete program						
5:15 - 6:15 pm	Dinner (DINING TENT)						5:00 pm Q&A with Keynote PPD speaker Fania Davis - with Chai and biscuits	
6:30 - 8:00 pm	Evening Program	3HO 50th Anniversary Music Celebration	Art of Knowing Hargopal Kaur Khalsa	Rainbow Sangat Meetnig	Universal 12-Step Meeting			
8:15 - 9:15 pm	Evening Gong		Hari Hari Singh Khalsa					
10:00 pm	Lights Out							

Time	Session	Tantric Shelter	Prem Tent	Shanti Tent	Joti Tent	Atma Tent	SDI Academy	YB House
3:00 am	Wake Up							
3:40 - 6:00 am	Sadhana	Sadhana						
6:00 - 7:15 am	Gurdwara	Gurdwara	6:30-8:00 Unleash the Power of the 7th Rib Gurushabd Khalsa	6:30 - 8:00 Loving the Fire: Heat into Light Dr. ShamRang	6:30 - 8:00 Art of Flourishing Raghubir Kaur Khalsa	6:30 - 8:00 Clear the Past & Reclaim Your Light: Women's Circle Siri Sat		
7:45 - 8:45 am	Breakfast	Breakfast					7:15 - 8:15 Gurumukhi Series Session #3 Gatka Series Session #3	
9:00 - 10:00 am	KarmaYogaMeetings							
10:15 - 11:45 am	Morning Class	Sunday Gurdwara Begins at 10:00 AM	Celestial Communication Adarsh Kaur	The Medicine of Mantra Jap Dharam Rose	Conquer Your Mind, Conquer the World GuruSajjan	Connecting to the Guru Pritpal Singh	La Puerta Del Guru (for Spanish- speakers) Hari Dharam Kaur	
12:15 - 1:15 pm	Lunch (DINING TENT)							
1:30 - 3:00 pm	AfternoonWorkshop (1)		Live Light - Live in Peace Mahan Rishi Khalsa	Trauma to Dharma Azita Nahai PhD	The Mantra Choir Experience Kehar Kaur & Sangeet Kaur	LGBTQ Leadership Lighting the Way DukhNiwaran Kaur	Thinking about taking Sikh Vows or taking Amrit? Amar Atma Singh	
3:15 - 4:45 pm	AfternoonWorkshop (2)	You're a Prophecy of the Luminaries Guru Singh	The River of Kriya Bhagat Singh (Tommy Rosen)	Awakening from the Trances We Live Kartar Khalsa	Befriending Your Soul Sat Siri Kaur	Meaning, Purpose, Mission Hari Nam Singh Khalsa	Sikh Dharma Ministers' Gathering Dr. Sat Kaur & Dr. Shanti Shanti Kaur	Poetry to Live the Light Sat Jagat Singh
5:15 - 6:15 pm	Dinner	Dinner				4:45 - 5:45 Sadhana Support Jot Singh Khalsa	Guru Nanak and the Yogis Shanti Kaur	
6:30 - 8:00 pm	Evening Program	3HO's 50th Celebration with the Luminaries	Sat Nam Rasayan and the Meditative Mind Nanak Nihal Singh Khalsa	Rainbow Sangat Meeting	Universal 12-Step Meeting	Connect with Your Solstice Community	6:30:Guru Story 6:45: Gurbani Kirtan 7:45: Kirtan Sohila	
8:15 - 9:15 pm	Evening Gong		Dharam Singh					
10:00 pm	Lights Out							

Time	Session	Tantric Shelter	Prem Tent	Shanti Tent	Joti Tent	Atma Tent	SDI Academy	YB House	Children's Camp
Time	Session	Tanting Sherter	Premient	Shanti lent	Journal	Atma Tent	3DI ACAGEIIIY	TD House	Children's Camp
3:00 am	Wake Up								
3:40 - 6:00 am	Sadhana	Sadhana							
6:00 - 7:15 am	Gurdwara	Gurdwara	6:30-8:00 Trillions & Trillions Guru Jagat	6:30-8:00 When Your Practice Doesn't Cut It Anand Kaur	6:30 - 8:00 The Quantum Leep Charandev Khalsa	6:30 - 8:00 We are Spirit, Not Our Addiction Nirmal Singh			
7:45 - 8:45 am	Breakfast	Breakfast					7:15 - 8:15 Gurumukhi Series Session #4 Gatka Series Session #4		
9:00 - 10:00 am	KarmaYogaMeetings								
10:15 - 11:45 am	Morning Class	Entering the Sublime Jai Dev Singh & Live Music w/Simrit	Accessing Your Radiant Body Nam Hari Kaur (Kia Miller)	Unlocking Your Light Within Sangeet Kaur Khalsa	8 Yogi Bhajan Quotes That Will Change Your Life Santokh Khalsa	Experience & Crystallize the Self Fatehjot Kaur	How to Tie an Amazing Turban for Women and Men Sada Bahar Kaur		Being a Yogi Parent GuruSurya Kaur
12:15 - 1:15 pm	Lunch	Lunch							
1:30 - 3:00 pm	AfternoonWorkshop (1)	The Radiant Luminosity of Sat	Resurrect into Light at Guru Ram Das Puri Guru Dharam	Social Justice & Spiritual Practice Ravi Kaur	Yogic Science: Recalibrate the Brain Mukta Kaur Khalsa	Your Mantra Toolbox - Master the Sacred Music of 3HO Satkirin Kaur Khalsa	Guru Nanak: I See No Stranger Awtar Kaur		Conscious Pregnancy and Childbirth - Birthing the Aquarian Age Davi Kaur
3:15 - 4:45 pm	AfternoonWorkshop (2)	Nam Rasayan® Healing Gurudev Singh	Relationship of Gong & Rebirthing Gurushabd Khalsa	Healing Our Relationship w/ Gravity GuruPrem Khalsa	Reclaiming Innocence Shabad Kaur Khalsa	The Yoga of Intersectionality Gurumukh Mark Harris	The 5 Khands of Japji Sahib - Realms of Spiritual Advancement Satkirin Kaur Khalsa	Medical Science & Research on Yoga Sat Bir Khalsa	
5:15 - 6:15 pm	Dinner	Dinner			5:15-6:15 pm Sacred Men's Circle Sopurkh Singh	5:00 - 6:15 Y.O.G.A. for Youth Information Meeting Krishna Kaur & Keval Kaur	Guru Nanak and Mardana: Their Travels and Music Together Mata Mandir Singh		
6:30 - 8:00 pm	Evening Program	3HO 50th Anniversary Music Celebration	Sat Nam Rasayan: Resonance Siri Simran Kaur Khalsa	Rainbow Sangat Meeting	Embodying the 12-Steps Surinderjot Kaur & Chandra Kirin Kaur	Connect with Your Solstice Community	6:30: Guru Story 6:45: Gurbani Kirtan 7:45: Kirtan Sohila	7:00 - 8:00 White Tantric Yoga Monitor Orientation	
8:15 - 9:15 pm	Evening Gong		Jai Gopal Singh						
10:00 pm	Lights Out								

## White Tantric Yoga®: Tuesday 18, Wednesday 19, Thursday 20

Time	Session	Tantric Shelter	Prem Tent	Shanti Tent	Joti Tent	Atma Tent	SDI Academy
3:00 am	Wake Up						
3:40 - 6:00 am	Sadhana	Sadhana					
6:00 - 7:15 am	Gurdwara						
7:45 - 8:45 am	Breakfast	Breakfast					
8:30 - 10:00 am							
10:15 - 11:45 am							
12:15 - 1:15 pm	White Tai (Time	ntric Yoga e TBA)					
1:30 - 3:00 pm							
3:15 - 4:45 pm							
5:15 - 6:15 pm	Dinner	Dinner (Time TBA)					
6:30 - 8:00 pm	Evening Program	(6:30-9:00pm) Thurs: Yogi Tea Cafe Open Mic & Yogi Bhajan Documentary Screening	Sat Nam Rasayan Tues: Guru Mantra Singh & Meherbani Kaur Wed: Sadhu Singh Thurs Kulmeet Kaur	Rainbow Sangat Meeting	6:00-7:00 pm Universal 12-Step Meeting		6:30: Guru Story 6:45: Gurbani Kirtan 7:45: Kirtan Sohila
8:15 - 9:15 pm	Evening Gong		Tues: Jap Kaur Kaur Wed: Daya Prakash Kaur Thurs: Ram Kirin Singh				
10:00 pm	Lights Out						

"Self-reliance conquers any difficulty."

-Yogi Bhajan

Time	Session	Tantric Shelter	Prem Tent	Shanti Tent	Joti Tent	Atma Tent	SDI Academy	YB House	Children's Camp
3:00 am	Wake Up								
3:40 - 6:00 am	Sadhana	Sadhana							
6:00 - 7:15 am	Gurdwara	Gurdwara	6:30-8:00 Let Go & Let Gong Shakta Kaur	6:30 - 8:00 The God Inside Outside Angad Kaur Khalsa	6:30 - 8:00 KY 50plus: Tools for Better Aging Willem Mangala Singh	6:30 - 8:00 Yoga Massage Workshop Bachan Singh			
7:45 - 8:45 am	Breakfast	Breakfast & Nagar Kirtan (8:00am)					7:15 - 8:15 Gurumukhi Series Session #5 Gatka Series Session #5		
9:00 - 10:00 am	KarmaYogaMeetings								
10:15 - 11:45 am	Morning Class	10:15 - 12:15 As We Open Our Hearts to the Sun Gurumukh Kaur Khalsa & Waheguru Kaur	Burn Negativity & Fear Dr Haridass Kaur PhD	The Dark Side of the Emotional Moon GuruMeher Khalsa	Kundalini Yoga from Beads of Truth Mohinder Singh	Kundalini Yoga & Crystal Healing Aimee Bello	Bringing Balance Through Humility: the Gift of Guru Nanak Snatam Kaur		Keeping it Light with Your Children Rai Kaur Khalsa
12:15 - 1:15 pm	Lunch	Lunch				Lunch with Luminaries			
1:30 - 3:00 pm	AfternoonWorkshop (1)	From Silence to Light: Soul Time Gurujodha Singh	Mah Bound Lotus Healing Mahan Kirn Khalsa	God in All Karena Virginia & Nirinjan Kaur Khalsa	The Conscious Man Sopurkh Singh & Nirvair Singh	Light Bodies, Free Minds Jap Singh Khalsa	Guru Nanak: A Light to Illumine SPIRIT Prabhu Nam Kaur		Bringing the Light Home Sat Darshan Kaur & Sat Darshan Singh
3:15 - 4:45 pm	AfternoonWorkshop (2)	Creating Harmonious Relationships Sukhdev & Akah Jackson	Love Like a Yogi Simran Singh, Hansujot & Hari Bhajan	Create Brilliance: Enlighten Your Life and Banish Fear Jot Singh Khalsa	Bring the Light: Race/ Gender Equality Dr. Japa Khalsa, FatehpalKhalsa,Steph McCreary	Mission, Magnitude, Manners Tarn Taran Singh & Tarn Taran Kaur	Sat Nam: The Key to Infinity Ram Das Singh	Stories of Yogi Bhajan and 3HO with Dr. Alan Weiss	
5:15 - 6:15 pm	Dinner	Dinner	5:00 - 6:15 The Conscious Man Circle: Sopurkh Singh	6:15 - 7:15 Rainbow Sangat Meeting	Universal 12-Step Meeting	Connect with Your Solstice Community			
6:30 - 8:00 pm	Evening Program	Ransabhai (7:30pm to 3am)							
8:15 - 9:15 pm	Evening Gong								
10:00 pm	Lights Out								

### Saturday, June 22

Time	Session	Tantric Shelter
3:00 am	Wake Up	Amrit Ceremony Begins
3:40 am - 6:00 am	Sadhana	Sadhana (Bowing Jaap Sahib)
6:00 - 7:00 am	Gurdwara	Gurdwara
7:30 - 9:00 am	Breakfast	Breakfast (Dining Tent)
7:00 am - 12:00 pm	Departure	Camp Departure



"May God bless you, may this visit be a blessing visit. May your mission in life be complete and may you reach your excellence in the eyes of God and be respected in the eyes of the world. You are destined to walk a path of spirit which is real and not ritualistic. It's my prayer that you may be brighter, better, more beautiful, more bountiful-many, many millions of times more than I can imagine, because this world has a future, and you are the future which has to guarantee that there will be peace in the world. Sat Nam."

-Yogi Bhajan, 6/22/97

# Class Translations Traducción al Español durante el Evento-Spanish Translation:

Durante todo el evento, la traducción al español y a otros idiomas estará disponible siempre que haya traductores disponibles. Si no hablas Inglés, el Equipo de Traducción estará feliz de ayudarte con todas las preguntas que tengas.

Puedes encontrarnos en todos los talleres y actividades. Búscanos al inicio de cada taller, junto a la tarima. Tendremos un cartel grande de madera, que dice "Traducción al Español." Si llegas tarde, estaremos en la parte de atrás del espacio, usando una cinta de color naranja en el brazo. En el Tantric Shelter, nos ubicaremos junto al Gurdwara. Todas las traducciones son simultáneas. Haremos nuestro mejor trabajo por transmitir las enseñanzas como lo hace el instructor a cargo.

Durante los días de tantra, contaremos con traducción al Español transmitida por micrófono. Puedes sentarte junto al grupo hispano hablante, cerca al Gurdwara, o escuchar la traducción por el parlante desde el espacio que elijas.

Si necesitas traducción durante cualquier otro momento, puedes buscar a los traductores del equipo. Usaremos una cinta de color naranja en el brazo. Si es una emergencia, ve a Hospitality y pide que llamen a Randeep Singh del equipo de traducción.

### English:

During the entire event, translation into Spanish and other languages will be available as long as translators are available. If you do not speak English, the Translation Team will be happy to help you with all the questions you have. You can find us in all the workshops and activities. Look for us at the beginning of each workshop, next to the stage. We will have a large wooden sign, which says "Translation into Spanish." If you are late, we will be in the back of the tent, using an orange ribbon on our left arm. At the Tantric Shelter, we will stand next to the Gurdwara. All translations are simultaneous. We will do our best to translate the instructor's words and teachings accurately.

During tantric days, we will translate into Spanish over the microphone. You can sit next to the Spanish speaking group near the Gurdwara, or listen to the translation over speakers near you.

If you need translation at any other time, look for the team translators. They will have orange ribbons on their arms. If it's an emergency, go to Hospitality and ask them to call Randeep Singh or another translator from the translation team.

### Class Descriptions

### **Class Categories**

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

Meditation Focus is on a meditative experience.

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

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

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

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

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

Sikh Dharma International Academy (SDI Academy) Focus is on Sikh Dharma and Gurbani.

Venues Tantric Shelter, Prem Tent, Shanti Tent, Joti Tent, Atma Tent, Sikh Dharma Academy, Yogi Bhajan House, Children's Camp

### Thursday, June 13

6:30 pm Opening Ceremony

(Meditation) Tantric Shelter
Join us as we start 3HO's Solstice Sadhana Celebration!

8:15 pm Evening Gong - Dr. Haridass Kaur

(Meditation) Tantric Shelter
Relax to the healing sound of the gong.

