



YOGA AT THE ASHRAM
The Baba Siri Chand Yoga and Retreat Center

Harmony & Balance in the Male-Female Interplay

**Saturday, January 12th
1 pm to 5 pm**

\$40

There is another way: Let's liberate the energy of the male-female and come to an understanding of how to truly be one.

Utilizing yogic teachings and awareness, we can foster a coherence in all our relationships that heals our world now.

This is a course for all, single or partnered regardless of Gender ID; no background required. No prior yoga experience necessary, come as you are!



Through intuitive readings, Arjan Kaur Khalsa works with people to understand their strengths and gifts as spiritual beings. She is a gifted healer and has been teaching meditation as well as workshops on relationships for over 30 years. She is an inspiring and kind teacher who holds the space with bright energy.

Dr. Sham Rang Singh Khalsa is a physician who has practiced Kundalini Yoga and meditation as a student of Yogi Bhajan for over 35 years. Dr. Sham Rang merges Ayurveda (traditional Indian Yogic healing), yoga and western medicine, utilizing meditation with a strong focus on helping people to open their own self-healing.

The combined energy of Arjan and Sham Rang creates a comfortable and supportive environment for transformation.

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

