

All-day Kundalini Yoga in Celebration of Yogi Bhajan's Birthday

With dr. Japjeet Rajbir Kaur Khalsa

Monday 26 August 2019
Leicester



Coming Monday 26th August marks the birthday of Yogi Bhajan, through whom we have received the lineage of Kundalini Yoga as we practice it (<https://www.shuniya-yoga.org/yogi-bhajan/>). To join in the worldwide celebrations for Yogi Bhajan's birthday and to make the most of the fact that this is coinciding with the Summer Bank Holiday in the UK, I'll be offering very special Kundalini Yoga meditations and kriyas all day long - you can come for just part of it, or immerse yourself for the full day!

So far the weather promises to be wonderful, so we can hopefully practice outside. If that changes, we will be at my home studio on 118 Bosworth Street LE3 5RD, Leicester - spaces there are limited, and so booking ahead is strongly advised. You can attend one or more sessions during this day. The schedule looks as follows:

(6-8.30am: Special sadhana with 2.5 hours of Long Ek Ong Kar -- *While I had planned a sadhana, my neighbours have asked me not to do 2.5 hours of chanting as their bedroom is adjacent to my studio space -- so unfortunately I have to cancel this part...*)

10.30-12.30: Morning workshop in which we'll do the very first kriya Yogi Bhajan taught when he came to the West and a very special Rebirthing Meditation which Yogi Bhajan will lead us through on video.

£13.50

14.00-17.30: Afternoon workshop in which we'll practice the Trinity of KY kriyas: Sat Kriya, Kirtan Kriya and Sodarshan Chakra Kriya for their full times! (breaks and relaxations are included). This 'masterclass' workshop is geared towards a very powerful and transformative group practice of the 'Sacred Trinity' of kriyas in KY. You will be guided to do these sacred

and powerful kriyas as per your own abilities, and so you can be rather new into KY to join in - where needed you can take personal breaks (in respectful silence) as the rest of the group continues.

£35

19.00-21.00: Special longer evening class (at mine, not at the centre where we normally gather on Mondays, as it closes on Bank Holidays) in which we'll practice deep meditations guided by the voice of Yogi Bhajan. We'll finish with a Yogi Bhajan tribute video and some Yogi Tea.
£13.50

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

To sign up, please drop me an email on japjeetkaur@shuniya-yoga.org and let me know what parts of the day you want to sign up for - 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/2398102977128427/>

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.