

Discover the Jewel Within
1-day Intensive Kundalini Yoga Workshop
Experience Some of the Most Sacred Kriyas in Kundalini Yoga



With dr. Japjeet Rajbir Kaur Khalsa

Sunday 3 March 2019, 9:30-17:00

Villa Varia, Pellenberg (near Leuven), Belgium

In this Kundalini Yoga workshop we will practice a number of very precious kriyas and meditations which Yogi Bhajan himself described as 'the most sacred kriya(s) in yoga', but which often hardly get practiced in KY classes or workshops. We will go deep within, in search of the inner diamond. We will work with kriyas and meditations that Japjeet has never before taught in her many years of teaching in Pellenberg, and it will be a very intense and sacred day the effects of which will be felt for weeks. You can start looking forward to a selection of kriyas that will 'balance every molecule in your body', that can allow the kundalini energy to flow smoothly through the body and that can reduce and release the anger that was imprinted at the time of birth.

It will be a perfect way to prepare for the new year (which for Sikhs doesn't start on January the 1st, but in 2019 starts on 14 March, on Sangrand Chet)!

You will be guided to do these powerful kriyas as per your own abilities.

Practical details

Investment: €108. Concessions are possible for full-time students and people receiving benefits.

Location: Villa Varia, Weligerveld 2, 3212 Pellenberg (Belgium). Villa Varia is 8 kilometers away from Leuven railway station. There is a bus from Leuven station to the location (De Lijn bus 3 to Pellenberg Hospital).

Registration is required, and bookings are only secured after payment of the registration fee.

To book your spaces please email Japjeet Kaur at japjeetkaur@shuniya-yoga.org and pay your registration fee into the following bank account: (BNP Paribas Fortis) **Name: Nele Bemong. IBAN BE26 0012 5724 9029. BIC-code GEBABEBB.**

The registration fee is non-refundable, except in the case of severe and unexpected medical circumstances (in which case a 20% booking fee is charged).

Lunch, tea and snacks are *not* yet included in the registration fee – you will pay an additional €20 during the workshop to Ingrid for that (it is not allowed to bring your own lunch).

If you'd like to have dinner with us after the workshop, then you can – this will be served around 18.00 (so you first have time for a walk in our beautiful natural surroundings). Dinner will cost an extra €17.50 per person. Meals are all vegetarian and mostly vegan and gluten-free (although we cannot guarantee a completely gluten-free kitchen). Ingrid is a professional cook. *If there are any food intolerances or allergies, do let Ingrid know well in advance. **Bringing or preparing your own food is not allowed.***

It is also possible to stay over on Saturday or Sunday evening – please contact our host Ingrid Klabbers via email to arrange this: ingridklabbers57@hotmail.com. On the days before (Friday 1 & Saturday 2 March) Japjeet is running a Closing the Bones training in the same location, in which you might also be interested (see <http://www.shuniya-yoga.org/workshops/> for all details).

Teacher



Dr. Japjeet Rajbir Kaur Khalsa is a KRI (Kundalini Research Institute) and IKYTA (International Kundalini Yoga Teachers Association) - certified Kundalini Yoga teacher ('Aquarian Teacher Level 2'). She is also an Intern Teacher Trainer of the KRI Aquarian Trainer Academy, through Karam Kriya School under lead trainer Shiv Charan Singh. From 2008 until 2011 Japjeet taught KY in Belgium; since January 2012 she has been teaching KY in the UK and running retreats in mainly the UK and Belgium. Over the past years she has specialised in, amongst others, KY for stress-management, burnout, depression and anxiety; addiction recovery; pre- and postnatal yoga; and men's, women's and relationships teachings. Japjeet is also a nutrition & health coach, life & yoga coach, massage therapist, Closing the Bones therapist & trainer, and postnatal doula.. ThreeBestRated nominated her Shuniya Kundalini Yoga enterprise both in 2017 and 2018 as 'Best Business of the Year' for Leicester, UK and awarded her twice their 'badge of excellence'. More information about Japjeet and her classes can be found on www.shuniya-yoga.org.

Japjeet has a strong reputation for her incredibly rich yogic knowledge and her ability to bring deeply complex teachings in a way that is very easy to understand and grasp for all, whether students have any prior knowledge or not. She is deeply spiritual yet at the same time very down-to-earth and 'real', and she knows how to make the yogic teachings practical, tangible and easy to integrate in a modern Western life. She is very open and direct in her teachings and cuts to the essence, but does so with a lot of love for and always in service of the students.