

ILLUMINED WOMAN

Physical Wisdom for Women — Yoga and the Physical Body

Your physical body is the vehicle for your experience. It is an amazing system that is in a state of constant renewal and self-healing. Self-stress is the habit of causing yourself stress by ignoring your body's communications for rejuvenation and rest. Self-healing occurs when you can take time to care for your body and assist in its' natural healing process as it moves towards harmony and balance. Learn how yoga, diet, meditation, and lifestyle choices can help you support your body. A woman's body is the representation of creation itself! Expect to stretch yourself, work hard and exercise, meditate deeply, relax, laugh and heal.

ILLUMINED WOMAN

The Moon Centers

This workshop will focus on understanding and experiencing the Moon Centers, the vital subtle bodies that hold the flow of a woman's energy. This is the first workshop of its kind that will take the time to focus on these vital Lunar Centers, little known to even the most experienced yoga practitioners. The Moon Centers are 11 specific areas of the body through which energy moves in the course of one moon cycle. The activation of each moon center results in the manifestation of particular qualities, and the energy in each woman travels a unique pattern. The study of moon centers dates back to Vedic times and was taught in the West by Yogi Bhajan. Understanding the effects of the moon centers can empower your relationship with your body, allow you to use all aspects of your mind, and free you from hidden agendas that block you from fulfilling and loving relationships, experiencing your natural high self-esteem and beauty, and yes - better sex.

This study is transforming for all, and crosses all yoga styles.

- For students of yoga, learn to empower your practice from the very beginning.
- For yoga teachers, learn this powerful teaching to help women supercharge their yoga practice and healing.
- For women of all ages new to yoga, start your study with a powerful traditional and healing women's perspective that you can share with all the women in your life.

Hari Kaur Khalsa directs and teaches Kundalini Yoga Classes and Teacher Trainings, Level 1 and Level 2, in the US and abroad. She is the former Director of Education and Training of Golden Bridge NYC (2007-2009). Prior to moving to New York she taught for Yogi Bhajan for over 10 years, co-directing his Level One Teacher Trainings in New Mexico and India. Hari is a caring, inspiring, and down to earth teacher, making the powerful and healing teachings of Kundalini Yoga as taught by Yogi Bhajan accessible to students of all levels. Hari is also a published author, co-author of *A Woman's Book of Yoga: Embracing Our Natural Life Cycles* (Penguin 2002) and author of *A Woman's Book of Meditation: Discovering the Power of a Peaceful Mind* (Penguin 2006). Inspired by years of study with Yogi Bhajan, Hari continues to serve all who come with smiles, and spirit.

INDIVIDUAL *or* SERIES

These courses are available as individual workshops, or can be taken as a series to significantly deepen your yoga practice and understanding. Each workshop will be accompanied by hand-outs, suggested readings, and yoga and meditation practices that will challenge you to grow and help you create the transformation you long for from your yoga practice — body, mind, and soul!

HARI KAUR KHALSA

Tel: 917-445-1976

hari@reachhari.com

www.ReachHari.com

The WISDOM of YOGA Series

The ILLUMINED WOMAN Series

IN-DEPTH STUDY
with
HARI KAUR





WISDOM of YOGA Series

Hari Kaur is an expert trainer in Kundalini Yoga. Hari created the Wisdom of Yoga Series to take students on a deeper journey into the essence of Kundalini Yoga practice. Join her for these transformational classes that will include lecture, Yogi Bhajan videos, kriyas, meditation, gong, relaxation and community. (Suggested reading: “*The Teachings of Yogi Bhajan*,” “*Sadhana Guidelines*,” and “*The Mind*.” Also the CD “*The Science of Kundalini Yoga*” by Yogi Bhajan.)

WISDOM OF YOGA

Your Radiant Body and The Power of Presence — Natural Charisma

A strong presence shines like a lighthouse. Yogi Bhajan taught us that “if your presence works, everything works, if your presence does not work nothing works”. If you are clear about your true identity you will radiate an authenticity that speaks and represents you fully. This authenticity creates a bright aura and expansive radiant body that can penetrate through blocks and heal others. Awaken your awareness, intelligence and radiance with Kundalini Yoga. Break through your hidden agendas that mask your authentic and original charisma. We will especially work on how prana can penetrate your physical body to heal hidden negative thoughts and encourage physical healing and a radiant presence. Expect to work hard, meditate deeply, relax, and meet your limits with energy and power!

