

# Meditation Expert at YogaSoul

Three Days of Fantastic Workshops  
with Gurucharan Singh Khalsa, Ph.D., LPCC



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## The 21 Stages of Meditation

Intro. Workshop and Book Signing

Friday, September 14, 2012 6:30 PM—8:30 PM

Presented by the author himself this workshop provides a thorough background and introduction to the techniques of the 21 Stages of Meditation, how to use them and their effects. Be sure to stay after for a private book signing! Bring your own copy or purchase one at YogaSoul

Cost \$35

Register for any single day, a combination of two OR ALL THREE for a deep and transforming experience.

2

## The 21 Stages of Meditation— The Transcendent Self

Saturday, September 15, 2012 9:00 AM—6:00 PM

Deep meditation can give the experience of the treasure that is our transcendent self! This treasure gives us our capacity to be a self-transforming, master of intuition, go beyond limiting beliefs and embrace spirit and our greatest potential. This one day introduction opens us up to the power of the true Self ( the Transcendent-Self).

Cost \$180 (\$165 before 8/31)

THE 21 STAGES OF  
MEDITATION



Gurucharan Singh Khalsa, PhD  
Kundalini Yoga as taught by Yogi Bhaer

**Gurucharan Singh Khalsa,  
Ph.D., LPCC.**

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## Stress Opportunity Introductory Workshop

Sunday, September 16, 2012 1:30 PM—4:00 PM

There is opportunity in every stress that small and large challenges bring us. We can use the enormous energy that is in the heart of change to power our own way forward to fulfill our goals and intentions.

*Opportunity and stress are powerful partners!*

Cost \$45

**Dr. Khalsa explains the stages of meditation and brings to his workshops humor, insight and over 40 years training yoga teachers worldwide.**

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Register online at [yogasoul-center.com](http://yogasoul-center.com)

Gurucharan is available for  
Private Sessions on  
Monday 17. E-mail  
[info@yogasoul-center.com](mailto:info@yogasoul-center.com)



the YogaSoul  
center fullscale yoga  
and pilates