

Kundalini Yoga Festival Asia 2009

Schedule

Time	Wednesday Oct 28	Thursday Oct 29	Friday Oct 30	Saturday Oct 31	Sunday Nov 1
4:00-6:30 am	Sadhana	Sadhana	Sadhana	Sadhana	Sadhana
Joseph Hall					
7:30-8:30am	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
8:30-8:50am	Karma Yoga	Karma Yoga	Karma Yoga	Karma Yoga	Karma Yoga
9:00-12:00am	International Teachers Conference	Transformation	Acceptance	Awakening	Anchoring The Experience
Joseph Hall	"Your Totality as a Teacher"	Sunder Singh	Sunder/Nirvair	Sunder Singh	Sunder Singh/All
					FESTIVAL CLOSSES
12:00-1:00pm	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1:00-3:00pm	The Power of the Spoken Word	Experience the Power of Authentic Self	Topic TBA	A Time for Deeper Peace and Awakening	
Joseph Hall	Sunder Singh	Nirvair Singh/Nirvair Kaur	Sunder Singh	Nirvair Singh/Nirvair Kaur	
Room 2	Habit Management as a Human Being	The Soul's Journey 1	The Soul's Journey 2	Self management through the breath	
	Dr Kartar Singh	Kartar Singh	Kartar Singh	Dr Kartar Singh	
Room 3		The Naad	Daily Practice in a Challenging World	Japji 3	
		Prof Surinder Singh	Dr Kartar Singh	Ek Ong Kaar Kaur	
3:00-3:30pm	AFTERNOON BREAK	AFTERNOON BREAK	AFTERNOON BREAK	AFTERNOON BREAK	
3:30-5:30pm	Ten Light Bodies of Consciousness	Essential Yoga Kindness & Clear Insight	Aquarian Consciousness In Business	Aquarium Women Shining Bright and Beautiful	
Joseph Hall	Nirvair Singh	Tonie Nooyens	Suraj Kaur	Angad Kaur	
Room 2	The Soul's Jouney 3	Japji 1	Japji 2	The Naad	
	Kartar Singh	Ek Ong Kaar Kaur	Ek Ong Kaar Kaur	Prof Surinder Singh	
6:00-7:00pm	DINNER	DINNER	DINNER	DINNER	
7:00-9:00pm	Sat Jot Singh Concert	Music	Professor Surinder Singh and Group - Concert	Dance	
* Evening Bazaar every night during festival 6pm-10pm					