Sacred Duty and the Spiritual Warrior

with Jot Singh Khalsa

Saturday March 28th, 2-5:30pm
$35 if pre-registered 24 hours prior to event
$45 at the door / $60 for two people

Joan of Ark, Mahatma Ghandi, Martin Luther King Jr., Mother Theresa, Nelson Mandela, Yogi Bhajan, Guru Gobind Singh:

All Spiritual Warriors and champions of noble causes; each passionately committed to service through elevating the human Spirit and freeing people from injustice. Who comes to mind for you in the realm of spiritual warriors?

To live with commitment, discipline, vitality and stamina; to obey one’s highest consciousness and command one’s mind and senses to serve with humility, courage and grace — these are the ‘Medals of Honor’ worn by the Spiritual Warrior.

Practice Kundalini Kriyas and meditations to help you create brilliance within yourself to burn away any darkness, fear or self-doubt. Explore a realm of peace within and around you through deep focused meditation. Be inspired by Yogi Bhajan’s teachings on the importance of cultivating courage, dignity and fearlessness. Explore the sacred duty of becoming a protector of the weak and innocent in your life – a spiritual warrior.

"Human is a blend of saint and soldier; this is a complete person. If you are not a soldier your sainthood will be kicked around. If you are only a soldier, not a saint, you will start kicking others around."

-Yogi Bhajan ~ 8/6/75

Jot Singh Khalsa has practiced and taught Kundalini Yoga and meditation for 43 years, and is profoundly grateful to have studied directly with and be personally guided by Yogi Bhajan for over 30 years. He is a world-class award winning artist/craftsman and designer whose work has been featured on book covers, magazine covers, in museum exhibitions and in print media published in nine languages. He shares life experiences born of deep commitment to his personal sadhana (yoga and meditation practice), his Dharma (serving as a Sikh Dharma minister, Khalsa Council member and Solstice kitchen manager for over 30 years), his marriage, his business and its legacy, and the martial arts. His new Kundalini Research Institute approved book called The Essential Element, which goes into great depth on Yogi Bhajan’s core teaching, morning sadhana, is now available online as an ebook in the iBook store and on Amazon. Original works can be viewed and purchased through: www.TheKhalsaRaj.com, www.KhalsaKirpans.com and www.LifeKnives.com

Register Online: www.YogaAtTheAshram.org or call 508-376-4525
368 Village St, Millis, MA 02054