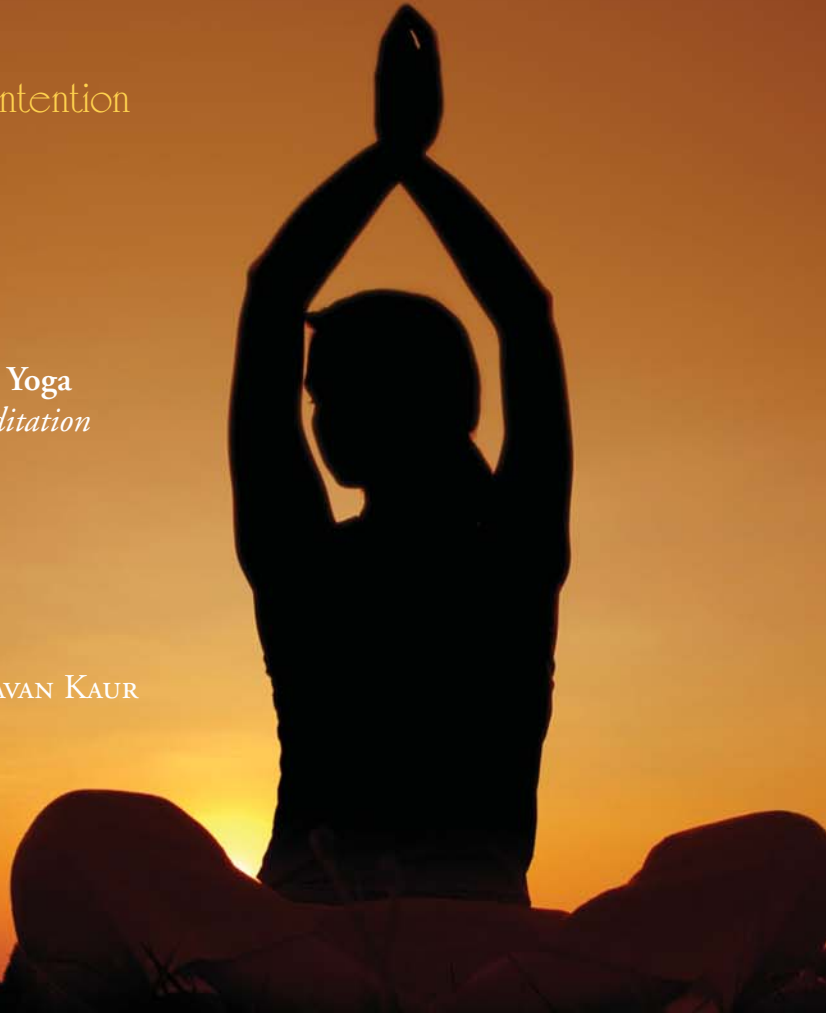


# New England's Annual Kundalini Yoga Fall Festival

October 15, 2005 (9:00-4:30)

## Working Together: The Power of Intention

- 9:00 - 10:00    **Registration**
- 10:00 - 11:00    **Setting Your Intention**  
*Awaken for the Day*
- 11:00 - 12:30    **The Magic of Kundalini Yoga**  
*Movement, Music, & Meditation*
- 12:30 - 2:00    **Lunch**
- 2:00 - 3:30    **Manifest Your Intention**  
*Through Breath & Sound*
- 3:30 - 4:30    **Bhangra Dance! - SAT PAVAN KAUR**  
*& Closing*



508 376-4525 • 368 Village St, Millis, MA 02054 • KundaliniYogaNE.com

## Yoga Festival Presenters



Sada Sat Singh

**Sada Sat Singh and Sada Sat Kaur Khalsa,** formerly teachers and co-owners at Golden Bridge Yoga Center in Los Angeles, CA and currently founders of Casa di Guru Ram Das Yoga Retreat in Umbria, Italy. This radiant couple is internationally recognized for more than 35 years of yoga instruction and for their celestial music cds.



Gurucharan Singh Khalsa

**Gurucharan Singh Khalsa, Ph.D** is an acknowledged master of Kundalini Yoga as taught by Yogi Bhajan. Gurucharan heads a business consulting firm, has a broad-based therapy practice, and is a co-author of *Breathwalk*. His classes are life-transforming.



Sat Pavan Kaur Khalsa

**Sat Pavan Kaur Khalsa** is an accomplished Bhangra dancer and teacher. She is respected all over the world for her unique style and grace.

## Coming this Fall:

**Kundalini Yoga Teacher Training:** Kundalini Yoga provides you with a natural technology to sustain your body, expand your mind, and experience the infinite reach of your spirit. Kundalini Yoga Teacher Training will give you a depth of knowledge and a mastery of self that allow you to explore your unlimited potential.

*"If you want to learn something, read about it. If you want to understand something, write about it. If you want to master something, teach it."*

Yogi Bhajan

### The Residency Programs at Guru Ram Das Ashram:

At the heart of Guru Ram Das Ashram is the belief that spiritual practice walks hand in hand with life in a busy world. Perhaps you are at a point in your life where you are looking for a lifestyle that allows you time to both practice yoga and meditation while maintaining your network of friends, family, and livelihood. We offer a community of like-minded individuals who practice a yogic lifestyle and seek to deepen their connection to spirit. Please visit or call to find out about weekend retreats, early morning sadhana practice, extended stays, and available apartments.

### Other Great Courses Coming This Fall:

**August 14th – Sat Nam Rasayan Intensive.** Learn an ancient healing art for revitalizing the body, mind and spirit.

**Sept 17th – Breathwalk Workshop.** Create your own personal vitality by integrating walking, the breath, and meditation into specific exercise patterns.

**November 5th – White Tantric Meditation Course.** Find your Self while gazing in the eyes of the "other." Expand your spiritual awareness and transform past patterns at this ancient partner yoga.



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**3HO**

Kundalini Yoga Fall Festival  
Guru Ram Das Ashram  
368 Village Street  
Millis, MA 02054

Non-Profit Org.  
Standard Mail  
U.S. Postage  
**PAID**  
Millis, MA 02054  
Permit No. 39

To Register, call: 877-346-9642 or 508-376-4525

**Course Fee:**

**\$92**

**\$79** Early Birds (received by Sept. 25)

**\$65** Student Rate

**Mail to:** Guru Ram Das Ashram  
368 Village Street  
Millis, MA 02054  
KundaliniYogaNE.com

Please make checks payable to:



**3HO  
Foundation**

Name \_\_\_\_\_

email \_\_\_\_\_

Address \_\_\_\_\_

Phone (h) \_\_\_\_\_ (w) \_\_\_\_\_

Pay by:

( ) Check ( ) Visa ( ) Mastercard ( ) AmEx

Credit Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_

I would like to donate  
to 3HO Foundation  
of MA, or

I would like to donate  
to Kundalini Yoga  
for Youth

Monthly One-Time

\_\_\_\_\_  \_\_\_\_\_

\$10  \$100

\$25  \$500

\$50  \$1000

\$100  \$5000

\_\_\_\_\_  \$10,000

**Directions:** Take Rte. 95/128 to the exit "Westwood/109 West". Stay on Rte. 109 through Westwood and Medfield and into Millis. At the first stop light in Millis, turn left onto Rte. 115. At the first stop sign (about 1 mile), turn right. At the fork, veer right onto Village St.; drive about two miles. 368 Village St. is on your left side.

**Public Transportation:** Is available from Boston on the MBTA Franklin Forge Park Commuter Line, the Norfolk stop. Call ahead to arrange a ride from the station.