### Friday, June 14

#### 6:30 - 8:00 am

### Light & Dark: Navigating Difficulty - Shabad Atma Kaur

(Kundalini Yoga and Meditation) Prem Tent

In Kundalini, you tap into your strengths to uplift yourself. How do you navigate hard times when "living light" doesn't seem possible? Once you understand you are a spirit having a human experience on this earth, you will know what it means to "be the light." You will understand all that life is offering you. Join in this class to illuminate the path to find your way to peace, even in the midst of darkness.

#### Create a Radiant Presence - Dr. Krishna Kaur

(Lecture/Discussion) Shanti Tent

BE THE LIGHT! Learn meditations and techniques to expand your radiance. Develop your personal prayer using a template based on Yogi Bhajan's prayers and key teachings on becoming radiant.

### Beauty from Within - Gianjot Kaur

(Meditation) Joti Tent

Bountiful, blissful and beautiful. It sounds so simple and yet creates such a ripple effect on our lives. To discover the full meaning of it for yourself and to embed it into your life, join us for the special workshop of "BeaBliBo." The class will include an applied discussion of psychology of beauty, astrological aspects, Kundalini Yoga and meditation and your transformation implemented in life.

### Projection, Performance & Presence - Dharam Dev Kaur Khalsa (Yoga and Meditation) Atma Tent

Are you a powerful woman in the workplace, balancing business and home life? How to balance being a decision-maker and a peace-keeper in both realms, cultivating intuition, 9-second decision-making, and self-confidence for efficacy. Awaken the passion and cultivate the drive to deliver directives that will make a difference for the next hundred years and beyond.

#### 7:15 - 8:15 am

Gurmukhi Series: Series of 5 Classes - Session #1 - Hari Dharam Kaur (Dharmic) Sikh Dharma Academy

Gurmukhi is the easy-to-learn phonetic language that allows you to accurately pronounce mantras and shabads (sacred songs), expanding your meditative experience. In this series, you will learn Gurmukhi

pronunciation basics and deepen your self-awareness through sacred sound current. This is a 5-part series that will build on the skills learned with each class but please join us when you can.

### Gatka Series: Sikh Martial Arts & Fitness for All - Session #1 - Mata Mandir Singh Khalsa (Dharmic) Sikh Dharma Academy

Gatka was called "Shakti Yoga" by Yogi Bhajan. It uses movement meditations to strengthen the magnetic field of the practitioner and emphasizes weapons rather than the fragile human hand to utilize in self-defense. It is ancient, practical, beautiful and fun. This is a series of classes but drop-ins are invited to any class.

### 10:15 - 11:45 am Be in the Light of Mind - Nirvair Singh Khalsa

(Kundalini Yoga and Meditation) Tantric Shelter

Yogi Bhajan was very clear in his teaching message. Be to be. Recognize your true Self and uplift others. That state of being is easy and fun when you have a strong foundation of practice and mental self discipline. This class will focus on a good physical workout, beautiful chanting and residing in the deep stillness of the mind.

### Unity Through Diversity: In Celebrating Our Differences We Become One - IKYTA Team & 3HO Anniversary Luminaries

(Lecture/Discussion) Prem Tent

We invite you to join your evolving kaleidoscope of fellow teachers for a morning of group practice, courageous conversation, authentic connection and inspiration. Come together in celebration of the vitality that our diversity affords us. As we take time to honor and share the potent stories of seva and wisdom from some of our 3HO 50th Anniversary Luminaries, we will tap into the richness of our differences and the importance of our unity, so that we are able to invoke the positive changes that the world craves at this pivotal moment in our history.

### Lighting Candles of Consciousness - Charanpal Kaur & Ghansham S (Naad/Chanting) Shanti Tent

"We chant mantras so that your souls may be ignited like candles. We walk in the light of this beauty." - Yogi Bhajan Countless candles can become lit from just one! When we gather and vibrate the sacred

### Friday, June 14

sound current, we become like lit candles, self-illuminated beings. Join Charanpal and Ghansham (AkalStars) and ignite yourself with the light of Consciousness.

### Living Beyond Fear - Guruka Singh Khalsa & Livtar Singh Khalsa (Meditation) Joti Tent

Using chanting and meditation we will explore the state of fearlessness and learn how to expand it in our own lives to include all circumstances and situations. We will learn the true purpose of our emotions and understand where fear comes from along with practical skills to remain centered in daily life.

### Aradhana: How to Stay Empowered - Gurutej Kaur Khalsa

(KundaliniYoga and Meditation) Atma Tent

It's how we live that counts -how we bring our true health and happiness into our moment-to-moment lives that gives us our Wholeness, our Holiness. For that we need a tool kit of interrupters. Ready for a tool kit that will get you to interrupt patterns and habits that don't serve you? If you are ready for lasting empowerment, then join us, love.

### The Light of the Sound Current - Hari Dharam K & Hari Bhajan K (Dharmic) Sikh Dharma Academy

Come experience the light and power of the sound current for victory in your life. In this class, we will share music and stories of Guru Nanak as well as some simple tools to take home for well-being in the Aquarian Age. Presented by the Office of the Bhai Sahiba.

#### 12:15 pm Lunch with Luminaries

(Lecture/Discussion) Prem Tent

Children are the future. A strong theme among our 2019 Luminaries is service toward the next generation. In this discussion we will hear about the work they are doing in classrooms and youth groups around the world. Lunch will be served in the Prem Tent.

### 1:30 - 3:00 pm

Beyond Knowing - Krishna Kaur Khalsa

(Kundalini Yoga and Meditation) Tantric Shelter

We need a deep commitment, a longing to belong, an expansive kriya, and 31 minute meditation to give us the physical, mental and emotional capacity to enjoy every moment of life. Yogi Bhajan said: "The Blessing of Kundalini Yoga gives you what you call the delight of life." It gives you the capacity to fully experience each moment and penetrate through all resistance. Then darkness is removed and the Light is allowed to shine.... Let's Do it!

### Light of Peace, Light of the Soul - SatSantokh Khalsa

(Meditation) Prem Tent

The biorhythm of the energy can people become a little more light and less mean, angry, and competing with their dirt, nonsense and comparing themselves with others. "I went once to God and I said 'Show me something which doesn't compete. And He said stars.'" - YogiBhajan "Naanak vadaa aakheeai aapay jaanai aap." Nanak the greatest is he, he knows himself what he is doing. By much grace and our Kundalini meditation, we will connect and be the Light.

### The Art of Potential Living - Sadhana Singh

(Kundalini Yoga and Meditation) Shanti Tent

The human being is ontologically complete and perfect in itself. In order to uncoil his pontential within, he has to find a way to perceive the orientations of his consciousness, commit to them and translate them in actions. The values and the infinite possibilities within the being need virtues, discipline and consistency to be revealed in our character.

### Be Hu-man, Vibrate the Light - Dunja Mladenic

(Meditation) Joti Tent

The electromagnetic field of every human being vibrates with a specific frequency, which we can direct by our mind. Yogi Bhajan speaks about two frequencies that we have to respect if we want to live a happy and prosperous life. "When our thoughts are pure, and our words are honorable, and our actions are straightforward and truthful, we are producing mental light." - Yogi Bhajan

### Universal Light to Your Unique Soul - Hari Jiwan Singh Khalsa

(Meditation) Atma Tent

Light is a vibration. God is a vibration. This class will practice experiencing

### Friday, June 14

the vibratory transition of the light of God as it enters our human body and soul. Yoga, meditation, visualization, and education, which greatly aid the transition of God's light to our own, will be explored, understood, and experienced in depth. God and me, God's light and me, are one. Come experience it!

### Walking with Guru Nanak, Listening to his Songs Shabad Kaur & Shiva Singh

(Dharmic) Sikh Dharma Academy

Take a journey that brings to life Guru Nanak's times and teachings as we follow his historic Udasi travels and explore the beautiful Shabads they inspired. Through engaging stories and amazing maps of his travels, we'll immerse ourselves in Gurbani, capturing the essence of the love of Nanak.

#### 3:15 - 4:45 pm

### Awakened Human: Be the Lighthouse - Sunder Khalsa

(Meditation) Tantric Shelter

Diamond is coal transformed. To express and live that gem quality we need to recognize, release and transform the unresolved events in our life. Food, if not digested properly, eventually turns into poison. Similarly the unresolved events in our lives block our potential success. In this time together we will learn and practice the skills for the inner alchemy of lasting transformation. Then we can live healthy, happy, holy and be the lighthouse for others.

### Ek Ong Kaur - How to Live it? - Awtar Kaur Khalsa & Haridev Kaur (Lecture/Discussion) Prem Tent

The first few words of the Mul Mantra are important to us as Kundalini Yogis. How can we embody one-ness but not lose track of the beauty and value of our diverse identities - race, gender, sexual orientation, religion, national origin? In this class we will move, meditate and have an interactive discussion of how we are and could bring one-ness that appreciates diversity to our lives outside Summer Solstice.

### Light-Hearted Practice & Life - Simran Khalsa

(Healing) Shanti Tent

Being the light requires us to release our unnecessary tension. To bring lightness to your dark, broken and sad hearts, we will learn how to use our navel, the Bandhas & gravity to support our hearts lightening and opening. This new lightness will help

us in our meditations, yoga practice & posture. Using a Kundalini Kriya & meditation we will work to bring forth our true heart, allowing us to serve and Be the light!

### Lighting the Light: Together- Dr. Kartar Khalsa

(Kundalini Yoga and Meditation) Joti Tent

Doing pranayam, yoga and meditation to increase our light and then sharing it with others and the world using a healing circle. Be the light; Share the light!!

#### The Successful Leader Within You - Sahiba Kaur

(Kundalini Yoga and Meditation) Atma Tent

Your soul longs to share your potential and people want your light to inspire them to shine with you. You will experience the teachings of Yogi Bhajan about conscious leadership through kriyas, meditations and dialogue that help us take on responsibility to lead by example, to lead our own life without fear of huge positive impacts in our communities.

### A Short Journey into the Heart of Sikh Dharma - Mata Mandir Kaur and Others

(Dharmic) Sikh Dharma Academy

Sikh values and consciousness are universal. Guided by presenters from our renowned telecourse, expand your understanding of this Dharma and Guru Nanak's teachings. For newcomers, old-timers, and anyone interested. Bring questions and an open heart. Led by Mata Mandir Kaur with Ek Ong Kaar Kaur, Hari Dharam Kaur, Dr. Shamrang Singh, and Harijot Singh

#### Letters from Yogi Bhajan - Sat Jagat Singh

(Lecture/Discussion) Yogi Bhajan House

We wrote to our teacher, Yogi Bhajan, and he wrote back to guide, and encourage and counsel us. On this 50th anniversary of 3HO, many of his students are sharing his letters. They are a timeless source of wisdom for all, no matter who they are addressed to. Please come and bring your letters or the stories of your letters or just come to be inspired.

6:30 - 8:00 pm Concert - Aykanna (Naad/Chanting) Tantric Shelter

### Friday, June 14

Aykanna is a husband and wife musical duo known for their soulful, percussion driven music and wisdom teachings, which they present for audiences across the globe. Through their concerts, retreats and workshops, Sukhdev and Akahdahmah Jackson share their passion for Kundalini Yoga, sacred chant and healing.

#### Beginning Sat Nam Rasayan® - Hari Das Kaur

(Healing) Prem Tent

Sat Nam Rasayan® is an extraordinary spiritual form of healing, using awareness as the only tool. In this beginning class, you will be introduced to the process of entering into a deep meditative state and at the same time learn how to heal and relieve the suffering of others. Reality has no limits, only self-imposed limitation, which you learn to dispel with Sat Nam Rasayan®.

### **Universal 12-Step Meeting**

(Lecture/Discussion) Joti Tent
A meeting for people from all 12-step traditions.

### **Rainbow Sangat**

(Lecture/Discussion) Shanti Tent
A gathering for all members of the LGBTQIA community.

### **Connect with Your Solstice Community**

(Lecture/Discussion) Atma Tent

Share your experiences with Solstice peers. Beginners welcome.

### Kirtan, Guru Story and Kirtan Sohila

(Dharmic) Sikh Dharma Academy

6:30 - Stories of the Guru's

6:45 - Gurbani Kirtan - Experience the divine sounds of the Holy Naam.

7:45 - Kirtan Sohila

### **Evening Gong - Sunder Khalsa**

(Healing) Prem Tent

Relax with the healing sound of the gong.

### Saturday, June 15

#### 6:00 am

#### Asa di Vaar - Chardi Kala Jatha

(Dharmic) Tantric Shelter

Asa Di Vaar, "Ballad of Hope," is sung in a specific musical style congruent with the early morning, thereby harmonizing sound and nature. It is a compilation of verses that instill resilience and resolve in us, as spiritual warriors of our time.

#### 7:15 am

### Gurmukhi Series: Series of 5 Classes - Session #2 - Hari Dharam Kaur (Dharmic) Sikh Dharma Academy

Gurmukhi is the easy-to-learn phonetic language that allows you to accurately pronounce mantras and shabads (sacred songs), expanding your meditative experience. In this series, you will learn Gurmukhi pronunciation basics and deepen your self-awareness through sacred sound current. This is a 5-part series that will build on the skills learned with each class but please join us when you can.

### Gatka Series: Sikh Martial Arts & Fitness for All - Session #2 - Mata Mandir Singh Khalsa (Dharmic) Sikh Dharma Academy

Gatka was called "Shakti Yoga" by Yogi Bhajan. It uses movement meditations to strengthen the magnetic field of the practitioner and emphasizes weapons rather than the fragile human hand to utilize in self-defense. It is ancient, practical, beautiful and fun. This is a series of classes but drop-ins are invited to any class.

### 7:30 am - 7:30 pm

### **Chanting for Peace: Sat Narayan Mantra**

(Naad/Chanting) Atma Tent

We will harness the group energy of Peace Prayer Day to manifest Peace and stop the drums of war. The mantra Sat Narayan Wahe Guru Hari Narayan Sat Nam creates inner peace so one projects outer peace, happiness and good fortune. This mantra will be chanted continuously for 12 hours 7:30am-7:30 pm.

#### 10:15 am

### **Peace Prayer Day - Various Presenters**

(Naad/Chanting) Tantric Shelter

Join us as we honor people and organizations in our community for their good work in the world, and set our intentions for the Healing Peace Prayer Day Walk.

### Saturday, June 15

#### 2:10 pm

### Peace Prayer Day Guest of Honor - Fania Davis

(Lecture/Discussion) Tantric Shelter Fania Davis is a leading national voice on restorative justice, a quickly emerging field which invites a fundamental shift in the way we think about and do justice. Restorative Justice is based on a desired set of principles and practices to mediate conflict, strengthen community and repair harm. She is a long-time social justice activist, Civil Rights trial attorney, restorative justice practitioner, writer, and scholar with a PhD in Indigenous Knowledge.

### 5:00 pm

#### Q & A with Fania Davis

(Lecture/Discussion) Sikh Dharma Academy

Come and ask your questions of Fania Davis, our featured speaker.

### 6:30 pm

### 3HO 50th Anniversay Music Celebration

(Naad/Chanting) Tantric Shelter

Celebrating 50 years of 3HO Music, stories and more. Join the Guru Ganesha Band with guest artists Livtar Singh, Guru Singh and Krishna Kaur. Come together to dance, sing and celebrate the first 50 years of 3HO and Kundalini music.

