



SIRI BAHADUR KHALSA

A Kundalini Workshop Experience

March 30th -- April 1st

RabBoar Studio, Rogers, AR

Friday, March 30th

7:00 – 9:00 PM

Singing, chanting and gonging to start the weekend right. \$15 suggested donation.

Saturday, March 31th

Renewed Awakening into Spring

9:00 AM – 12:00 PM:

Identify, Strengthen, and Balance the Etheric Light Bodies: *We will use breath, sound, and yoga to experience and set up a basis to relate to the subtle essence bodies of the Conscious Human. The morning will end with a gong relaxation.*

1:00 PM – 5:00 PM:

Learn How the Etheric Bodies Determine the Effectiveness of the Physical Body: *Become Comfortable Living in the Zero Point – Investigating the extensive Domain: We will use breath, sound yoga, deep meditation and song to experience the use and integration of the etheric light bodies. Ends with long gong relaxation.*

Sunday, April 1st

Attaining Deep Stillness and Healing Within and Without

9:00 AM – 1:00 PM:

Healing Deeply From Within and Without: *We will work to dissolve the cloud of ego-based perception. Understand and conquer Imagined Disabilities. We will use breath, yoga, sound, and meditation ending with a gong relaxation*

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.

To pre-register contact Pamela Porch: email pamela@rabboar.com - (479) 621-8003 office, or (479) 531-3322 cell or visit www.arkundalini.com or www.rabboar.com/studio for information & directions

About Siri Bahadur:

Siri Bahadur's inspiring and uplifting teachings allow you to access the sensitivity of your own subtle energy and discover new aspects of yourself. Siri Bahadur began practicing and teaching Kundalini Yoga in 1974 in Dallas, Texas; he was the head of the Dallas Kundalini Yoga Ashram in the 1980's. Siri Bahadur teaches at Yoga Yoga in Austin, Texas, he is also involved as a teacher in the Yoga Yoga Teacher Training program. Siri Bahadur's yoga classes focus on conscious release of tension, thought patterns, emotions and unproductive habits acquired in your life experience; while creating the intentions that lead to the experience of your energetic, graceful, Infinite, and Divine nature. Teachers who influence his practice include, Guru Ram Das, Yogi Bhajan, Gurucharan Singh, Krishnamurti, and Guru Nanak. His specialty is the use of pranayama, mantra and Yoga of Sound and is an accomplished guitarist and master gong player as well as the artist of the recently released CD *Japa-Sadhana*. Experience transformational and healing yoga, meditation, music, relaxation and incredible gong from which the sounds of the Universe can be heard, felt and experienced deeply!



Siri Bahaduar

Please bring a yoga mat, light blanket and pillow. A light lunch will be served.

Event will take place at: RabBoar Yoga Studio in Rogers, AR

12807 E Tucks Chapel Road, Rogers, AR 72756 – (479) 621-8003