

**– Women’s Day –  
at Guru Ram Das Ashram,  
Saturday, March 14, 2009; 9 AM – 5 PM**

A full day of self-elevation in the healing energy of women, sharing experiences, stories or skits, and a yummy, vegetarian lunch, highlighted with a Yogi Bhajan lecture; yoga, meditation, and chanting.



Let’s join as women to be enriched by Yogi Bhajan’s teachings on women, and uplifted by our combined creative strengths toward transformation and healing. From the 1975 treasury of teachings, Part 2, we will:

- Give ourselves a kundalini yoga tune-up.
- Choose Yogi Bhajan quotes – as the basis for small group sharing of personal experiences and stories or skits.
- Watch a Yogi Bhajan lecture from Women’s Camp together and discuss what meaning it has for us.
- Do meditations and chant mantras that will strengthen our auras and the power of our words.

**Facilitated by:** Harbhajan Kaur, Siri Sevak Kaur, and others. (Harbhajan Kaur and Siri Sevak Kaur represent 30 years’ direct experience with Yogi Bhajan’s women’s teachings and camps he taught between 1975 and 2002.)

**Saturday, March 14th** Time / Cost: 9 AM – 5 PM; Lunch included

\$ 99 pre-registered by March 1<sup>st</sup>.

\$125 after March 1<sup>st</sup>

\$ 75 service scholarship\* [Phone Siri Sevak Kaur

508-376-1207]

\*Service scholarships are limited. To receive this discount, you will need to arrive early to help (E.g., with food preparation in the morning and clean-up after lunch)

**Other Women’s Weekend Options:**

- Friday Night, March 13<sup>th</sup>, 7:30-8:30 PM: Free Event  
**“Chant before Bed and Sleep in Bliss”**
- **Stay overnight** at Guru Ram Das Ashram guest space Friday and/or Saturday. [To make reservations, contact Dharma Kaur: 508-376-4387 home, or 508-735-4580 cell]
- Saturday Night, March 14<sup>th</sup>: **Full Moon Gong Event**  
[Not included in Women’s Day fee.  
See: [www.kundaliniyogane.com](http://www.kundaliniyogane.com) for more details.]

## Detailed Schedule for Women's Day:

### **Saturday, March 14th**

- 9 – 9:45 AM Introduction to the Course; brief check-in.
- 9:45-11 AM Yoga for Women from Yogi Bhajan's Women's Camp series.  
11 AM Meditation
- 11:15 AM Break / Snack
- 11:30 – 1 PM Small groups will share personal experiences, stories or skits, in relation to quotes from Yogi Bhajan's Women's Teachings from "Under the Blue Skies" - 1975 Women's Teachings, Part 2 (Yogi Bhajan Quotes provided can be taken home.)
- 1-2 PM Wholesome vegetarian lunch.
- 2-3:30 PM Yogi Bhajan Lecture Video and Discussion; relaxation
- 3:30 - 4 PM Walk and share. ("Peanut half hour")
- 4-5 PM Naad Yoga/chanting experience, with mantras, mudras, and kriyas taught by Yogi Bhajan, led by Harbhajan Kaur and Siri Sevak Kaur.

### **Saturday, March 14<sup>th</sup> Evening options [not included in Women's Day fee]:**

- 5:00 – 7:00 PM Option to have supper together at a local restaurant before the Full Moon Gong Event in the evening.
- 7:00-9:00 PM Full Moon Gong Event with Guruatma Kaur, Siri Tapa Kaur and Dharam Singh
- Spend the night at Guru Ram Das Ashram guest spaces  
[Make reservations by calling Dharma Kaur: 508-735-4580.]
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### **Sunday, March 15<sup>th</sup>**: Those spending the night at GRDA may want to enjoy:

- 4:40-7 AM Morning Sadhana  
4:40 AM Recite Japji Sahib (Sat. AM - handouts available)  
5 AM Kundalini Yoga  
6 AM Musical Kundalini Meditations
- 7-9 AM Free Time for breakfast, walking, relaxing.
- 9 AM Optional: help prepare *lungar* (community meal).  
11 AM – 12:30 *Gurdwara* (devotional service), followed by *lungar*.