### Art of Knowing - Hargopal Kaur Khalsa

(Healing) Prem Tent

We have preconceptions. We make assumptions. We place conditions on what's okay. How can we truly know when beliefs and answers cloud our awareness? Through Sat Nam Rasayan® exercises we will empty ourselves of resistance to what is. Then what is, IS! And we enter through SNR® into the Art of Knowing.

### **Universal 12-Step Meeting**

(Lecture/Discussion) Joti Tent

A meeting for people from all 12-step traditions.

### **Evening Gong - Har Hari Singh Khalsa**

(Healing) Prem Tent

Relax with the healing sound of the gong.

#### 6:30 am

#### Unleash the Power of the 7th Rib - Gurushabd Khalsa

(Kundalini Yoga and Meditation) Prem Tent

Your 7th rib governs a meridian point which alters your breathing and allows you to command your energy flow. It can regenerate you and recreate you. We'll practice 2 short kriyas to free the 7th rib and unleash the power of spirit and praana. Experience who you really are. "I am just a spirit among other spirits and I will merge back into the Great Spirit from which we all came." - Yogi Bhajan

### Loving the Fire: Heat into Light - Dr. ShamRang

(Meditation) Shanti Tent

People try to cool Fire when it appears as judgment, frustration, anger, and other inflammations of mind and even body. Or we may argue with reality, this friction creating even more heat. Instead of diminishing or resisting Fire, we can learn to work with it to generate more light. With Trishula Kriya and guided meditation, come learn to connect frustration to Divine Love, transmute heat into light, and illuminate underlying intelligence.

### Art of Flourishing - Raghubir Kaur Khalsa

(Kundalini Yoga and Meditation) Joti Tent

Based on Yogi Bhajan's Law of Creativity - To Conceive, Flourish and Deliver, this class celebrates the stage when implanted ideas start to grow and bear fruit! Creativity is both your essence and your projection -yet many of us stand in the way of our own divine nature. Just like with a rose that goes from bud to flower, we need to metabolize our energy so that we can blossom creatively.

### Clear the Past & Reclaim Your Light: Women's Circle - Siri Sat

(Women's/Men's Teachings) Atma Tent

In the magical land of Ram Das Puri, the light can clear the darkness and emotional debris of your past relationships as you recharge your arcline and reclaim your shakti essence in the sacred presence of your sisters. Retrieve your purity, strength, and light.

#### 7:15 am

Gurmukhi Series: Series of 5 Classes - Session #3 - Hari Dharam Kaur (Dharmic) Sikh Dharma Academy

Gurmukhi is the easy-to-learn phonetic language that allows you to

### Sunday, June 16

accurately pronounce mantras and shabads (sacred songs), expanding your meditative experience. In this series, you will learn Gurmukhi pronunciation basics and deepen your self-awareness through sacred sound current. This is a 5-part series that will build on the skills learned with each class but please join us when you can.

### Gatka Series: Sikh Martial Arts & Fitness for All - Session #3 - Mata Mandir Singh Khalsa (Dharmic) Sikh Dharma Academy

Gatka was called "Shakti Yoga" by Yogi Bhajan. It uses movement meditations to strengthen the magnetic field of the practitioner and emphasizes weapons rather than the fragile human hand to utilize in self-defense. It is ancient, practical, beautiful and fun. This is a series of classes but drop-ins are invited to any class.

#### 10:15 am

#### Celestial Communication - Adarsh Kaur

(Movement) Prem Tent

Celestial Communication with live music by Hansu Jot. In this workshop, you will release the patterns of tension in your body and mind as you use your arms and hands to express your original and angelic self. Through your movement, you create a vibration to shape the world you envision from within. This is the authentic story of the soul and in this sacred dance, your body and your life will become a living prayer.

### The Medicine of Mantra Jap - Dharam Rose

(Naad/Chanting) Shanti Tent

The healing properties of chanting and singing have long been used by numerous cultures over the millennia. Known for their ability to physiologically transform the chanter, typically through the nervous and endocrine systems, a healing is often the result, be it from traumas occurring in present or previous lifetimes. Light yoga followed by deep chanting will be the path of our exploration.

### Conquer Your Mind, Conquer the World - GuruSajjan

(Kundalini Yoga and Meditation) Joti Tent

"A relaxed mind is a creative mind and a creative mind is a relaxed mind and only a relaxed mind can become a one-pointed mind, and a one-pointed mind is the most wonderful mind: it is the most powerful, it can do anything." Yoga Bhajan. This class will clear your emotional fatigue and deliver you to your power, your clarity, your creativity and

your prosperity. (Fatigue Buster Kriya and Bring Prosperity to Your Life Meditation)

### Connecting to the Guru - Pritpal Singh

(Yoga and Meditation) Atma Tent

Connect to the infinite, divine energy of the Guru, that which takes you from darkness to light. Learn about the history, language and practical use of this sacred energy in everyday life. Learn to identify the subtle ways Guru guides us on our path of consciousness. Open an intimate dialogue with the living Guru of the Sikhs, the Siri Guru Granth Sahib.

### La Puerta Del Guru (for Spanish-speakers) - Hari Dharam Kaur

(Lecture/Discussion) Sikh Dharma Academy

¿Qué es el Gurú y como experimentarlo dentro de mí? En esta clase, hablamos de la ceremonia de Gurdwara como forma de realizar al Gurú mediante resonancia con el Siri Gurú Granth Sahib. Esta clase nos prepara para asistir al Gurdwara con comprensión y conexión más profundas

### 1:30 pm

### Live Light - Live in Peace - Mahan Rishi Khalsa

(Kundalini Yoga & Meditation) Prem Tent

The inner journey of consciousness provides us with the opportunity to lay down our psychic burden and reconnect with the ever present spaciousness of heart and soul. Through this class we will reawaken our essential nature, allowing for our intrinsic clear vision and luminous nature to have a brighter perspective of life and full presence of being. Soul contentment + Self-love = Inner Peace.

### Trauma to Dharma - Azita Nahai PhD

(Healing) Shanti Tent

Trauma comes in all shapes and sizes and it leaves its residue in our mind, body, and soul. A domestic abuse survivor-turned-thriver, Dr. Azita Nahai shares her evidence-based approach to transforming your pain into purpose. This workshop offers a deep exploration of the 6 hallmark principles of the Trauma to Dharma™ program. These principles serve as a guide that will change the way you relate to your pain, and awaken you to your dharma.

### Sunday, June 16

### The Mantra Choir Experience - Kehar Kaur & Sangeet Kaur

(Naad/Chanting) Joti Tent

Befriend the loving and healing power of your own voice and join with your brothers and sisters to vibrate, sing and pray in divine harmony! When we sing in harmony, we joyously experience the states of individual, group and universal consciousness simultaneously. Experience your own voice, blending with the voices of others in harmonic and melodic unison, to touch the Divine through mantra and prayer. Come sing with us!

### LGBTQ Leadership Lighting the Way - DukhNiwaran Kaur

Lecture/Discussion) Atma Tent

Our unique voices and presence can bring light into the darkest places. Learning from Yogi Bhajan's teachings about yogic spirituality and successful living, this class deepens LGBTQ leadership capacities. Be prepared to meditate and expand into your divinity to spread the light as beautiful, LGBTQ Kundalini Yogis.

### Thinking about taking Sikh Vows or taking Amrit? - Amar Atma Singh (Lecture/Discussion) Sikh Dharma Academy

Prepared to take Sikh Vows or Amrit? This class will introduce the concept of Sikh Vows. This class will also introduce the Panj Piaray and the details you need to be prepared for the Saturday morning's Amrit Sanchaar.

### 3:15 pm

### You're a Prophecy of the Luminaries - Guru Singh

(Kundalini Yoga & Meditation) Tantric Shelter

Everything that has "manifested" (the festival of mana) is a vibration including you and every vibration is a sound. When sound vibrations increase their frequencies exponentially, they become light. Our task is to take the common sounds of human thought and communication and raise their vibration to the frequencies of light - to be the luminaries. This illuminating talent will be achieved in this class - to be light - to be enlightened.

### The River of Kriya - Bhagat Singh (Tommy Rosen)

(Kundalini Yoga & Meditation) Prem Tent

To take an action that is complete, which leads to your personal and spiritual development is to step in The River of Kriya. This river never stops flowing. It is accessible from within time and space, but also offers

a bridge to the experience of the beyond. Come bathe in The River of Kriya. Commit with love and devotion to the unfolding of your Soul's journey. We will practice kriya, meditate, chant and sing.

### Awakening from the Trances We Live - Kartar Khalsa

(Kundalini Yoga & Meditation) Shanti Tent

Trances are old hidden hypnotic programs drawing us into areas that feel muddled, places where we get confused and leave ourselves short. They're energetic remnants of often long forgotten personal trauma or conditioning. We'll use a kriya that Yogi Bhajan led in December, 1988. Come to release these difficulties and handicaps with a full heart and the absolute power of self-totality.

#### Befriending Your Soul - Sat Siri Kaur

(Kundalini Yoga & Meditation) Joti Tent

We come to this planet for the gift of a human incarnation. Our soul wanted to be here, to deliver its mission and share its gifts. We can get so caught in the drama and trauma that we forget "To be, To Be" as Yogi Bhajan said. We will drop the burden of the past from our hearts and minds, basking in the beauty of our own soul. This is our destiny and true nature.

### Meaning, Purpose, Mission - Hari Nam Singh Khalsa

(Lecture/Discussion) Atma Tent

We will explore from a yogic and dharmic perspective the most profound questions that every human being will have to eventually deal with: Who am I? What is the purpose of life? What was I personally born to do in this lifetime? Surprisingly, the answers to these questions are not overwhelmingly complicated and in a relatively short amount of time, any person can begin dedicating his or her time and energy towards attaining personal destiny.

### Sikh Dharma Ministers Gathering (for SD Ministers and others interested) (Lecture/Discussion) Sikh Dharma Academy

Experience yourself in community with other Sikh Dharma Ministers at our Summer Solstice Minister Gathering. Together we will elevate, identify, communicate, educate, create, and explore our connection as a global Sikh Dharma Ministry. Facilitated by SS Dr. Sat Kaur Khalsa, Secretary of Religion and SS Dr. Shanti Shanti Kaur Khalsa, Assistant Secretary of Religion.

### Sunday, June 16

### Morning Sadhana Support Group - Jot Singh Khalsa

(Lecture/Discussion) Atma Tent

Come learn to support one another for the practice of Morning Sadhana.

### 5:15 pm

### Guru Nanak and the Yogis - Shanti Kaur

(Lecture/Discussion) Sikh Dharma Academy

Stories of Guru Nanak and his relationship with the Yogic tradition of his time. His advice to the Yogis in Japji Sahib, the Sidh Gosht and other documents.

### 6:30 pm

### 3HO's 50th Celebration with the Luminaries

(Entertainment) Tantric Shelter

Come help 3HO celebrate its 50th Anniversary and the 50th Summer Solstice! Our Luminaries are teachers and leaders of the 3HO community from around the globe, come meet them and enjoy a fun evening.

### Sat Nam Rasayan and the Meditative Mind - Nanak Nihal Singh Khalsa (Healing) Prem Tent

Kundalini Yoga and meditation and Sat Nam Rasayan® are exquisite partners. Both are based on awareness; both develop the Meditative Mind. Through meditation, we develop the Meditative Mind to live a more conscious life. In Sat Nam Rasayan®, we use the Meditative Mind to serve another through healing. If you meditate, you can do Sat Nam Rasayan®. Take the next step in this class.

### **Connect with Your Solstice Community**

(Lecture/Discussion) Atma Tent

Share your experiences with Solstice peers. Beginners welcome.

#### Kirtan, Guru Story and Kirtan Sohila

(Dharmic) Sikh Dharma Academy

6:30 - Stories of the Guru's

6:45 - Gurbani Kirtan - Experience the divine sounds of the Holy Naam.

7:45 - Kirtan Sohila

### Sun-Mon, June 16-17

### Miri Piri Academy Celebration and Graduation

#### Española Ashram

We invite all Solstice participants to help us honor and celebrate our Class of 2019 and to get a taste of the Miri Piri Academy spirit through student speeches, presentations of live music, dance and a Gatka demonstration. Learn more about Miri Piri Academy at www.miripiriacademy.org.

### **Evening Gong - Dharam Singh**

(Healing) Prem Tent

Relax with the healing sound of the gong.

### Monday, June 17

#### 6:30 am

### **Trillions and Trillions - Guru Jagat**

(Kundalini Yoga and Meditation) Prem Tent

Magnify the quality and the caliber of your radiance and radiant body. As the sun reaches its apex of energy on Earth in the Northern Hemisphere, accelerate the speed and brightness of your destiny and become like "trillions and trillions and trillions of lighthouses like the sun." - Yogi Bhajan

#### When Your Practice Doesn't Cut It - Anand Kaur

(Kundalini Yoga & Meditation) Shanti Tent

When we first dive into Kundalini Yoga, it can feel like a love affaireverything is shiny and new. Our senses are heightened and we feel alive like never before. But what happens when our practice becomes dull, it just doesn't have the same spark it once did. We 'know' that the technology works, yet anxiety and boredom have creeped back in. Come move your body and re-connect to your soul and invigorate yourself.

#### The Quantum Leap - Charandev Khalsa

(Kundalini Yoga and Meditation) Joti Tent

"All neurological forms which are going to change because of the mega information syndrome can be recognized and reorganized and a person can be happy, healthy, and holy in his own right." Yogi Bhajan. We will activate the nervous and glandular systems then expand the aura with mantra to connect to a greater energy field.

### We are Spirit, Not Our Addiction - Nirmal Singh

(Women's/Men's Teachings) Atma Tent

### Monday, June 17

We are spiritual beings having a human experience, not the other way around. The tragedy is we identify with our personality, which we created to cope with this human life, chosen on a soul level, in order to learn life lessons. These include our habitual patterns or addictions which did serve their purpose! This workshop will help re-connect us with our "light," our spiritual essence, as a means to move beyond addiction.

#### 7:15 am

### Gurmukhi Series: Series of 5 Classes - Session #4 - Hari Dharam Kaur (Dharmic) Sikh Dharma Academy

Gurmukhi is the easy-to-learn phonetic language that allows you to accurately pronounce mantras and shabads (sacred songs), expanding your meditative experience. In this series, you will learn Gurmukhi pronunciation basics and deepen your self-awareness through sacred sound current. This is a 5-part series that will build on the skills learned with each class but please join us when you can.

### Gatka Series: Sikh Martial Arts & Fitness for All - Session #4 - Mata Mandir Singh Khalsa (Dharmic) Sikh Dharma Academy

Gatka was called "Shakti Yoga" by Yogi Bhajan. It uses movement meditations to strengthen the magnetic field of the practitioner and emphasizes weapons rather than the fragile human hand to utilize in self-defense. It is ancient, practical, beautiful and fun. This is a series of classes but drop-ins are invited to any class.

#### 10:15 am

### Entering the Sublime - Jai Dev Singh & Live Music w/Simrit

(Kundalini Yoga & Meditation) Tantric Shelter

It is the mystic journey of every human being to arouse the sublime experience from deep within the center of their existence. Pleasures and pains are easy to come by. Ups and downs will forever continue. The sublime bliss of dharma, that which transcends both pleasures and pains, is the ultimate treasure of human life. Through powerful yogic exercises, transporting meditation, and the riveting music of Simrit, we will lift-off into the sublime dharma realm.

