



**YOGA AT THE ASHRAM**

*The Baba Siri Chand Yoga and Retreat Center*

# Winter Solstice Sat Nam Rasayan

**Release The Old & Welcome The New**

**Saturday, December 15th**

**12:30 to 3:30 pm**

**\$30**

**Sat Nam Rasayan® In Sanskrit means “Deep relaxation in the Divine Name”  
or “Abandoning oneself into the essence of the True Identity”**

Sat Nam Rasayan® is free of dogma and its study is open to all sincere students. It is a traditional healing art that uses purely awareness to heal. Sat Nam Rasayan® works on a subtle level to release tendencies and limitations. Any issue -- emotional; mental; physical; spiritual; including family situations and workplace dynamics -- can be addressed with Sat Nam Rasayan®.

After we brighten our energy with Kundalini Yoga, we will come together in pairs under the direction of Sat Siri Kaur to practice healing and be healed. We will work with everyday feelings - ones we experience directly through our skin, our bodies, our senses of different moods. We will give and receive healing and will experience the profound relaxation of Sat Nam Rasayan®.

Sat Siri's workshops are enlightening, cozy, and fun, and no prior experience is necessary. You do not have to bring a partner, you will work organically in pairs or threes as need be.



Sat Siri Kaur is a KRI/IKYTA Certified Kundalini Yoga Teacher and a Level III Certified Sat Nam Rasayan® Candidate, Teacher and Practitioner who learned Sat Nam Rasayan® directly from Guru Dev Singh Khalsa, the living master of Sat Nam Rasayan®. Sat Siri is also certified as a facilitator for the Amrit Method of Yoga Nidra, and is a Reiki Master in the Usui lineage. She maintains a private client practice in Sat Nam Rasayan® and Kundalini Yoga serving individuals, families and groups throughout the United States.

[www.YogaAtTheAshram.org](http://www.YogaAtTheAshram.org) or call 508-376-4525  
368 Village St. Millis, MA 02054

