Kundalini Yoga (as taught by Yogi Bhajan) & the Healing Art of Sat Nam Rasayan®

Led by Sat Siri Kaur (Beth Kiley Kinder), Founder of Mount Hope Community Yoga

Sunday, Oct. 5, 2014
11am-5pm
Alumnae Hall Auditorium (194 Meeting Street)
Tickets: $40 General | $20 Brown/RISD ID
Available at: http://www.brownpapertickets.com/event/878102

Workshop Description & Instructor Bio

In the late 1960s, a man who came to be known as Yogi Bhajan broke with 5,000 years of tradition and began to teach Kundalini Yoga openly in the West. This workshop is an introduction to Kundalini Yoga and meditation as taught by Yogi Bhajan.

Sat Nam Rasayan® is an ancient healing art in the tradition of Kundalini Yoga. The lineage of Sat Nam Rasayan® was given to Guru Dev Singh Khalsa by Yogi Bhajan. Sat Nam Rasayan® allows a deep experience of meditation, healing, and relaxation and an experience beyond language, time and space. During part of this workshop we will work in pairs under the guidance of Sat Siri for an introduction to the experience of Sat Nam Rasayan® to relieve our stress, stabilize our minds, and achieve a deep state of healing. No prior experience is necessary.

Sat Siri Kaur (Beth Kiley Kinder) is the Founder of Mount Hope Community Yoga and an Instructor and Teacher at Santosha Yoga Studio (Cranston, RI) and the Motion Center Yoga Collaborative (Pawtucket, RI). She teaches Sat Nam Rayasan® and Kundalini Yoga at various studios in New England and elsewhere in the United States.

NOTE: Some meditation cushions and yoga mats will be available. However, participants are encouraged to bring their own cushions and mats.

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