### Accessing Your Radiant Body - Nam Hari Kaur (Kia Miller)

(Kundalini Yoga & Meditation) Prem Tent

To be a lighthouse, to serve, to live extraordinary lives, we must build our

magnetism and radiance. This is an expression of awakened Kundalini Shakti. Come and initiate yourself into the next level of mastery where you begin to truly live for, and serve, the One in all.

### **Unlocking Your Light Within - Sangeet Kaur Khalsa**

(Lecture/Discussion) Shanti Tent

Light prevails through all our 10 energy bodies. Come learn how to unlock that light, one "body" at a time. Based on your personal Numerology Chart, Master Numerologist & KRI Senior Trainer Sangeet Kaur Khalsa will take you on an unforgettable journey to the Heart of the Light Soul that is You! You'll learn to spot and release blocks, power through darkness, rise up with joy. She'll give key remedies using kriyas, pranayam & meditations.

### 8 Yogi Bhajan Quotes that Will Change Your Life - Santokh Khalsa (Meditation) Joti Tent

Learn and discuss 8 of Yogi Bhajan's quotes followed by an 11 minute meditation that supports the wisdom behind each quote. If class is less time, I will give everyone the notes for all 8 and meditations for a shorter time. We have lots of classes on the techniques of Kundalini Yoga. This is a class on the philosophy of Yogi Bhajan.

### **Experience & Crystallize the Self - Fatehjot Kaur**

(Women's/Men's Teachings) Atma Tent

Meditation Series to Experience and Crystallize the Self. Brief warm up, meditation and gong relaxation for all levels. Heal and open the heart; increase intuition, awareness and wisdom of the Self: move into a more mature state of consciousness that allows us to be the humans we're capable of being

How to Tie an Amazing Turban for Women and Men - Sada Bahar Kaur (Lecture/Discussion) Sikh Dharma Academy
Turban tying lessons.

### Being a Yogi Parent - GuruSurya Kaur

(Lecture/Discussion) Children's Camp

Children are different moment to moment, day to day, at different ages, and from each other. Regardless of whose children or how they may have been raised, we depend on our yoga and meditation practice to teach

### Monday, June 17

us flexibility, self-awareness, creativity, strength, courage, sensitivity, grit, humor, compassion and more all qualities required in parenting. We can use these skills with our children, step-children, grown children, other people's children and each other.

#### 1:30 pm

### The Radiant Luminosity of Sat Nam Rasayan® - Gurudev Singh (Kundalini Yoga & Meditation) Tantric Shelter

The Radiant Body is the medium of projection. It is the luminosity that embodies nobility, grace, power and leadership. When the Radiant Body is depleted, we feel we have to do everything, and we grasp for some security. When the Radiant Body is functioning properly our presence communicates contentment, containment, completeness and consciousness. This class will teach us how to heal, repair, build and expand the Radiant Body in ourselves and others.

#### Resurrect into Light at Ram Das Puri - Guru Dharam

(Kundalini Yoga & Meditation) Prem Tent

Honor the Guardians: receive the blessings of this sacred and by offering practice to its Guardians. This profound journey into the realm of light will awaken, heal and illuminate your spirit body. Ram Das Puri has hosted devotees for millennia and we are the latest of a long lineage of people who recognize its power and uniqueness. Come one come all and celebrate the One in All and the All in One.

### Social Justice & Spiritual Practice - Ravi Kaur

(Lecture/Discussion) Shanti Tent

Yogi Bhajan introduced us to willpower which decades of scientific research indicates is central to human excellence. He taught us to develop willpower to sustain our sadhana, to practice in the amrit vela and to realize ourselves as Aquarian Teachers. Yoga with no willpower is like a spiritual practice that excludes social justice. This workshop explores how developing our SOUL WILL creates the capacity to stand as spiritual warriors, to serve, and spread the light.

### Yogic Science: Recalibrate the Brain - Mukta Kaur Khalsa

(Meditation) Joti Tent

SuperHealth is a cutting edge behavioral health recovery protocol focusing on the yogic science of breaking habits & addictions. It's based on Kundalini Yoga, meditation, and nutrition to achieve self-

control by developing the frontal lobe and the hypothalamus. Clear the subconscious, recalibrate addictive patterning, and gain the psychological edge necessary to remain calm and non-reactive.

#### Your Mantra Toolbox - Satkirin Kaur Khalsa

(Women's/Men's Teachings) Atma Tent

This Mantra Workshop is to give you the basic tools of effective pronunciation of Kundalini Yoga Mantra's. We will focus upon how to pronounce the Mantras and why this is important. Allow yourself to gain mastery & confidence in teaching meditation as well as performing. For all levels.

#### Guru Nanak: I See No Stranger - Awtar Kaur

(Lecture/Discussion) Sikh Dharma Academy

Sikhs of Eastern and Western origin share one Dharma. How comfortable are we together? Do we avoid cross-cultural situations where we are unsure of etiquette, language, expectations or biases? We'll dialog in pairs and small groups. No one will be tasked with representing their entire culture. Consider inviting a friend.

### Conscious Pregnancy and Childbirth - Birthing the Aquarian Age - Davi Kaur

(Lecture/Discussion) Children's Camp

Full spectrum class on consciously birthing into this new Aquarian Consciousness. Based on the teachings on pregnancy and birthing from Yogi Bhajan. The class will include preparing for a conscious conception, 120th day, prenatal preparation for birth, childbirth, including birthing at home and preparation for motherhood and the 40 days postpartum: The birth of a child and a mother.

### 3:15 pm

### Relationship of Gong & Rebirthing - Gurushabd Khalsa

(Kundalini Yoga & Meditation) Prem Tent

The way Yogi Bhajan used the gong in rebirthing and mind meditation classes had a metrology to it. Let's look at what he said and did in a few of these classes and experience it on ourselves in this class.

### Healing our Relationship w/Gravity - GuruPrem Khalsa

(Healing) Shanti Tent

Using Kundalini asanas, learn to apply Bandhas to build correct

### Monday, June 17

internal alignment. This leads to greater ease in your yoga practice, better posture and more comfortable sitting positions, setting you for deeper meditation. Develop better energy flow in your nervous system, circulatory system and subtle energy channels. Learning to sit with ease is great for before White Tantric Yoga. Class includes musical meditation.

### Reclaiming Innocence - Shabad Kaur Khalsa

(Healing) Joti Tent

Trauma resides in the body, mind, and spirit, and yogic perspective views these aspects as being deeply interconnected. When sexual abuse occurs, Kundalini Yoga techniques can offer comprehensive healing through 'reclaiming' of the innocent, pre-traumatized self. In the wake of the #MeToo and Time's Up movements, more awareness creates the need for a wider repertoire of self-healing responses to survivors' experiences.

### The Yoga of Intersectionality - Gurumukh Mark Harris (Healing) Atma Tent

Yogi Bhajan inspired African-American Kundalini Yogis to see access to yoga as a civil rights issue, getting it to those who need it most. The Yoga of Intersectionality was one result. Intersectionality is where multiple systems of discrimination and ism's, intersect and interact. On the yoga mat we can use Triple Kriya, to build resilience. Off the mat we culturally recover, evolve and transform through layers of CRASH (Classism, Racism, Addiction, Sexism, Heterosexism, etc).

### Medical Science & Research on Yoga - Sat Bir Khalsa

(Lecture/Discussion) Yogi Bhajan House

This workshop will present an overview of the history and breadth of biomedical yoga research, with special attention to Kundalini Yoga. We will review the value and implications of this research for society and in modern healthcare, and its usefulness in promoting and marketing yoga classes, communicating the benefits to yoga students, and in convincing administrators in schools, fitness centers, healthcare centers and other institutions to incorporate yoga classes.

### The 5 Khands of Japji Sahib - Realms of Spiritual Advancement - Satkirin Kaur

### (Dharmic) Sikh Dharma Academy

When Guru Nanak Dev ji received Jal (water) Samadhi, his experience gave us Japji Sahib. In Pauree 34 through 37 of Japji Guru Nanak described the 5 Khands. We will explore what they are and how we can advance to realize these elements of spiritual mastery.

#### 5:00 pm

### Y.O.G.A. for Youth Information Meeting

(Healing) Atma Tent

Learn more about Y.O.G.A. for Youth including becoming a certified Y.O.G.A. for Youth teacher. Led by Krishna Kaur and Keval Kaur Khalsa

### 5:15 pm

### Guru Nanak and Mardana: Their Travels and Music Together - Mata Mandir Singh

(Dharmic) Sikh Dharma Academy

We will tell stories of Guru Nanak's travels and some of the interesting interactions he had, as well as play kirtan on the Rabab, the instrument Mardana played. We will also discuss the design and qualities of the Rabab. (It has a very "Yogic" design and contains the essence of Indian music.)

### Sat Nam Rasayan: Resonance - Siri Simran Kaur Khalsa

(Kundalini Yoga & Meditation) Prem Tent

Kundalini Yoga/Meditation and Sat Nam Rasayan® are exquisite partners. Both are based on awareness; both develop the Meditative Mind. Through meditation, we develop the Meditative Mind to live a more conscious life. In Sat Nam Rasayan®, we use the Meditative Mind to serve another through healing. If you meditate, you can do Sat Nam Rasayan®. Take the next step in this class.

### Embodying the 12-Steps - Surinderjot Kaur & Chandra Kirin Kaur (Healing) Joti Tent

Embodying the 12 Steps is a project created by Kundalini Yoga teachers in recovery from addiction. Come explore the healing potential of combining the 12 Steps of recovery with Kundalini Yoga. The workshop is for everyone interested in personal recovery or supporting others to

### Monday, June 17

heal from addiction. The presenters recently completed a workbook that includes Kundalini Yoga practices for each of the 12 Steps. This workshop includes a kriya, meditation, and time for sharing.

#### **Rainbow Sangat**

(Lecture/Discussion) Shanti Tent

A gathering for all members of the LGBTQIA community.

#### **Connect with Your Solstice Community**

(Lecture/Discussion) Atma Tent

Share your experiences with Solstice peers. Beginners welcome.

#### Kirtan, Guru Story and Kirtan Sohila

(Dharmic) Sikh Dharma Academy

6:30 - Stories of the Guru's

6:45 - Gurbani Kirtan - Experience the divine sounds of the Holy Naam.

7:45 - Kirtan Sohila

#### 6:30 pm

### 3HO 50th Anniversay Music Celebration

(Naad/Chanting) Tantric Shelter

From then until Now. A celebration of 3HO music, stories and more. Join Snatam, Simrit and other great musicians along with the Guru Ganesha Band for another great night of 3HO Kundalini music and celebration.

### 7:00 pm

### White Tantric Yoga Monitor Orientation

Yogi Bhajan House

A meeting and ongoing training for anyone who plans on monitoring during White Tantric Yoga®. This is a required meeting for all those wanting to monitor. Get your dinner early and bring it to the Yogi Bhajan House!

#### 8:15 pm

### **Evening Gong - Jai Gopal Singh**

(Healing) Prem Tent

Relax with the healing sound of the gong.

# WHITE TANTRIC YOGA ® Tues. 18th, Wed. 19th, Thurs. 20th

WHITE TANTRIC YOGA ® Tues. 18th, Wed. 19th, Thurs. 20th

### Wednesday, June 19th

8:30 am White Tantric Yoga

(Meditation) Tantric Shelter

6:30 pm

**Univeral 12-Step Meeting** 

(Lecture/Discussion) Joti Tent

A meeting for people from all 12-step traditions.

**Rainbow Sangat** 

(Lecture/Discussion) Shanti Tent

A gathering for all members of the LGBTQIA community.

6:30 pm

**Evening Kirtan** 

(Dharmic) Sikh Dharma Academy

Stories of the Gurus - 6:30

Gurbani Kirtan 6:45 Experience the divine sounds of the Holy Naam. Kirtan Sohila recitation at 7:45.

### Tuesday, June 18th

6:30 pm

Sat Nam Rasayan®: Dream State - Guru Mantra Singh, Meherbani Kaur

(Healing) Prem Tent

Examine and experience Dream State as a healing modality. You will learn to immerse yourself in a waking dream, and from that transcendent state of awareness, allow healing to happen. Dream State is the way of the shamans and curanderos.

8:15 pm

**Evening Gong - Jap Hari Kaur** 

(Healing) Prem Tent

Relax with the healing sound of the gong.

#### 6:30 pm

Sat Nam Rasayan®: Elements - Sadhu Singh

(Healing) Prem Tent

The 5 elements, also referred to as tattvas, (Earth, Water, Fire, Air, and Ether) are the basis of everything in the universe. The elements effect our state of mind, our body, and our lives. In the tradition of Sat Nam Rasayan®, the healer, using the projective meditative mind, is able to relate this cosmology to the healing event.

8:15 pm

**Evening Gong - Daya Prakash Kaur** 

(Healing) Prem Tent

Relax with the healing sound of the gong.

### Thursday, June 20th

6:30 pm

Sat Nam Rasayan®: Forms and Shapes - Kulmeet Kaur

(Healing) Prem Tent

Through our meditative projective mind, we will explore how common shapes and forms impact our awareness and how they can be used in healing. The introduction of a form into the healing relation can alter the perception of the relation and have a profound impact on the healing.

### Yogi Tea Cafe Open Mic & Yogi Bhajan Documentary Screening

(Entertainment) Tantric Shelter

Come and enjoy community music. Sign up to sing in the open mic with Hari Dass Kaur.

8:15 pm

**Evening Gong - Ram Kirin Singh** 

(Healing) Prem Tent

Relax with the healing sound of the gong.

### Friday, June 21

#### 6:30 am

#### Let Go & Let Gong - Shakta Kaur

(Kundalini Yoga & Meditation) Prem Tent

Heal yourself with the sounds of the gong! Release blocks, reduce tension and clear the mind during an extended gong deep relaxation. Become crystal clear as the gong's vibrations penetrates your neuroses, hang-ups and obsessions. Heal and remove karma with a beautiful chanting meditation so that you can truly live light, travel light, spread the light and be the light. Includes Kundalini Yoga, live music by Livtar Singh & friends and Shakta Kaur's clear guidance.

### The God Inside Outside - Angad Kaur Khalsa

(Healing) Shanti Tent

"Raising the kundalini is not the problem, letting her come down and sit is the problem." Yogi Bhajan taught that this makes us become spiritual for a few minutes and then we mess up again. The light of the spirit is in everything, everyone. We will work through meditation to relate to the God inside, stabilize, let the heavens descend and face the God outside.

### KY 50plus: Tools for Better Aging - Willem Mangala Singh (Healing) Joti Tent

Kundalini50plus is mainly developed for those who believe that they aren't able to do yoga. It helps them to perceive the aging process as a benefit, opening up to a transformation from sheer physicality to powerful wisdom and insight. Mangala is the author of several senior yoga books in German, English, French, Swedish, and Italian. The workshop is practice-oriented, fun and appeals to both the teacher willing to teach silver-agers and the yogi growing into age.

### Yoga Massage Workshop - Bachan Singh

(Healing) Atma Tent

In this class I will teach techniques of yoga massage and meditation as taught by Yogi Bhajan to Dr. Wahe Guru Singh.

