

The Three Treasures of the Self

Transformational Stages of Meditation Workshop Series
with Gurucharan Singh Khalsa, Ph.D., LPCC



1

Introduction to The Three Treasures of the Self

Friday, March 2, 2012 6:30 PM—8:00 PM

Introductory Workshop: Meditation is both a contemporary skill and a traditional practice for Self-development. Mastery of the stages of meditation gives us a profound realization of our Self and skills to use our insights skillfully in our life.

Cost \$35

2

Meditation for the Treasure of the Crystallized Self

Saturday, March 3, 2012 9:00 AM—6:00 PM

The Crystallized Self is our capacity to keep our heart open, be authentic, remove our internal splits and bring focus and clarity to our mind. There are seven meditations that take us on a journey through seven stages to open the heart and crystallize the Self.

Cost \$180 (\$165 before 2/22)

3

Meditation for the Treasure of the Expressive Self

Sunday, March 4, 2012 9:00 AM—6:00 PM

The meditations and stages of meditation that develop our Expressive Self give us many capacities including an ability to self-observe and self-regulate, the power to overcome negative emotions that block our creative intentions and stronger positive emotions.

Cost \$180 (\$165 before 2/22)

4

COMING SOON (May 12, 2012):

Meditation for the Treasure of the Transcendent Self



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

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

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

Gurucharan is available for Private Sessions on Friday March 2nd from 8 am-4 pm



Save \$30 when you register for both days before 2/22!