

An introductory workshop to the healing art of Sat Nam Rasayan



Wednesday 7 March 6 to 8.30pm

As the challenges in our lives and globally are growing, we can use the chance to gather to stabilize and increase our meditative capacity.

Yogi Bhajan clarified that in the Aquarian Age we face our lives through inner silence and intuition. He left many teachings for us to stabilize ourselves in this meditative state of awareness.

During this evening workshop you will be introduced to Sat Nam Rasayan which teaches you to heal others, integrate silence and calmness into your life whilst allowing you to experience every moment with mental clarity and presence.

Note this workshop is suitable for both beginners and advanced students.

For more information on Sat Nam Rasayan, please visit our website www.satnamrasayanaustralia.com



The teacher: Guru Sahai Singh from Berlin, Germany

Guru Sahai Singh is from Berlin, Germany and has had intense engagement with various forms of physical and energy healing therapies. He has been a student of Guru Dev Singh, the master of Sat Nam Rasayan for almost twenty years. He is passionate about sharing Kundalini yoga meditations and Sat Nam Rasayan to Kundalini yoga teachers and practitioners in Europe and Australia.

The Workshop:

Date: Wednesday 7 March 2012
Time: 6 to 8.30pm
Venue: Gilles Street Primary School Hall, 91 Gilles Street, Adelaide
Investment: \$35

Please arrive 10 minutes before the start time so that you are settled before the workshop begins.

More Information:

To register please contact Balwant on 8431 0419 or email info@rarestgem.com.au
Please direct all enquiries to Caroline Poon at gurukirn@satnamrasayanaustralia.com or
phone 0412 285 028