

# RabBoar Studio Update

**April 2010**

## Meditations in April—Workshop in May

### Spring Cleaning



We will be almost half-way through spring on **May 7th & 8th**. That's when we will be hosting another Kundalini Yoga Workshop at the RabBoar Studio presented by Karta Purkh S. Khalsa and Sat Inder K. Khalsa from the 3HO Kundalini Yoga Center in Kansas City, MO.

Following is some information about the workshop:

We can greatly improve our health and well being by applying yogic practices during seasonal changes. Springtime is a special time to purify the body and expand the spirit. We will practice Yogic exercises, Kriyas and Meditations to cleanse the body/mind/ spirit and discuss Yogic eating for good health, including Yogi Bhajan's Pre-Spring diet for cleansing and strengthening the body.

#### **Friday 6:00 PM – 9:00 PM**

Introduction with Gong Relaxation

#### **Saturday 8:30 AM – 5:00 PM**

With (two short breaks and lunch break) Saturday will include Kriyas, Meditations, special healing teas (breaks), and LOTS of information about cleansing, detoxing, fasting, and eating your way to health the "Yoga" way.

Special lunch will be served

**Only \$100**

**for the entire workshop**

*Register on-line*

[www.rabboar.com/studio](http://www.rabboar.com/studio)

*or call 621-8003 for more info*

**Karta Purkh S. Khalsa, B.S., M.A., Director of the 3HO Kundalini Yoga Center of Missouri, Inc. since 1980** was trained in Kundalini Yoga and Meditation by Yogi Bhajan and has taught Kundalini Yoga since 1976. Karta Purkh is a certified Kundalini Yoga Teacher and a member of the International Kundalini Yoga Teachers Association and the Interfaith Council of Kansas City. He is a certified Kundalini Yoga Teacher Trainer for Levels I and II, an Adjunct Professor at UMKC, a published writer and award-winning photographer

**Sat Inder K. Khalsa, M.S.W., LCSW** has been Administrator for the 3HO Kundalini Yoga Center of Missouri, Inc. since 1980. She became a student of Yogi Bhajan's in 1975 and has taught Kundalini Yoga since 1976. Sat Inder is a certified Kundalini Yoga Teacher and a certified Kundalini Yoga Teacher Trainer for Levels I and II. She is a member of the International Kundalini Yoga Teachers Association - IKYTA. "Sat Inder" is a spiritual name that means "Highest Truth", and she is privileged to share with her students the Yogic Truths that can illuminate our paths and elevate our spirits.

### Meditations

**"Meditation on the Flame"** from the teachings of Yogi Bhajan. **The constraint of the mind begins with concentration. Gazing, at a candle flame is a well known centerpiece of this practice. The choice of the Candle Flame is not random. The flame represents Light and Truth. Light stimulates the optic system, the Sympathetic system and the Pituitary gland. Thursdays 7:15PM**

**Full Moon Meditation** based on the teachings of Yogi Bhajan creates abundant healing energy which can be utilized by any/all members of the meditation circle for themselves or a distant loved one. **7:00PM** night of the full moon (**next one April 28th**) 11 minutes in length

### Class Schedule [www.rabboar.com/studio](http://www.rabboar.com/studio)

#### Yoga (Pilates Wednesday)

Monday (Flowing)	<b>5:30—7:00PM</b>
Tuesday (Kundalini)	<b>5:30—7:00PM</b>
Thursday (Basic Details and Practice)	<b>5:30—7:00PM</b>
Saturday (Core Strength Yoga)	<b>11:00am-12:15</b>
Wednesday (Pilates)	<b>5:45—6:45PM</b>

#### Tai Chi Chuan

Monday (Forms)	<b>7—8:30PM</b>
Wednesday (Basics)	<b>5:30—7PM</b>
Wednesday (Forms)	<b>7—8:30PM</b>
<a href="http://www.rabboar.com/studio">www.rabboar.com/studio</a>	<b>621-8003</b>