

Schedule Details

Wednesday 28th 9:00 am –12:00 noon.

International Teachers' Conference
Your Totality as a Teacher

Kundalini Yoga Festival
The Invincible Human
Celebrating the Emergence of Our Innate Human Excellence

Wednesday 28th 1:00 – 3:00 pm **Sunder Singh**

The Power of the Spoken Word

“In the beginning was the word...” Words (whether audible or spoken in silence) are how we create our relationships with our inner and outer world. The dialogue we have with ourself creates our experience in life. There is nothing more powerful than the inner dialogue for it informs our core belief/program and how we and the world interacts. And one of the most effective ways to guide and modulate that dialogue is through affirmations. Today we will explore the art and science of the Naad of Affirmation. The intention of this class is for each participant to have a simple, practical, and effective key to modulate that dialogue.

Wednesday 28th 1:00 – 3:00 pm **Dr.Kartar Singh**

Habit management as a human being: Managing the gift

As a soul we come into this life in the physical plane. Immediately we being to manifest patterns that lead to habits which create behavior and give us an outcome. Outcomes either serve us or not. we will discuss the use of Kundalini Yoga and meditation to manage this cycle and deliver the gift of our destiny as a result.

Wednesday 28th 3:30 – 5:30 pm **Nirvair Singh**

The Ten Light Bodies of Consciousness: Balance and Grace of the Human

A short course on the ancient science of Numerology and the correlation to the ten bodies of the human as taught in Kundalini Yoga: the physical body, three mental bodies and six energy bodies. Correlating the numerology of birthdate with each of the ten bodies gives us the ways to balance our selves and bring awareness to our strengths and weaknesses. We can comprehensively work on our spiritual growth through understanding these bodies and apply our yogic practice to bring radiance and balance. We will do our birthdate numerology and learn about the application of various Kundalini Yoga practices to match our unique selves and bring deeper awareness.

Wednesday 28th 3:30 – 5:30 pm **Kartar Singh**

The Soul's Journey.

Loosening repetitive patterns of stress and thought; emotional places that leave one stuck and worn.

The class uses Yogi Bhajan rebirthing technique and “frozen” energy work to release vitality where there was stress, and bring light and space where there was density.

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Thursday 29<sup>th</sup> 9:00 am –12:00 noon      **Sunder Singh**

**Transformation**

**The Art of Distilling Destructive Emotions into Flourishing Emotions.**

Let us join in a process to clear our most powerful emotions so they can align and support the soul's intention.

Thursday 29<sup>th</sup> 1:00 – 3:00 pm                      **Nirvair Kaur and Nirvair Singh**

**Experience the Power of the Authentic Self**

This session will focus on exploring the Kundalini energy and how it offers the experience of power and clarity in one's life. Sensitivity, self-awareness and endurance is what is required in a day. So we need to have a practice and habits that helps us have the energy to listen, relate, act and have trust and confidence in our inner awareness and intuition. With this we connect easily and genuinely with all of life. We will use personal exploration, mantra, kriya, pranayam and meditation to awaken this wisdom that is already within.

Thursday 29<sup>th</sup> 1:00 – 3:00 pm                      **Kartar Singh**

**The Soul's Journey**

**Using your emotions as natural guideposts to notice then shift the energetic patterns that hold you back or speed you up.** The class is about noticing what you want even in the heart of what you don't want, using everything around you and within you as tools for joy and awareness

Thursday 29<sup>th</sup> 1:00 – 3:00 pm                      **Professor Surinder Singh**

**Naad Yoga – Unfolding Sacred Sound**

Join us on a journey of sacred naad through your inner physical depths, open your heart to heal your soul with the power of naad elevating your invincible higher self. Experience the power of ancient sacred sound and learn about its healing mechanisms.

Thursday 29<sup>th</sup> 3:30 – 5:30 pm                      **Tonie Nooyens**

**Essential Yoga - Kindness and Clear Insight**

The number of publications and explanations about spiritual practice, its history, background, content is seemingly unlimited; shelves in bookstores are packed with words, theories, approaches ... too many to know, too many to practice ... Yet, in essence, all can be narrowed to the humbling and quiet practice of cultivating loving kindness and gaining a clear insight into the nature of everything. *Essential Yoga* is about learning to experience this essence in a simple way.

Thursday 29<sup>th</sup> 3:30 – 5:30 pm                      **Ek Ong Kaar Kaur**

**Japji Sahib: Hukam, Flowing with the Divine Plan**

In this segment, we will meditate and understand *Hukam* – The Divine Way. The Divine Way includes the movement of everything around us. It also includes our own choices. How can we flow with the Way to achieve our highest potential?

