



RabBoar Studio Update

Guest Teachers Coming to RabBoar



This year is going to be exciting — and fun — as we host a number of teachers from around the country. First, our own Arjinder & Siri Daya with guest “gonger” Rameet, from Carthage, will be vibrating the cosmos as they play the gong for our Triple Gong Bath **February 11th** starting at 1:30. Cost is only \$10/

person.

Please visit our website www.arkundalini.com or www.rabboar.com/studio for more information and to register. These workshops will fill up quickly, so please RSVP as soon as possible to assure your spot.



Friday, March 16th 6–9:00PM Thai Massage practitioner and teacher, Sat Inder Singh Khalsa from St. Louis will teach a class on Thai Massage for Couples. No Yoga or massage experience necessary, but it is also a good class for body-workers. Bring a friend and learn this ancient healing practice. \$30/person, \$50/couple



March 30th thru April 1st join Siri Bahadur from Austin, TX for a special Kundalini Yoga workshop — “Renewed Awakening into Spring”.

Friday night we will start it all with music, singing & gonging, then Saturday we will Identify, Strengthen, and Balance the Etheric Light Bodies using breath, sound, and yoga to experience and set up a basis to relate to the subtle essence bodies of the Conscious Human. Sunday we will Learn How the Etheric Bodies Determine the Effectiveness of the Physical Body and Become Comfortable Living in the Zero Point – Investigating the extensive Domain. Using breath, sound yoga, deep meditation and song to experience the use and integration of the etheric light bodies. Ends with long gong relaxation. This is not to be missed by anyone on a path to greater understanding of oneself and ones place in the “scheme of things”.

Friday is suggestion donation of only \$15. Saturday 9--12 session: pre-paid \$40, at door \$50; 1-5 session: pre-paid \$50, at door \$60 Both sessions (includes lunch): pre-paid \$90, at door \$110 Sunday 9-1 session: pre-paid \$50, at door \$60.

Both days: pre-paid \$130, at door \$160.



May 5th and 6th, Dr. Yogi from San Francisco will teach a Kundalini Yoga Intensive Saturday May 5th: “The Hue Man in Form and Function”; and Sunday a Kundalini Yoga a Meditation class led by this great teacher. More information about this class will be forthcoming. Prepaid \$85, Door \$108 for Saturday; Sunday class \$15.