WISDOM OF YOGA

The Power of Sound and Vibration — The Power of Your Word

Say What You Mean, Mean What you Say. Learn how the words you speak create your life experiences. Your body is a divine instrument that responds to both the outer vibrations and impressions of your environment and to your thought vibrations. In this workshop we will learn the yoga practices to attain Vaach Siddhi — the power to speak the truth and create a positive destiny.

WISDOM OF YOGA

The Heart of Kundalini Yoga Practice — Bhakti and Shakti

There are two basic qualities of Kundalini Yoga, Bhakti and Shakti. With the practice of Bhakti, you use the power of devotion to surrender, become zero and merge with the universe. With the practice of Shakti you channel your own power as universal, you are part of everything, you join infinity. The power of Bhakti is to serve, the power of Shakti is to command. It is essential to practice both command of your own self, and humility to serve and help others to fully experience the benefits of yoga. Learn about the heart of Kundalini Yoga practice and how every posture, every meditation mixes these qualities and gives you the opportunity for attaining harmony and balance within the aspects of bhakti and shakti. This workshop will supercharge your yoga practice! Expect to work hard, meditate deeply and meet your limits with new understanding.

WISDOM OF YOGA

Simran — A Constant State of Meditation

Kundalini Yoga classes are fast and effective, but it is the practice of Simran “constant remembrance of the meditative state” that can bring your yoga practice off the mat and into your life. The goal of yoga is to find peace in your life and to bring healing to yourself and others. Practice yoga with a new depth of sensation and realization. Expect to work hard, meditate deeply and meet your limits with new energy and understanding.

WISDOM OF YOGA

Physical Wisdom — Yoga and the Physical Body

Your physical body is the vehicle for your experience. It is an amazing system that is in a state of constant renewal and self-healing. Self-stress is the habit of causing yourself stress by ignoring your body’s communications for rejuvenation and rest. Self-healing occurs when you can take time to care for your body and assist in its’ natural healing process as it moves towards harmony and balance. Learn how yoga, diet, meditation, and lifestyle choices can help you support your body. The human body is the representation of creation itself! Expect to stretch yourself, work hard and exercise, meditate deeply, relax, laugh and heal.

ILLUMINED WOMAN Series

These workshops were created specifically to go in depth into the women’s teaching in Kundalini Yoga.

ILLUMINED WOMAN

Bountiful, Blissful and Beautiful — Your True Identity

We live in stressful times. Women are often called upon to play many roles, and the demands on your time and energy can be extensive. In addition to dealing with the daily stresses of life, your mind is bombarded by information and images that you may not have time to process. This combination of exhaustion and information overload can have a negative effect on your mental state, and fuel dis-empowering, destructive thought patterns. These negative thought patterns can cloak your true identity of beauty and strength. Fortunately, a woman’s mind has a natural, inborn capacity to heal itself of these imbalances. Practice the yoga sets Yogi Bhajan delivered for women to rejuvenate and break through destructive thought patterns.

ILLUMINED WOMAN

Building a Foundation of Security and Calm

It is natural for women to feel insecure during these challenging times. In this workshop we will learn how to find the core of security within. The teachings of Kundalini Yoga for Women clearly discuss how a woman can move from a state of insecurity to a state of security and calm. Learn the pitfalls that keep you feeling insecure, and the three steps to security and peace of mind. You will practice yoga and mediation designed to break thought patterns that lead to insecurity and uncover the natural power and expansiveness of the feminine psyche.

ILLUMINED WOMAN

The Power of a Peaceful Mind

Your mind can be your best friend or your worst enemy. As an ally, your mind can organize your world and effectively guide your actions. As an adversary, your mind can be jumpy and unfocused, and it can easily attach to negative patterns of thinking that stem from your fears and insecurities. Practicing meditation can help you to develop a positive relationship with your mind and teach you how to direct your mind’s power toward the realization of your full potential. You have the power to master your mind and direct the energy of your emotions into love and healing. Learn and experience the power of meditation — the power of your peaceful mind!