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Friday 30th 9:00 am – 12:00 noon **Sunder Singh / Nirvair Singh**

Acceptance

The Art of Dialogue and the Aspects of the Mind

We will explore how to synchronize the different aspects of our consciousness so that they support each other and further the purpose of the soul.

Friday 30th 1:00 – 3:00 pm **Sunder Singh**
OPEN

Friday 30th 1:00 – 3:00 pm **Kartar Singh**

The Soul's Journey: Experience yourself as a vibrational being, a vast, sensitive electronic pulse. Take the journey from sensing yourself as a thinker, a planner, a striver, to a vibrational being in relationship to energy that creates worlds. The class uses meditations to play with the energy of particles and cells and set intuition and vision as a new guidance system.

Friday 30th 1:00 – 3:00 pm **Dr.Kartar Singh**

Daily Practice in a Challenging World

How to manage a daily practice in a busy world so that we can sustain the pressure of the times. Practical wisdom for delivering ourselves so that we may uplift others.

Friday 30th 3:30 – 5:30 pm **Suraj Kaur**

Aquarian Consciousness in Business

We are here to contribute to the world and also to become whole – to serve and to heal. How do we integrate our highest values and soul truths with the business environments that we work in? How do we as self sensory humans support businesses and corporations to change, to become authentic and support our future world. The process starts with inner transformation, we surrender into divine union and sacred service.

Friday 30th 3:30 – 5:30 pm **Ek Ong Kaar Kaur**

Japji Sahib

Sunniai and Manniai: Deeply Listening and Trusting what you Hear Liberation can come to you by practicing the art of deep listening. Through deep listening, the secrets of yoga, all wisdom, and the very path to enlightenment will reveal itself to you.

Friday 30th **EVENING CONCERT**
with Professor Surinder Singh and Group

Open your Soul – Listen, sing along and experience!

Discover the sound of ancient sacred music, created by the Sikh Masters for spiritual awakening and healing. Let the sound of traditional Rugs and ancient instruments reconnect you with your higher self and the Divine.



Saturday 31st 9:00 am – 12:00 noon **Sunder Singh**

Awakening

The Art of Awareness and the Power of Perception

We are like frozen blocks of ice floating in the river of consciousness. The process of awakening is a shift in viewpoint that allows us to give up our deep belief that we are separate from the river.

Saturday 31st 1:00 – 3:00 pm **Nirvair Singh / Nirvair Kaur**

A Time for Deeper Peace and Awakened Heart

This workshop focuses on strengthening, deepening and stabilizing subtle awareness within mind, heart and spirit. This energetic process will help us to release old conditioning, projections and limitations and bring us into the present moment. With this we also open deeper our ability to receive and anchor new reference points for the experience of more powerful states of compassion and peacefulness.

Saturday 31st 1:00 – 3:00 pm **Dr.Kartar Singh**

Self Management through the Breath

Incorporating breathing techniques, pranayam, into our daily life to help regulate emotions, thoughts and stress. Simple practices for complex times. Be prepared to breathe.

Saturday 31st 1:00 – 3:00 pm **Ek Ong Kaar Kaur**

Japji Sahib

The Realms of Awareness Guru Nanak describes 5 realms of awareness that we can experience. Yogi Bhajan called the first 4 realms the “realms of the Blue Ethers.” The fifth realm is the experience of Union. In this segment we will try to understand these realms.

Saturday 31st 3:30 – 5:30 pm **Angad Kaur**

Aquarian Women Shining Bright and Beautiful

No creature on this planet has the beauty, the strength and the power which you have as a woman - Yogi Bhajan
Any woman can be beautiful when she resonates with truth and femininity. People are deeply touched by her glowing magnetic radiance from her strong aura - People feel beautiful themselves just by her presence.
Explore your Innate ExcellenceExplore your Power as a Woman behind the evolution of humanity into the Aquarian Age..

Saturday 31st 3:30 – 5:30 pm **Professor Surinder Singh**

Experience the Sacred Sound Healing of Naad Yoga

Vibrate sacred sound and discover your own potential to inspire, elevate and heal yourself and others through Sikh Music.

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Sunday Nov 1<sup>st</sup>

**Anchoring the Experience**

On this day we will integrate the process we went through during the previous days so that the experience is embodied and expressed in our actions.

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