

Afternoon KY Workshop on the Birthday of Baba Siri Chand

With dr. Japjeet Rajbir Kaur Khalsa

Monday 26 August 2019, 2-5pm
Leicester



In the lineage of Kundalini Yoga, Baba Siri Chand is regarded as one of the greatest yogis in the 'Golden Chain' and as one of the yogis who 'held the throne' of Kundalini Yoga.

During this very unique workshop held on the day of his birthday we will focus on several deep and sacred meditation practices taught by Baba Siri Chand. Not one to be missed...

Baba Siri Chand was the eldest son of Guru Nanak Dev ji - the founder of the Sikh Dharam - but while his father became the first Sikh Guru, Siri Chand rejected his father's path and became a celibate recluse. He founded a sect of Udasi yogis who followed a strict path of renunciation, altogether different from the Sikh teachings which didn't support the practice of renunciation, celibacy or siddhis (yogic powers), and instead focused on a householder's path of simple righteous living in constant remembrance of the Divine.

While there were some great discrepancies between the paths chosen by Baba Siri Chand and by his father Guru Nanak Dev ji, the two weren't completely separate as paths, and the Udasi path of Baba Siri Chand became a 'fringe' path to the more mainstream Sikh path. Several ensuing Sikh Gurus met with and consulted Baba Siri Chand on matters, paying him Their deepest respects, and the 3rd and 6th Guru (Guru Amar Das Sahib ji, pictured above, and Guru Hargobind Sahib ji) each even gave a son to the Udasis in order for Their sons to become Udasi renunciates themselves.

Baba Siri Chand became one of the greatest yogis of all times; he lived to a very long age (sources differ in their statements and range between 134 and 152 years) but his body never

aged beyond that of a young boy of 12 years of age, and when he took his last breath, his 5 tattvas (earth, water, fire, air and ether) simply disintegrated in the tattvas around.

Price: £35

Experience with (Kundalini) Yoga is not needed, everybody is welcome.

To sign up, please drop me an email on japjeetkaur@shuniya-yoga.org - bank details to make registration payment can be found on my Prices page (bottom of the green box) (but please let your bank transfer be accompanied by an email, otherwise I don't know what you're signing up for): <https://www.shuniya-yoga.org/pricing-payment-information/>

You can also find the FB-event for this day here: <https://www.facebook.com/events/651896838628845/>

Teacher: Dr. Japjeet Rajbir Kaur Khalsa



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, Spain, Malta 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-coach and spiritual counselor. ThreeBestRated nominated her Shuniya Kundalini Yoga enterprise both in 2017 and 2018 as 'Best Business of the year' for Leicester, UK and awarded her 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.