

Humanology & Yogic Lifestyle Workshop:

Men's and Women's Moon Centres

With dr. Japjeet Rajbir Kaur Khalsa

Saturday 21 November 2020, 10.15am-12.15pm

On Zoom



Humanology is the science of understanding human nature. By understanding human nature, we mean understanding what causes human beings to feel and respond the way we do. In this workshop we investigate a little known but hugely important part of yogic anatomy and humanology: the science of the Moon Centres or Moon Points.

Moon Centres are physical and energetic areas of the body that are affected by the lunar energy. Men have one such point on their body, women have eleven. That is why the male energy is more associated with the sun, with Yang energy, with stability, while female energy is more associated with the moon, with Yin energy, with fluidity, water and change. As the moon moves through these centres in a 27 ½ day cycle, a woman goes through 11 different energies, different 'personalities' almost, repeating itself every 27 ½ days. This pattern is *not* a woman's menstrual cycle.

Getting to know these centres, understanding their strengths and pitfalls, and learning how to map one's individual cycle through them, greatly empowers a woman. She can learn to organise her personal and work life around what is happening energetically within her. For a man, the understanding of this essential aspect of female nature will help him fathom 'the mystery of woman' more easily. When both genders understand each other's moon centres, professional

relationships naturally become much more efficient and personal relationships and family life become more harmonious and happy.

We will also look into the role of these centres as erogenous zones and their importance in foreplay.

This interactive workshop is open to men and women, 16+. We will discuss both the male and the female Moon Centres in detail and with practical life examples, we will help you with advice on how women can create their own Moon Centre map (also with the help of their partner), and we will practice a meditation that balances the points (men will practice this meditation in a slightly different way than women).

No experience in Kundalini Yoga or any other Yoga is required.

Practical details

This workshop will take place over Zoom. (Note any difference in time zone applicable to you!!)

Investment: £25 per person or £45 for couples. For couples who both want to do the workshop, but who e.g. have to juggle childcare amongst themselves and can't both attend on the Saturday morning, I will make a recording available so they can watch it together again (or just the partner who couldn't attend).

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: Name: Nele K. Bemong / Account nr 31285092 / Sort code 40-18-43.

Or you can use the following if you are joining from abroad:

* PayPal: japjeetkaur1@gmail.com (please indicate you're paying Friends & Family when paying by PayPal, as they otherwise take a cut -- otherwise please pay via bank transfer)

* Bank details for payments in euro's: Name: Nele Bemong. IBAN BE26 0012 5724 9029. BIC-code GEBABEBB.

Login details will be sent to the email address you have registered with. The registration fee is non-refundable.

Teacher



Dr. Japjeet Rajbir Kaur (° in Belgium, but based in Leicester since 2012) left her academic career (Belgium & USA) in 2011 to fully focus on teaching Kundalini Yoga and offering holistic therapies. She has been running women's circles & women's retreats for over a decade, and her passion for working with women has guided her to becoming a Closing the Bones practitioner and CtB trainer for the UK and Europe nearly 4 years ago, as well as directed her focus in yoga, nutrition, aromatherapy and herbal medicine on different areas of women's lives and womb work. A lot of what she offers is centered around fertility problems, PCOS, endometriosis, painful periods, as well as sexual and/or birth trauma. Japjeet is also a massage therapist, a postnatal doula, a nutrition & health coach, life & yoga coach, and an aromatherapist (with her own line of organic homemade skincare & cleaning products). For 4 years in a row now (2017-2020), ThreeBestRated awarded her with their 'Badge of Excellence' as 'Best Business of the Year' for the category Yoga Classes in Leicester, testifying to the consistent quality of classes and services offered.