#### 10:15 am

### As We Open our Hearts to the Sun - Gurumukh Kaur Khalsa & Waheguru Kaur

(Kundalini Yoga & Meditation) Tantric Shelter

We're in a time of a beautiful pattern of creative regeneration... staying centered in the heart, grounded in the earth, and open to the power of the Universe. The Sun's Energy is now at its highest, beaming vibrancy and radiance. Please join us for a profound experience focused on the Heart Center. Let your Heart become a Temple of God and Temple of Gold! By opening our hearts and minds, the way through everything emerges.

### Burn Negativity & Fear - Dr Haridass Kaur PhD

(Meditation) Prem Tent

Fiercely step into the fire and transform the negativity and fear. We live in habitual patterns and rarely have the strength to step into the unknown. Through a series of meditations, experience self reliance, self love and give yourself what you seek in others. Customize your daily affirmations to create new neural thought patterns to consciously live the best version of yourself. "Now is the time and the time is now" -Yogi Bhajan

### The Dark Side of the Emotional Moon - GuruMeher Khalsa (Healing) Shanti Tent

Emotions aren't good or bad but feeling makes us think so. Yogi Bhajan called emotions the senses of the soul. They bring information about blocks to your happiness. Emotions are not your problem, they arise when to help you solve problems. Learn to use upsets as catalysts for growth. In class we will use kriyas to explore the shadow of dark emotions, penetrate through them to gain their healing power, and find the light.

#### Kundalini Yoga from Beads of Truth - Mohinder Singh

(Kundalini Yoga & Meditation) Joti Tent

Back in 1969 Yogi Bhajan began teaching Kundalini Yoga in the West and the early publication of those Kriyas are found in The Beads of Truth. Experience the rare gifts that these teachings are.

### Kundalini Yoga & Crystal Healing - Aimee Bello

(Healing) Atma Tent

Yogi Bhajan shared that gemstones "can totally beam the entire sun energy the way they want it...They are powerful." Using the technology of crystals with Kundalini Yoga only amplifies your intentions and practice. Each student will receive a Crystal Quartz that will be used throughout the Kriya for Becoming Crystal Clear, magnifying the healing light within to continue shining brightly, as we integrate ourselves off the mountain into the world.

### Bringing Balance through Humility: the Gift of Guru Nanak - Snatam Kaur

(Lecture/Discussion) Sikh Dharma Academy

The 33rd Pauree of Japji, a sacred poem by Guru Nanak, destroys your ego and brings forth your divinity. It removes negativity, and neutralizes your destructive nature. There is nothing more grounding and balancing for these times. We'll explore and sing this Pauree together.

### Keeping it Light with Your Children - Rai Kaur Khalsa

(Lecture/Discussion) Children's Camp

Keeping your relationships with your children "light" is a huge challenge, from their infanthood right through to their adulthood. The relationships are intense, creating great pressure, capable of profound negative consequences. "Light" doesn't mean vacuous or superficial. This relationship is vastly important. If we recognize the value of keeping it light, if we consciously work to manifest that lightness in these relationships, if it eventually becomes a habit, the payoff is profound. Let's talk.

### 12:15 pm Lunch with Luminaries

(Lecture/Discussion) Atma Tent

The 3HO Luminaries program aims to recognize those who are bringing the technology of Kundalini Yoga to those who most need it, but have the least access to it. In this discussion we will hear from a selection of luminaries who are doing exactly that. Lunch will be in the Atma tent.

### Friday, June 21

#### 1:30 pm

### From Silence to Light: Soul Time - Guru Jodha Singh

(Kundalini Yoga & Meditation) Tantric Shelter

Your light is born out of the silence you keep. Your beauty is born out of the space you hold. Your consciousness is born out of your capacity to relate to All. The idea of effort on the spiritual path is often misunderstood. It is now time to stop trying and start being by learning to feel your soul and perceive yourself as a process of Consciousness itself.

### Mah Bound Lotus Healing - Mahan Kirn Khalsa

(Kundalini Yoga & Meditation) Prem Tent

Heal yourself and others with Bound Lotus. Learn how you can safely practice and perfect the most difficult kriya in Kundalini Yoga. We will explore how to use props and modifications to dive deep into Shuniya, or meditative silence. Experience how this posture can support you in healing yourself. We will also explore how you can heal others in aligning with one's unique life path or destiny.

### God in All - Karena Virginia & Nirinjan Kaur Khalsa

(Kundalni Yoga & Meditation) Shanti Tent

One of Yogi Bhajan's most well known quotes "It you don't see God in all, you won't see God at all," is timelessly true. One of the quickest ways to peace and joy is when we stop fighting our reality. The truth is that there is no separation between us and God. We are it. When we can truly begin to feel that, we can give ourselves and those we love our loving, authentic presence.

### The Conscious Man - Sopurkh Singh & Nirvair Singh

(Women's/Men's Teachings) Joti Tent

Most cultural stereotypes of a man don't allow for a complete realization of who we really are—or our potential. In this workshop with men only, we tap into new sources to access the greatest possibilities in our career, home life, and health. Using Kundalini Yoga and Meditation, we learn practical methods to realize our mental, spiritual, and physical potential so we can meet our personal goals in all aspects of life—from romance to prosperity.

### Light Bodies, Free Minds - Jap Singh Khalsa

(Movement) Atma Tent

Create a strong and healthy body and a radiant mind through the

discipline of dance and the practice of Naad yoga. We'll warm up the body with dance exercises of movement and coordination, enhancing flexibility and strength. Then we'll move to a practice of Asana to free up tension and open the flow of prana. We'll close with a sweet practice of Naad Yoga to liberate the mind.

### Guru Nanak: A Light to Illumine Spirit - Prabhu Nam Kaur

(Lecture/Discussion) Sikh Dharma Academy

"This class is on the shabad "Ghar Ghar Baabaa Poojee-ai," written by the poet Bhai Gurdas ji to describe Guru Nanak Dev ji's presence and impact on this earth. Guru Nanak was revered wherever he went and his presence was felt and remembered long after his departure. He reminded those he met of their origin in spirit, no matter the name of their religion. How he lived his life and the words he spoke encourage all of us, then and now, to know and live in our True Identity, Sat Naam. This class will include recitation and singing of the shabad to experience the depth of its sound current."

### Bringing the Light Home - Sat Darshan Kaur & Sat Darshan Singh

(Lecture/Discussion) Children's Camp

Part of the Solstice experience is bringing the light of Solstice home. This can mean different things for different people, especially for families with children. 'How do I cultivate the 3HO lifestyle within the home?' and 'What is important for parents and for children?' are important questions to consider when transitioning home from Solstice. Join us as we share our experience as parents, hear from others and explore ways to be steady in the presence of our children.

### 3:15 pm

### Creating Harmonious Relationships - Sukhdev & Akah Jackson (Naad/Chanting) Tantric Shelter

The new Millennium household is struggling with stress and overloaded with things to do. Fortunately, the solution is simple. We have been given yogic teachings to ready us to be a thriving Aquarian family. "What you relate to, that you shall be!" Yogi Bhajan. Explore mantras to carry you through stressful times into harmonious relationships with all your relations by knowing yourself as a frequency of the Infinite using the sacred sound current.

### Friday, June 21

### Love Like a Yogi - Simran Singh, Hansujot & Hari Bhajan

(Lecture/Discussion) Prem Tent

This class will explore the concept of loving ourselves as a foundation for being a Yogi (and loving others). It is structured as follows: Review love and self-love in relationship to each Chakra and the modern world, complete a set of five challenging meditations to experience self-love and forgiveness, close with a loving prayer. Live music by Hansujot Singh (Germany) and Hari Bhajan Kaur (Espanola) with a band will accompany the class.

### Create Brilliance: Enlighten Your Life and Banish Fear - Jot Singh Khalsa

(Kundalni Yoga & Meditation) Shanti Tent

How to create brilliance and gradually and steadily become enlightened in your life! What are the necessary components to enable this to happen for yourself now, and what steps you can take to insure it for the rest of your earthly visit? Yogi Bhajan afforded us cutting edge methodologies and suggested wise activities for us, to bring abundance, contentment, radiance, fearlessness and grace into our lives. We'll embrace some of those.

### Bring the Light: Race/Gender Equality - Dr. Japa Khalsa, Fatehpal Khalsa, Steph McCreary

(Meditation) Joti Tent

Racism/sexism causes suffering internally in our hearts and outwardly in society. Let's meditate and bring light to this. Activate our own hearts from within to bring healing. We have two outcomes: 1) Free ourselves from the oppression of a racist/sexist society. 2) Learn special meditations as tools to bring the flame of spiritual activism back to our homes and communities. Through light and love we awaken internally to peace & freedom for all.

### Mission, Magnitude, Manners - Tarn Taran Singh & Tarn Taran Kaur (Movement) Atma Tent

In 1972 Tarn Taran Singh and Tarn Taran Kaur arrived in Hamburg, Germany with only US\$500, not speaking German and a 2-year-old daughter. They were the first Kundalini Yoga teachers in the country.

Today Kundalini Yoga is the predominate yoga style in Germany with Aquarian Teacher Training programs in every major city. They will share how using the formula of "Mission, Magnitude & Manners" can make the impossible become possible. Plus meditation and music.

### Stories of Yogi Bhajan and 3HO - Dr. Alan Weiss

(Lecture/Discussion) Yogi Bhajan House

Stories about Yogi Bhajan shared by someone with extensive time with him. May include history of his spreading of the teachings in America, and throughout the world, history of Summer Solstice, White Tantric Yoga®, and personal anecdotes beyond every day reality. Topics based on interests of attendees.

#### Sat Nam: The Key to Infinity - Ram Das Singh

(Lecture/Discussion) Sikh Dharma Academy

Our soul lives in the breath and is manifested through mantra. In this class we will practice the words of Guru Nanak Dev Ji and Guru Ram Das Ji to experience the true self.

#### 5:00 pm

### The Conscious Man Circle - Sopurkh Singh Khalsa

(Men's Teachings) Prem Tent

Most cultural stereotypes of a man don't allow for a complete realization of who we really are—or our potential. In this workshop with men only, we tap into new sources to access the greatest possibilities in our career, home life, and health. Using Kundalini Yoga and Meditation, we learn practical methods to realize our mental, spiritual, and physical potential so we can meet our personal goals in all aspects of life—from romance to prosperity.

#### **Universal 12-Step Meeting**

(Lecture/Discussion) Joti Tent

A meeting for people from all 12-step traditions.

#### **Connect with Your Solstice Community**

(Lecture/Discussion) Atma Tent

Share your experiences with Solstice peers. Beginners welcome.

### 6:15 pm

### Friday, June 21

### **Rainbow Sangat**

(Lecture/Discussion) Shanti Tent
A gathering for all members of the LGBTQIA community.

### 6:30 pm

#### Ransabhai Kirtan

(Naad/Chanting) Tantric Shelter

During the last night of summer solstice you may choose to have the sublime experience of Ransabhai-all-night devotional music. Bring your sleeping bag or blanket and join the whole camp for this cozy and divine night. You may lie down or sit up and sing, listen, meditate.



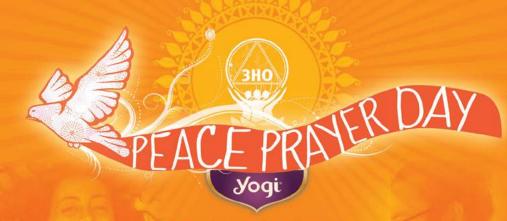


### 3HO LUMINARY PROGRAM

"LIVE LIGHT, TRAVEL LIGHT, SPREAD THE LIGHT, BE THE LIGHT." - YOGI BHAJAN

The 3HO Luminaries Program expands and deepens the mission of 3HO International to inspire people everywhere to realize their full potential through the uplifting experience of Kundalini Yoga. The program brings Kundalini Yogis doing extraordinary service in underserved communities to Summer Solstice to initiate connection, global collaboration, and the Kundalini experience of a lifetime. By honoring and serving these Luminaries, 3HO seeks to create lasting connections between teachers, encourage seva as the highest state of mind and spirit, and strengthen communities around the globe.

You can make a donation online at www.3HO50.org/give or at the 3HO Booth in the bazaar.



3HO Foundation and Yogi Tea Present

# Peace Prayer Day Schedule June 15, 2019

### A Day of Music, Prayer, and Recognition of Service

10:15 - 11:45 am Kundalini Yoga and Meditation: PEACEFUL WARRIOR SPIRIT - taught by Krishna Kaur

12:15-1:15 pm Lunch

1:30 pm Opening Music

1:50 pm Nakotah LaRance – World Hoop Dance Champion and Native American Actor

2:10 pm 2019 Guest of Honor - Fania Davis: A leading national voice on Restorative Justice, Long-time

social justice activist, Civil Rights attorney, writer and scholar with a PhD in Indigenous Knowledge

\* Schedule subject to change

3:15 pm Bhangra by Miri Piri Students

3:25 pm 3HO Luminaries and Yogi Presentation

4:05 pm Children's Peace Prayer 4:20 pm The Peace Runners

4:35 pm Sacred Healing Walk Blessing

4:45 pm Sacred Healing Walk 5:00 pm 0 & A with Fania Davis

5:15 - 6:15 pm Dinne

6:45 pm Celebrating Our 3HO Music - GuruGanesha Band and Guest in Concert

ALL DAY CHANTING FOR PEACE 7 AM TO 7 PM At a time when the world is going through massive changes and conflict, we will harness the group energy of Peace Prayer Day to manifest peace and stop the drums of war. We will chant the Sat Narayan mantra for 12 hours from 7:00 am to 7:00 pm. The mantra Sat Narayan, Wahe Guru, Hari Narayan Sat Nam is chanted to create inner peace so one can project outer peace, happiness, and good fortune. This mantra helps you "go with the flow" and takes you beyond the world to the experience of infinity.

Guru Ram Das Puri, 31 Mile Road, Hernandez, New Mexico | (00)1.505.629.0267 https://www.3ho.org/summer-solstice/travelstay/travel

For Information: www.3HO.org/peaceprayerday



### TEACHER CONFERENCE

at Summer Solstice 2019

Friday, June 14th, 2019 10:15am - 12:15pm - Prem Tent followed by lunch & special dessert together until 1:15pm

### **Unity Through Diversity**

In Celebrating Our Differences We Become One

With the IKYTA Team and 3HO 50th Anniversary Luminaries





We invite you to join your evolving kaleidoscope of fellow teachers for a morning of group practice, courageous conversation, authentic connection and inspiration, as we take time to honor and share the potent stories of seva and wisdom from some of our 3HO 50th Anniversary Luminaries

Travel back to your home community with the encouragement and **empowerment** to have an even greater impact. Joyfully share in this powerful and universal truth: it is through serving together as teachers that we drop the barriers of separation and truly live what we have been taught - demonstrating that what the world needs now more than ever are creative, innovative approaches to service, in order to address the prevailing complexities of our time.

www.ikyta.org

## Requesting A Spiritual Name

A spiritual name helps to elevate your energy through the power of its nadh (inner sound current), and through the divine essence of its meaning. It is your spiritual or soul identity. You Bhajan called it a Destiny Name. It challenges you to live in your highest consciousness. Making the choice to receive a spiritual name is a commitment and an opportunity to drop the past and create a radiant and expansive future.

