

TWO Hargopal Kaur Khalsa Workshops!



Energy Healing with Sat Nam Rasayan™

Saturday, March 23rd

1:00 - 5:00 pm

Co-taught with Helena Raghurir

So often we feel isolated. We separate ourselves from one another and even from our self. The Aquarian Age calls us to be — being here, now, with. In this workshop, through Kundalini yoga and meditation and with the ancient yogic healing art of Sat Nam Rasayan™, we will work on being more in touch with ourselves, more accepting of ourselves, reducing the walls that separate, and enhance a sense of belonging.

Sat Nam Rasayan™, an ancient yogic healing approach in which the healing happens through the consciousness. By allowing what is, in a deep contemplative space, blockages change/dissipate. When that happens, something shifts in the person being treated. And this works on the physical, mental, emotional, or spiritual levels.

Discovering Your Family Constellations

Sunday, March 24th

1:00 - 5:00 pm



Families hold patterns, habits, entanglements that are passed through the generations. If they are not processed/acknowledged/included, they may show up in future generations. This can happen for many reasons, such as when someone dies young, if a person was excluded from the family, if there is an imbalance between giving and taking, or if perceived injustices were not addressed. This workshop can open up new ways to relate, releasing bonds that were held in the family for generations.

A feeling of aversion or attachment toward something is your clue that there's work to be done.

Ram Dass



Cost for single workshop is \$79 ... attend BOTH for just \$145!
Preregistration is required for this workshop .

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