



## KUNDALINI YOGA & MEDITATION WORKSHOP

WITH KARTA PURKH S. KHALSA AND SAT INDER K. KHALSA

May 21<sup>st</sup> \* Rogers, Arkansas • RabBoar Studio (12807 E Tucks Chapel Rd)

**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 heal, rejuvenate & cleanse the body/mind/spirit.**



**Karta Purkh S. Khalsa, B.S., M.A., Director of the 3HOKundalini 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

**Saturday \* 9:00 AM – 3:30 PM**

**Only \$75 to learn from these extraordinary teachers**

(vegan lunch included)

**Register on-line at [www.rabboar.com/studio](http://www.rabboar.com/studio)**

**or print and send to address below**

(For Credit Card payment, please register online at [www.rabboar.com/studio](http://www.rabboar.com/studio) through PayPal)

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