To request a spiritual name, go to www.3ho/spiritual-names. Please contribute \$40 for each name requested to assure your own personal prosperity, as well as to support the Spiritual Names Office administrative costs.

### Ordering A Spiritual Name Destiny Card 9 beautiful designs to choose from...







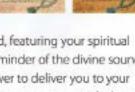












A Spiritual Name Destiny Card is a beautifully designed card, featuring your spiritual name and its essence meaning. It serves as an inspiring reminder of the divine sound current and meaning of your spiritual name. It has the power to deliver you to your highest destiny. Use it on your altar, as you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

Order your Spiritual Name Destiny Card at www.3ho.org/spiritual-names.

### The Sacred Healing Walk

The power of combining Peace Prayer Day and the Sacred Healing Walk has the potential to generate an incredible amount of healing energy.

The Sacred Healing Walk begins with a group blessing. You may give an offering at each of the three altars along the walk. (Please do not touch the offerings after they have been placed on the altars.)

The first altar begins the sacred walk ceremony. You can then remove your shoes (the path has been cleared so that you can walk barefoot on your heels comfortably), and dip your feet into a salt water-pool (a symbol of health and healing). It is okay to pass by others if you choose to walk faster. Please be courteous.

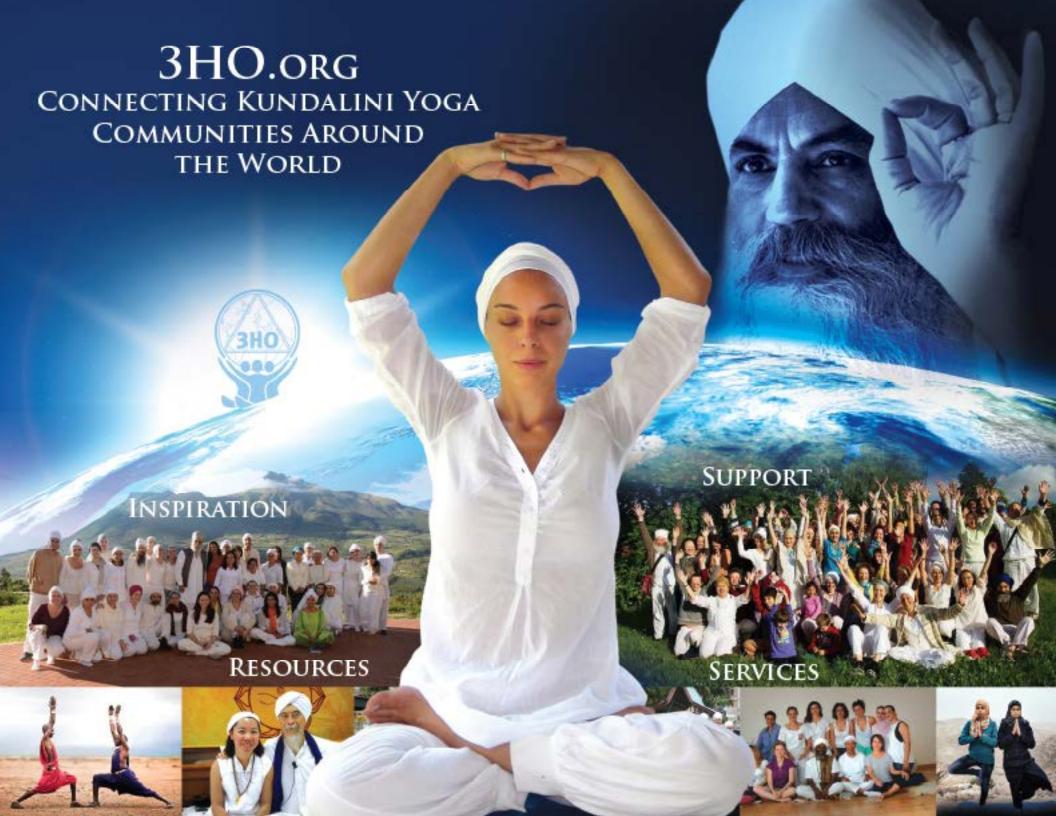
As you walk barefoot on your heels, the sound of drums and the power of the Sacred Healing Walk Song will create a melodic rhythm to help take you through a meditative healing experience. At the end of three and a half cycles of the spiral, your second offering may be placed at an altar in gratitude for the healing received during the walk. An additional offering can be given at the third altar to pray for harmony with each other and Mother Earth.

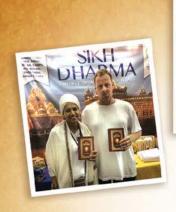


On the walk we recommend that you carry with you the following items for your personal comfort: a day-pack with your offerings, water bottle, sunscreen, lip gloss, bug repellent, sunglasses, head covering (hat, turban, scarf, etc.) and/or visor. You can carry your shoes during the walk in your day-pack. There are water stations available along the walk for your convenience.

Let us walk the ancient land in reverence, joy and prayer for universal peace.







FREE PROSPERITY

GIFTS





SIKH DHARMA

Visit the SDI booth at the solstice bazaar for products including:

Karas, Kirpans, Kangas, Kacheras, Nitnems, Japji and Prosperity Resources, Books, Turbans and Chunis









## WANT TO WEAR A TURBAN FOR THE FIRST TIME THIS SOLSTICE?

NOT SURE HOW TO TIE ONE?

NEED SOME TURBAN TYING TIPS?

VISIT THE SDI BOOTH ANYTIME AND WE WILL HELP!







We are celebrating the 550th anniversary of the birth of Guru Nanak at our SDI Academy tent at Summer Solstice this year. We are offering an exciting lineup of interesting classes focused around the life and teachings of this amazing spiritual teacher and visionary. More than 500 years later, his words and teachings are profoundly cherished by students of Kundalini yoga, Sikhs and others around the world. Guru Nanak's impact is stronger than ever, as within his words is the promise of spiritual awakening. We welcome you to join us for these wonderful classes to support your spiritual journey.

CLASSTITLE	INSTRUCTOR(S)
Gurumukhi Series of 5 classes: Beginner to Intermediate	Hari Dharam Kaur
Gatka Series of 5 classes: Sikh Martial Art & Fitness for all	Mata Mandir Singh
The Light of the Sound Current (Office of the Bhai Sahiba)	Hari Dharam Kaur with Hari Bhajan Kaur
Walking with Guru Nanak, Listening to His Songs	Shabad Kaur and Shiva Singh
A Short Journey into the Heart of Sikh Dharma	Mata Mandir Kaur and others
La Puerta Del Guru (for Spanish-speakers)	Hari Dharam Kaur
Finding Your Way to the Door of the Guru	Pritpal Singh
Thinking about taking Sikh Vows or taking Amrit?	Amar Atma Singh
Sikh Dharma Ministers' Gathering	Dr. Sat Kaur & Dr. Shanti
Guru Nanak and the Yogis	Shanti Kaur
How to Tie an Amazing Turban for Women and Men	Sada Bahar Kaur
Guru Nanak: I See No Stranger	Avtar Kaur
The 5 Khands of Japji Sahib — Realms of Spiritual Advancement	Satkirin Kaur
Guru Nanak and Mardana: Their travels and music together	Mata Mandir Singh
Bringing Balance Through Humility: The Gift of Guru Nanak	Snatam Kaur
Guru Nanak: A Light to Illumine SPIRIT	Prabhu Nam Kaur
Sat Nam: The Key to Infinity	Ram Das Singh









#### LIGHT OF GURU NANA





YATRA CELEBRATING THE 550TH
BIRTHDAY OF GURU NANAK DEV JI

November 5-17, 2019 Anandpur Sahib & Amritsar, India

In November 2019, we will be embarking on a historical journey to India, to celebrate the 550th anniversary of the birth of Guru Nanak Dev Ji. We will begin at Dasmesh Sadan in Anandpur Sahib, spending several days immersing ourselves in Japji Sahib, Guru Nanak's call of the soul.

Then we will travel to Amritsar and join tens of thousands of devotees for the celebrations at Sultanpur Lodhi, the small village where Guru Nanak Dev Ji experienced his Jal Samadhi –his moment of liberation immersed in the waters of the river Kali Bein. We hope you will join us for this once in a lifetime experience!

The Japji for the Aquarian Age Course is part of this yatra.
VISIT LIGHTOFGURUNANAK.COM FOR MORE INFORMATION AND TO REGISTER.

## DON'T MISS THIS DIVINE EXPERIENCE OF A LIFE TIME! +1-505-395-6623 • WWW.LIGHTOFGURUNANAK.COM



JAPJI FOR THE

AQUARIAN AGE COURSE

ANANDPUR SAHIB, INDIA

November 8-10, 2019

Written by Guru Nanak in the 15th Century, Japji Sahib, or the Call of the Soul, embodies peace and deep spiritual wisdom and conveys a message of elevation and unity.

The Japji for the Aquarian Age Course is an opportunity to experience the subtle power of Japji Sahib. You will learn and improve your pronunciation of these divine sounds and delve into the deeper meaning. The course teachers are long-time Sikhs and Kundalini Yogis who have been practicing this technology for decades as part of their daily Aquarian Sadhana.

Whether you are new to Japji, or you want to deepen your experience with Japji, this course will give you a precious opportunity to connect more deeply to these divine words.

This course is part of the Light of Guru Nanak Yatra. It's a "2 for 1" experience. You get to participate in a Yatra to India and also partake in this wonderful course to connect to the Call of Your Soul. We hope you can join us!



japjicourse.com



## RESOURCES TO ENHANCE YOUR EXPERIENCE OF JAPJI SAHIB

You can find products to support your recitation of Japji at the Sikh Dharma International booth in the Solstice bazaar or online at sikhdharma.org/marketplace.

#### The Book

Guru Nanak's Call of the Soul: Japji Sahib, shares the miraculous wonder of Japji Sahib, includes teachings of Siri Singh Sahib, Yogi Bhajan and is highlighted with kriyas and meditations. Now available in Spanish as an e-book, which can be purchased and downloaded from sikhdharma.org/marketplace.



#### Japji Cards

Our new "2nd Edition" Japji Cards are now available! They are ideal for individual pauree recitations and taking a "hukam" of the day. These new cards feature Gurmukhi, English transliteration and translation, a new beautiful design, larger cards and a lovely box.



We have new nitnems, just in from India, for use for your daily Japji recitation. Visit our booth to purchase one today. We also have small Japji booklets available as free gifts. If you are interested in purchasing nitnems on a wholesale basis for your gurdwara or yoga center, let us know.





#### The App

Use our Japji for the Aquarian Age App as a tool to learn or read along when you recite Japji. You can choose to read the Japji text in Gurmukhi, the English transliteration or the English translation. There are 3 audio recitations at different speeds to choose from. There is also an "11x repetition" feature, in case you are practicing the recitation of individual paurees. As an added bonus, the Aquarian Sadhana Mantras are provided in Gurmukhi, transliteration and translated form. This app is available for both iPhones and Androids.

Recitation of Japji Sahib and any of the banis or kirtan from any portion of the Siri Guru Granth Sahib, the Sikh scripture, is considered sacred and the proper protocol is to cover your head when reciting. Any materials with the written words from the Siri Guru Granth Sahib are considered sacred and the proper protocol is to treat them respectfully. For example, never place them directly on the floor and cover nitnems (prayer books) when possible.

# WHITE TANTRIC YOGA® Summer Solstice White Tantric Yoga® Facilitators



Satsimran Kaur was on Yogi Bhajan's personal staff from 1971 until his passing in 2004. She was his appointment and travel secretary until 1987, when he entrusted her to work with him to create the White Tantric Yoga® videos. She is CEO of White Tantric Yoga® worldwide. She has held the vision for the Yogi Bhajan Library of Teachings and is part of the team that is working on its development within KRI. 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 was blessed to study with and serve Yogi Bhajan as Chief of Staff from 1972 until his death in 2004. Her main focuses were facilitating his work and communications with his students, as well as with his business, political and social contacts. 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 adhere to Yogi Bhajan's directive: "Relax and have fun."



Dr. Sat-Kaur Khalsa is a licensed psychotherapist in private practice both in Los Angeles, CA and Santa Fe, NM. Her specialty is relationships. She is Secretary of Religion for Sikh Dharma and administrates the Ministry. She is a certified Kundalini Yoga Teacher. She is also the author of Sacred Sexual Bliss. She has been facilitating White Tantric Yoga® since 1992. She enjoys spas

(especially with natural hot springs), walks in nature, movies and exercise.

## WHITE TANTRIC YOGA®

While White Tantric Yoga® (WTY) enables you to break through subconscious blocks so you can have a more enjoyable life. With WTY you can achieve great personal and spiritual growth that will create a flow of success, prosperity, and change. Here is where you can master your destiny by gaining insight into your self.

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

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



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

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

What to Bring Bring a yoga mat to sit on and perhaps a sheepskin and/ or pillow to support your body. A water bottle and a light shawl are also recommended. There isn't a lot of room between the Tantric lines, so please be sensitive to those around you in choosing what you bring. We like to create space for all. The complimentary Tantric Bag that you received at registration will be the only bag allowed into the Tantric space during WTY. It is a big bag and can fit all of your belongings. Be sure to put your name on it!

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

While WTY participants are permitted to bring snacks into WTY, only the Solstice Sadhana menu is served during the 3 days of WTY. Bazaar vendors are not permitted to sell food or drinks during WTY or during White Tantric Yoga breaks. The 'no sale' period begins the evening before the first day of WTY and ends at the conclusion of day 3 of WTY. The Solstice Sadhana menus were specifically created by Yogi Bhajan to optimize the Solstice experience, including the subtle and powerful WTY experience.

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

## WHITE TANTRIC YOGA®

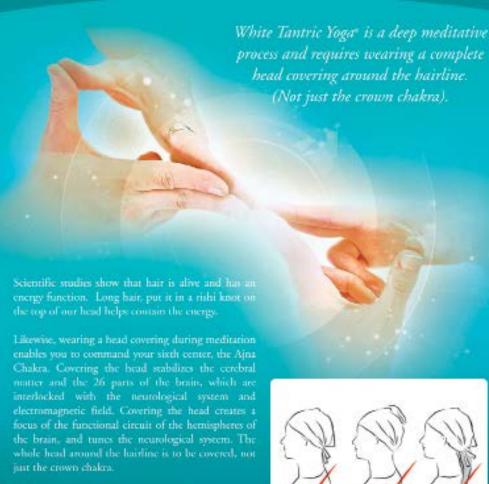
White Tantric Yoga® Entrance Process Entry into the Tantric Shelter for the days of WTY is coordinated by the color of your bag. You will be given a colored bag when you check-in/register onsite. When either your color or your partner's color is called, you may enter the Tantric Shelter. Multiple space saving is not permitted. You may save a space for you and your partner only. Thank you for your cooperation in making this process fair and equitable for all.

