

Prana & Apana. Yogic Energy Management

2 Different Full-day Saturday Workshops

With dr. Japjeet Rajbir Kaur Khalsa

Saturday 21 September 2019, 10am-5pm: workshop 1

Saturday 12 October, 10am-5pm: workshop 2

Leicester, UK



In September and October all my weekly Kundalini Yoga classes will focus on the topic of Prana & Apana - Yogic Energy Management.

Alongside this class series, I'll be teaching 2 (different) full-day workshops on this same topic that will allow us to explore in even more depth the topic of Prana, Apana, Pranayama, the rising of the Kundalini Energy, and more.

The workshops will take place on Saturday 21 September and Saturday 12 October, both times from 10am to 5pm. You can attend these workshops alongside the weekly classes, or just on their own - either attending just 1 workshop, or both.

Prana could be described as the incoming or life-giving energy, the Life Force; Apana is the eliminating force. In order for the Kundalini energy to rise, prana needs to be brought down to the navel (by e.g. pranayama practices), apana needs to be brought up to the navel (by e.g. mul bhand practices) and when the two meet and mix, this ignites the Kundalini energy. These workshops as well as this class series will explore the workings of these 2 energies, will help balance them, and will introduce another part of yogic anatomy (other than the better-known chakras and 10 bodies) which are called the '5 pranas' or '5 vayus'.

In the workshops we have a chance to go much deeper into some pranayamas, practice much longer meditations and more advanced pranayamas, and create experiences that our normal classes don't allow for. These techniques allow for maximum development of the brain and nervous system and with dedicated practice will lead to mastery of the self and the mind. Ultimately they can be used to achieve a state of Oneness and bliss.

The workshops (and classes) are open to people who are new to yoga and meditation as well as people with a committed practice.

Try to eat lightly in the morning, and bring a light lunch only.

Investment:

The workshops will run from 10am to 5pm (bring your own - light - lunch) and will cost £65 each, or just £120 if you sign up to both (concessions apply). As always, spaces are limited.

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/484633159021887/>

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.