Physical Challenge The challenge to your physical body during WTY can be significant. You may spend up to 10 hours each day sitting in easy pose, with a straight spine. Exercises involve arm positions that can be strenuous. Here are some tips for the physical challenge:

- Do not be intimidated. Everyone experiences every exercise differently. Someone may love 62 minutes of Sat Kriya, yet experience back pain during long deep breathing in easy pose.
- Lock into the posture during the first 11 minutes, and the posture will support you through the remainder of the exercise.
- Make every effort to keep the spine extended and straight throughout the exercises.
- Use your breath to direct prana and energy to troubled spots.
- Be patient with yourself and the group energy and remember that a little kindness to your partner and neighbors goes a long way.
- Surrender to your finite physical limits and experience the absence of limits in your infinite soul.
- Consider practicing silence between the exercises. It may hurt less when you do not talk about it.
- Between exercises, stretch and drink plenty of water.



### Covering Our Heads During White Tantric Yoga<sup>®</sup> & other meditations



The skull is made up of tiny bones that are constantly moving even if only by micromillimeters and the degree to which they move impacts levels of calmness or anxiety. Covering the head provides a sense of containment and focus while practicing yoga or while doing work that requires clarity of thought. It literally helps "keep your head together."

Head coverings of any kind are useful for a meditarive practice. Turbans are useful for holding energy in, and for creating a meditative focus at the third eye point (brow point). Another benefit of wearing a turban is that when you wrap the 5 to 7 layers of cloth, you cover the temples, which prevents any variance or movement in the different parts of the skull.



## WHITE TANTRIC YOGA®

In order to enhance your experience, please respect the environment and energy field as a sacred space and honor the following:

- Photos and video recordings are not allowed. This means during the warm-ups, kriyas, and breaks, and includes 'selfies', photos of facilitators and photos of participants in lines. Photos are allowed outside of the room.
- Cell phones must be turned off. If you are a doctor or expecting an emergency call you can check your phone during the breaks. Vibrating phones disturb others' meditation.
- Please refrain from using any aromatherapy as many participants are allergic.

Mantra titles marked by an (\*) are the mantras that will be chanted aloud. Chanted/sung parts are noted in **Bold**. Musical artists for each mantra are stated in ( ).

Please familiarize yourself with the mantras as soon as possible which will allow for greater focus during the meditations.

#### **DAY ONE**

SAT NAM WAHE GURU\* (Lata Mangeshkar)

**SAT NAM WAHE GURU** 

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

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

**EK ONG KAR** One Creator

**SAT NAM** Truth is His Name Doer of Everything KARTA PURKH

**NIRBHAO Fearless** 

**NIRVAIR** Revengeless

**AKAAL MOORT** Undying **AJOONEE** Unborn

**SAIBHUNG** Self-Illumined **GURPRASAAD** Guru's Grace

JAP! Repeat

True in the beginning AAD SACH True through all the ages **JUGAAD SACH** 

True even now HAI BHEE SACH

NANAK HOSEE BHEE SACH Nanak says truth

shall ever be

## WHITE TANTRIC YOGA®

#### **DAY ONE**

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)

**HUMEE HUM BRAHM HUM** 

We are we and we are God.

#### **DAY ONE**

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
PAE KAAJ SAWAARIAN and all our jobs are done.
HOAA AAP DAYAL MANHO Thou has become merciful, kind and

compassionate;

NA VISAARIAN then our mind does not forget Thee.
SAADH JANAA KAI SANG In the company of the Holy beings

you take us from

BHAVJAL TAARIAN.

SAAKAT NINDAK DUST

KHIN MAIHA BIDAARIAN.

TIS SAHIB KI TEK

NANAK MANAI MAIHA

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.

JIS SIMARAT SUKH HOE By meditating and repeating His name

all happiness

**SAGALE DUKH JAI.** comes and all sorrows and pain go away.

## WHITE TANTRIC YOGA®

#### **DAY ONE**

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, Haibhay Sach, Naanak Hosee Bhay 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, Haibhay Sach, Naanak Hosee Bhay Sach

#### **DAY TWO**

## WHITE TANTRIC YOGA®

#### **DAY TWO**

**SAT NAM** 

**SAT NAM** Truth is my identity

SAT NAM WAHE GURU\* (Lata Mangeshkar)

SAT NAM WAHE GURU

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

MOOL MANTRA\* (Sada Sat Kaur)

**EK ONG KAR** One Creator

Truth is His Name SAT NAM

Doer of Everything KARTA PURKH

Fearless **NIRBHAO** 

**NIRVAIR** Revengeless

Undying **AKAAL MOORT** Unborn

**AJOONEE** 

Self-Illumined **SAIBHUNG GURPRASAAD** Guru's Grace

JAP! Repeat

True in the beginning **AAD SACH** 

True through all the ages **JUGAAD SACH** 

HAI BHEE SACH True even now

NANAK HOSEE BHEE SACH Nanak says truth

shall ever be

HAR\* (Guru Prem Singh & Simran Kaur)

HAR The One

**HARAY** The Projected One The Merged One **HAREE** 

**WAHE GURU** The Ecstasy of God

ADI SHAKTI\* (Gurudass Kaur)

ADI SHAKTI, ADI SHAKTI, ADI SHAKTI, NAMO, NAMO.

I bow to the primal female power.

SARAB SHAKTI SARAB SHAKTI, SARB SHAKTI, NAMO, NAMO.

I bow to the female power that is in everything.

PRITAM BHAGVATI, PRITAM BHAGVATI, PRITAM BHAGVATI, NAMO, NAMO.

I bow to the original power of the universe.

KUNDALINI MATA SHAKTI, MATA SHAKTI, NAMO, NAMO.

I bow to infinity and the mother of all power.

#### **DAY THREE**

HAR\* (Guru Prem Singh & Simran Kaur)

HAR

God

SOCHAI SOCH NA HOVAI (Matamandir Singh)

SOCHAI SOCH NA HOVAI JE SOCHI LAKH VAR CHUPAI CHUP NA HOVAI JE LAE RAHAA LIV TAR. BUKHIA BHUKH NA UTRI JE BANNA PURIA BHAAR. SAHAS SIANPA LAKH HOI TA IK NA CHALAI NAL. KIV SACHIAARA HOIAI KIV KURAI TUTAI PAAL. HUKAM RAJAI CHALNA NANAK LIKHIA 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)

**SAT NAM WAHE GURU** 

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

## WHITE TANTRIC YOGA®

#### **DAY THREE**

WAHE GURU\*

WAHE GURU

The ecstasy of consciousness

RAKHE RAKHANHAAR\* (Singh Kaur)

RAKHE RAKHANHAAR Thou who savest, save us all and take us

across ting and giving the excellence

AAP UBAARIAN uplifting and giving the excellence.
GURU KI PAIRI You gave us the touch of the lotus feet of the Guru
PAE KAAJ SAWAARIAN and all our jobs are done.
HOAA AAP DAYAL MANHO Thou has become merciful, kind and

compassionate;

NA VISAARIAN then our mind does not forget Thee.

SAADH JANAA KAI SANG In the company of the Holy beings

vou take us from

BHAVJAL TAARIAN.

SAAKAT NINDAK DUST

KHIN MAIHA BIDAARIAN.

TIS SAHIB KI TEK

misfortune, calamities and scandals.

Godless, slanderous enemies

-- you finish them for all time.

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.

ARDAAS BHAEE AMAR DAAS GURU\* (Liv Singh)

ARDAAS BHAEE AMAR DAAS GURU

AMAR DAAS GURU ARDAAS BHAEE RAAM DAAS GURU RAM DAAS GURU

RAAM DAAS GURU SACHEE SAAHEE

The prayer has been made to Guru Amar Das. Guru Ram Das is the true guarantee The prayer has

been accepted.



A one day **meditation** workshop.... let your spirit soar!



#### Presented on video by the Mahan Tantric Yogi Bhajan

"The beauty of White Tantric Yoga is that it is subtle, it is exalting and it works to give you the mastery of life." ~ Yogi Bhajan spiritually awake.

But I'd like to be physically asleep.





Be your own Yogi

## A Day at Solstice

Wake-Up Call Each morning at 3:00 a.m. musicians 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 is renowned for its positive effects. It oxygenates organs, flushes capillaries, and releases toxins. To take a cold shower:

- First massage yourself with almond or other 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 means daily spiritual practice.

- Japji: Sadhana at Summer Solstice begins 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. (There is a Japji
  app available.)
- Kundalini Yoga: Sadhana continues with a Kundalini Yoga set. We first tune in using the Adi Mantra: Ong Namo Guru Dev Namo. This mantra calls on the divine wisdom within and connects us to Yogi Bhajan and the Golden Chain of Kundalini Yoga teachers. Kundalini Yoga energizes the body, strengthens and balances the glands and tunes up the nervous system.
- Meditation: Following Kundalini Yoga, a sequence of seven meditations is practiced for a total of 62 minutes. See the Aquarian Sadhana Mantras section.
- Gurdwara: Sadhana concludes with a sacred Sikh temple ceremony.
   Everyone is welcome to join in, sing, and meditate together in a joyous mixture of Kirtan (devotional singing) and traditional Sikh prayers. For more information see the Sikh Dharma section.

## A Day at Solstice

Classes, Programs, Workshops, and Meals See the Daily Schedule.

#### Karma Yoga and Service Exchange Team Gatherings

These begin at 9:00 am. Practice the all-camp meditation, and check-in with your fellow team members.

#### **Lights Out & Camp Quiet**

To support the opportunity to experience 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 and social activities at 9:30pm. Please respect everyone's rest and be quiet in all camping areas from 9pm on.

Total camp lights out is 10:00 pm unless approved by Solstice Administration. Sweet Dreams!

"Serve everybody who comes your way; touch everybody who comes your way; inspire everybody who comes your way; heal everybody who comes your way. Be nice, kind and compassionate to everybody who comes your way."



## Terms Heard Around Camp

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 beings.

Gurbani The song of the Guru.

**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** 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.

## Terms Heard Around Camp

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

**Kriya** The word 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.

Nagar Kirtan A procession with the Siri Guru Granth Sahib with Kirtan and Gatka.

Ong Namo Guru Dev Namo "I bow to the infinite wisdom within." Connects us to the teacher within and the Golden Chain of Kundalini Yoga teachers before us. Chanted to begin all Kundalini Yoga practice.

**Prasad** A sweet made from honey, ghee, water, and flour served at the end of Gurdwara, symbolizing the sweetness of blessings from the divine.

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

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

Sadhana Daily spiritual practice.

Sat Nam "Truth is my identity."

**Sat Nam Rasayan®** Sat Nam Rasayan® means "Deep Relaxation in the True Identity." It is an ancient healing art of pure meditative absorption in the Divine.

Shabad Song in praise of God.

## Terms Heard Around Camp

**Sikh Vows** At Solstice we offer an opportunity to take the vows of the Sikh way of life - commitment to righteous living and following the Sikh path. If you are interested, please contact a member of the Gurdwara Team.

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

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

## 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

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.

**Protocol** Entering with reverence, it is customary to bow your head to the floor and place an offering before the *Siri Guru Granth Sahib*. **An offering is not required** but it reflects an exchange of energy and opens you to receive the Guru's blessing. Please follow these protocols:

- Cover your head
- Remove your shoes
- Wash your hands and feet
- No food
- No unnecessary bags
- No mats or sheepskins (except on Tantric Shelter floor)
- Do not place sacred shabad sheets or Nitnems on floor
- Do not allow bottoms of feet to face toward the Siri Guru Granth Sahib

Program The Gurdwara services are a joyous mixture of Kirtan (devotional singing) and traditional Sikh prayers. Following the Kirtan we sing the "Song of the Khalsa" and the "Anand Sahib" (The Song of Joy). Then we all stand for the "Ardas" (our group prayer and projection for the day). Then after sitting, the Hukam (a randomly-selected inspiring selection from the Siri Guru Granth Sahib) is read aloud. Concluding the program, Prasad (a sweet made from honey, ghee, water, and flour) is served. You are welcome to stay for as little or as much of the program as you like.

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

## The Solstice Diet

If you can stick to the Solstice Diet, there is no doubt that you'll strategically position yourself for the best possible experience. Yogi Bhajan chose the foods for the special menu that we offer, referred to as the Solstice Diet. This is a yogic diet, meant to cleanse and energize your body and optimize your ability to keep up through your Solstice experience.

**Breakfast:** The Solstice Soup is a spicy or mild potato, celery, and onion soup, with bananas and oranges served on the side. We also offer oatmeal for children and pregnant or nursing women.

Both the Soup and Golden Milk served after a day of White Tantric Yoga® are excellent ways to ingest a healthy dose of turmeric. Turmeric helps alleviate aches and pains from the long days of yoga and meditation as its anti-inflammatory powers soothe the inner structure of the body. It kindles agni (digestive fire), purifies the blood and the liver, soothes the respiratory system, clarifies the skin and is a strong anti-microbial.

**Lunch:** Lunch consists of a hearty quinoa tabouli, hummus, and flour tortillas on non-tantric days, and Tantric Burgers on tantric days.

**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, oil (safflower or canola), rice, cilantro, tamari, basil, black pepper, cinnamon, peppermint, 162-R (Yogi Bhajan's herbal formula), senna, salt.
- Bun Ingredients: Spelt wheat flour or gluten free flour, oil (safflower or canola), sea salt, black pepper, chili powder, garam masala, onions.
- Sauce Ingredients: Organic Ketchup, Dijon Mustard, Vegan Mayonnaise.

## The Solstice Diet

**Dinner:** Mung beans and rice served with carrots, beets, and Solstice Hot Sauce, an iceberg lettuce wedge and/or salad. Both spicy and mild versions of the mung beans and rice are available. This is one of the most revered meals in the Ayurvedic and Yogic traditions because of its ability to detoxify the body and kindle digestive fire, providing nourishment to the tissues—a rare mix of therapeutic effects.

A diet of mung beans and rice provides a perfect balance of protein and complex carbohydrates that allows your body to detoxify while still feeling nourished and strong, and is easy to digest. Within just a couple of days on this diet the chemistry of the blood changes, the organs and tissues are allowed to restore from the chronic stress of dietary excess or deficiency, the body becomes light, the stomach satisfied, and the mind crystal clear.

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

Yogi Tea: A healthy, delicious, soothing and energizing tea formulated by Yogi Bhajan. It is a blend of cloves to benefit the nervous system, cardamom pods to aid digestion, black pepper to purify the blood, cinnamon to strengthen the bones, ginger root to energize overall, and a small amount of black tea. Served with milk or milk alternative and honey.

**Golden Milk:** Golden Milk is especially beneficial for stiff joints and provides a source of lubrication for the entire system. Includes milk (or milk alternative), turmeric, almond oil, and honey.



## Kundalini Yoga

Kundalini Yoga is comprised of thousands of different kriyas (yoga sets). These contain pranayama (breathing techniques), postures, meditations and mantra designed to obtain very specific results. Postures are often held for a substantial period of time. The challenge of this is to quiet the mind and emotional reactions and rely on the body's wisdom to keep up and heal.

As we become aware of the many ways in which we resist going deeper, we can make a conscious decision to take the mind and body beyond our comfort zone, on and off the mat. This powerful system of yoga is always taught in its undiluted form in order to preserve its intent and efficacy. Kundalini Yoga as taught by Yogi Bhajan® is suitable for all levels, including those who have never done yoga before.

The peace and healing we can experience after a yoga set happens because of all these elements, including our ability to keep up and be present.

"In Kundalini Yoga the most important thing is your experience. It goes right to your heart. No words can replace your experience."
-Yogi Bhajan



## Karma Yoga

Yogi Bhajan set up the Solstice Sadhanas with the idea that everyone contributes to create an experience of selfless service, group consciousness, and spiritual upliftment. Solstice runs on the combined effort of all the people here.

Karma Yoga is an essential part of the Solstice experience. From chopping vegetables to cleaning the grounds to scrubbing pots, your participation in Karma Yoga sets the intention and energy to manifest a joyous and fulfilling Solstice for everyone.

As we participate in service to one another, the energy of giving elevates our consciousness. Each participant creates their own Solstice experience through Karma Yoga, in which ordinary work becomes an experience of the Divine.

Karma yogis can expect to serve at least 2 hours a day, but note that your area may require more or less support. You can always choose to contribute more if you are so inspired.

#### Karma Yoga Meetings

Each service team meets daily for meditation, connection, and work assignments. These small group meetings also provide the opportunity to check-in on a personal level about your Solstice experience. If you need help finding your Karma Yoga team or your meeting place, please ask for assistance in the Registration tent.

#### Service Exchange

Service Exchange is an opportunity to give extended time and commitment to a Karma Yoga team in exchange for a reduced Solstice registration rate. To learn more about Service Exchange, please visit our website www.3ho.org/summer-solstice.

"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

## 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.
- You can join: 3HO Facebook - facebook.com/3HOFoundation Twitter - twitter.com/3hotweets?lang=en Instagram - instagram.com/3hofoundation/
- Visit www.3HO.org for inspiration, education and services:
  - ~ Yogic Living Newsletter and Blogs
  - ~ Monthly Numerology Forecasts
  - ~ Spiritual Name Requests
  - ~ Original Music MP3s
  - ~ Upcoming Events
  - ~ Yogic Recipes

## Eco-3HO

#### 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 waste containers around camp.
- Use reusable food containers, utensils, plates, cups and water bottles.
- Use only biodegradable soaps and shampoos.

#### **Food Waste**

Food waste receptacles are located where we eat (Tantric Shelter and Dining Tent), where we wash our dishes, and the kitchen. Please scrape Food Only into the receptacles. Do not dispose of non-food compostable materials in the food waste containers. Put non-food compostable items in the trash to breakdown naturally.

#### Recycling

New Mexico currently recycles #1-#7 plastics, clean paper, corrugated cardboard, steel and tin cans, and milk and juice cartons. If you have something other than that, put it in the trash. Solstice is currently unable to recycle glass or batteries. Please take batteries and glass with you when you leave Solstice.

#### Trash

Waste receptacles for trash are located at porta-potties stations, showers areas as well as at dining locations and at Solstice Youth Camp. Please use these areas to dispose of your trash and non-food compostable items. Trash bags are provided at Hospitality for you to take excess trash and recycling.

#### **Donations**

When items are left behind, it makes a significant amount of work for clean-up volunteers. Please take everything you brought to camp with you when you leave. The only items that we can accept for donation are tents and sleeping bags in perfect working order. Donation Centers will not accept items that are soiled or damaged. Used pillows are considered unsanitary and are not accepted by the donation center. An announcement will be made regarding leaving items for donation.

Thank you for keeping Guru Ram Das Puri 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.

#### Waah Yantee, Kar Yantee (7 minutes)

Waah Yantee, Kar Yantee, Jag Dut Patee, Aadak, It Whaa-haa 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.



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# GRANTS FOR INSPIRING ACTS OF SERVICE 3HO International & Yogi

This year in honor of our
50th anniversary, with the
generous financial support of Yogi,
we chose to give the *Live to Give*grants to the Luminaries program to
honor individuals around the world
doing extraordinary acts of service
and making the world a better place.





## **KRI CERTIFIED TEACHER TRAININGS**

LEVEL 1 FOUNDATION

Rishikesh Oct 14-Nov 7, 2019

Portland, OR May-Dec, 2020

#### LEVEL 2 TRANSFORMATION

Berlin, Germany VITALITY AND STRESS Sept 22-27, 2019

Berkeley, CA MIND AND MEDITATION Feb 4-9, 2020

AUTHENTIC RELATIONSHIPS April 7-12, 2020



Rishikesh, India March 16-22, 2020

MOOL MANTRA JAPA 1100X

Rishikesh, India March 8-13, 2020

KHALSA WAY

PRENATAL TEACHER TRAINING

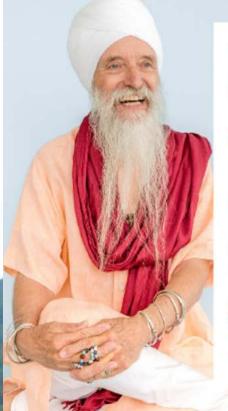
Portland, OR Sept 14-21, 2019

Miami, FL Jan 18-25, 2020

Munich, Germany Sept 25-Oct 2, 2020

www.gurmukhontheroad.com

for more information



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OCT 3-6

ANNUAL SPIRITUAL MEN'S RETREAT

ANAHATA YOGA | SCOTTSDALE, AZ

3 WEEKENDS | NOV + DEC

21 STAGES OF MEDITATION

SEPT 20 - 22 + SEPT 27 - 29
KRI LEVEL 2 - LIFESTYLE & LIFECYCLES





# TRAUMA INFORMED KUNDALINI YOGA FOR PTSD RECOVERY

JULY 11-14, 2019

# LIFECYCLES & LIFESTYLES

WITH SEVAK SINGH
SEPT 20 - 22 + SEPT 27 - 29, 2019

## TRANSFORMATION THROUGH CRYSTAL SINGING BOWLS & GONGS

WITH AMARJOT & SANGEET KHALSA
OCT 25 - 27 + NOV 1 - 3 2019

#### **LEVEL 1 - KUNDALINI YOGA TEACHER TRAINING**

WITH SEVAK SINGH

11 - WEEKENDS | NOV 2019 - JUNE 2020

ANAHATAYOGAAZ.COM | SCOTTSDALE, AZ





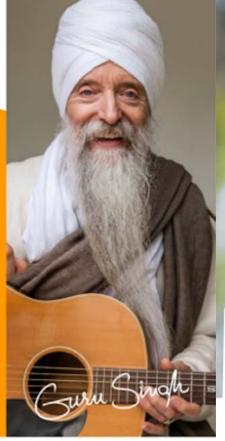
THE AQUARIAN TEACHER

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October 18-20

November 9-10

December 14-15

2020

January 11-12

February 8-9

March 7-8

March 28-29

April TBD

May 2-3

May 30-31

DATES SUBJECT TO CHANGE

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-Yogi Bhajan

CONTACT US: trainings@yogawestla.com

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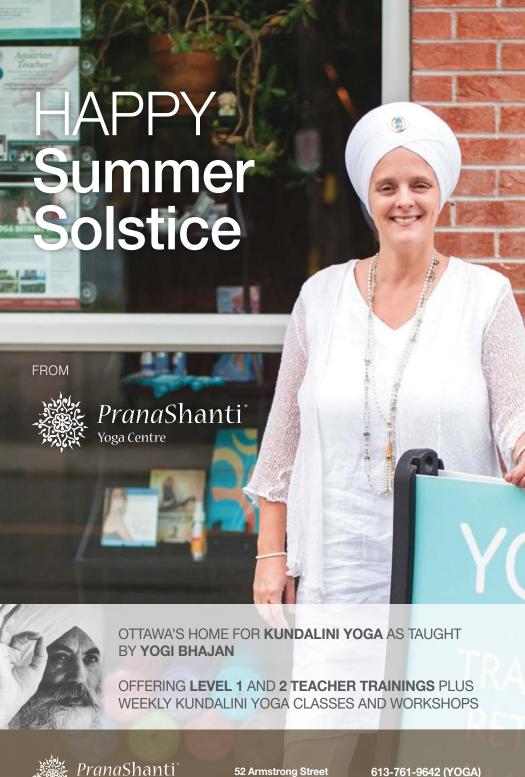
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BRAIN LONGEVITY TEACHER TRAINING BRAIN LONGEVITY SYMPOSIUM

BRAIN LONGEVITY E-COURSE



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Created by Dr. Dharma Singh 25 years ago, the Brain Longevity program has been acknowledged and praised by leaders such as Andy Well, MD, Deepak Chopra, MD, Gurmukh, Guru Singh and Dr. Shanti Shanti Kaur Khalsa, and by people from all walks of life, who have improved their brain health and vitality.

Questions? Find us in the Solstice Bazaar or email us

kirti@alzheimersprevention.org www.alzheimersprevention.org/training

www.pranashanti.com

# Become a Kundalini Yoga Therapist according to Yogi Bhajan

Teach Kundalini Yoga to People with Health Conditions Safely & Effectively with Shanti Shanti Kaur Khalsa, PhD and Senior Faculty



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- Foundations of Kundalini Yoga Therapy: **Principles & Practices**
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- Elements and Alchemy of Kundalini Yoga
- •Yoga Therapy for the Structural System



## Shanti Shanti Kaur Khalsa, PhD It is my blessing to pass along Yogi Bhajan's unique approach to health recovery. Beginning in 1986, he

thowed me how yogic techniques taught according to his principles of Kundalini Yoga Therapy can help an Il person become well again. Embedded into the heart of our program is this juice of transformation.





2019-20 international in-person and online courses Guru Ram Das Center for Medicine & Humanology www.grdcenter.org | kundaliniyogatherapy@grdcenter.org





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- Early Morning Group Kundalini Yoga Practice
  - Serve Your Soul as You Serve the Land and the Ashram Community

I learned so much about seva and surrender, about living in a community and about my individual needs, about borders, about spirituality and trust. I discovered that meditation lies in all little things, in all the actions we do in daily life. ~Saraswati Amrit Kaur~

www.SevaSadhana.org

# INTRODUCING: DIVERSITY & INCLUSION COMMITTEE

The Diversity & Inclusion Committee is a self-sovereign body of Kundalini Yogis driven to confront and elevate remnants of Piscean structures and psyches to ignite a globally inclusive Aquarian consciousness.

We stand for the achievement of equality, equity and the promotion of human rights, globally. To bring integrity to these principles, we recognize the need to speak out and take action in the face of prejudice, unfair discrimination and bias, expressed systemically, institutionally and interpersonally.

At the core of our work, we focus on issues of racial equity.

We move with community issues as they arise,
and respond to issues of intersectionality without
losing connection to the core of our work.

**Meet** Us at the Following Dates and Times:

Awtar Kaur Khalsa: Ek Ong Kar - How To Live It June 14, 3:15pm - 4:45pm

DukhNiwaran Kaur Khalsa: LGBTQ Leadership Lighting the Way
June 16, 1:30pm - 3:00pm

Awtar Kaur Khalsa: Guru Nanak - I See No Stranger

June 17, 1:30pm - 3:00pm

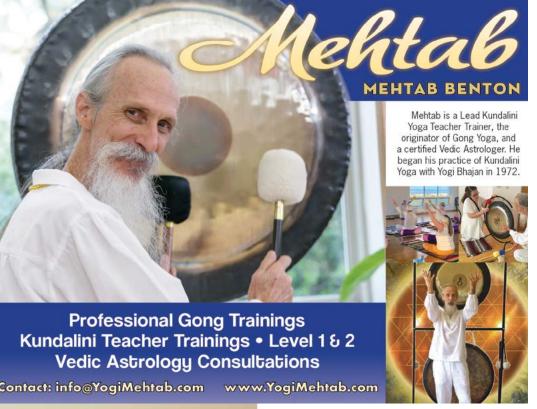
Ravi Kaur: Social Justice & Spiritual Practice
June 17, 1:30pm - 3:00pm

Gurumukh Singh Mark Harris: The Yoga of Intersectionality
June 17, 3:15pm - 4:45pm

Dr. Japa Kaur Khalsa & Siri Sunderta Kaur:

Bring the Light: Race/Gender Equality June 21, 3:15pm - 4:45pm

Also visit with us: @ Hospitality



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# SAT © NAM Kundalini - Yoga - Ayurveda

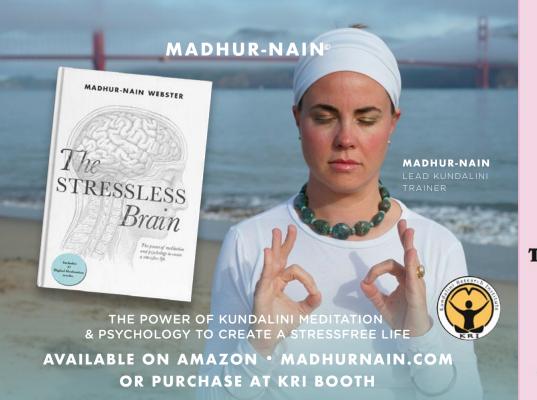
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June 24 - July 3, 2019

Khalsa Youth Camp is a yoga camp for kids ages 5–12. It is a 7 or 10 day program that helps children build confidence and strength as physical and spiritual beings, emphasizing practical skills and leadership. Includes Morning Sadhana (spiritual practice), Kundalini Yoga, Meditation, Gurdwara, Arts & Crafts, Outdoor Skills, Hiking, Martial Arts, and Vegetarian Diet.

INTERNATIONAL WOMEN'S CAMP June 24 - June 30, 2019

#### The Creative Power of Woman

This summer, join an incredible group of women from around the world to awaken your divine creative force and experience the joy of community and spiritual practice.

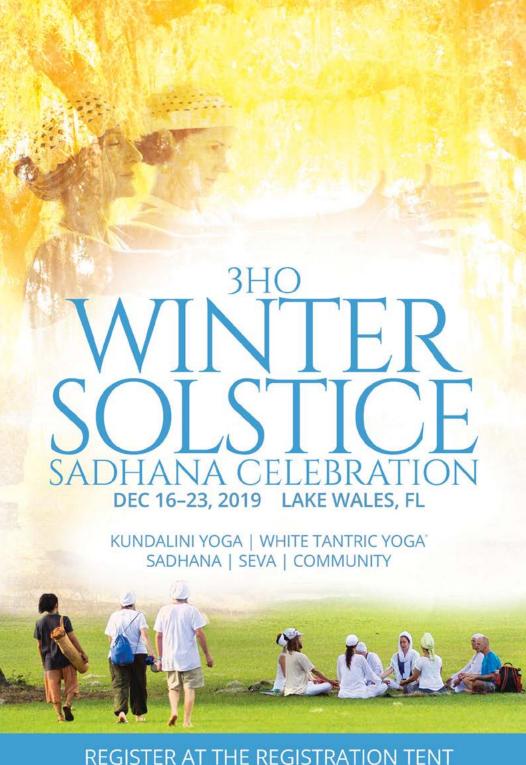
At International Women's Camp, allow sisterhood to bless your life as we create a cozy women's space, journey into profound Kundalini Yoga spaces, host deeply supportive one-on-one dialogues, surround ourselves in the sacred sound current of mantras supportive to women, and discuss topics important to women like conscious parenting, relationships, and cycles of life.

#### **REGISTER NOW AND JOIN US!**

Register at the Registration Tent or at www.3HO.org/youth-camp

#### **REGISTER NOW AND JOIN US!**

Register at the Registration Tent or at www.3HO.org/womens-camp



REGISTER AT THE REGISTRATION TENT OR AT 3HO.ORG/WINTER-SOLSTICE