



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

**SuperHealth Q & A Session & Potluck
with Mukta Kaur Khalsa, PhD
Friday, January 25th – 6-7 pm**



SuperHealth is on the cutting edge of behavioral health and recovery protocols. It is a system of yogic science as taught by Yogi Bhajan. Meet Mukta and learn more about the upcoming two-day SuperHealth course on January 26th & 27th, which includes yoga, meditation, breath techniques and restorative food & juices.

Mukta Kaur Khalsa, PhD, was trained personally by Yogi Bhajan in SuperHealth therapies for 30 years. The sensitivity and insight she obtained gives her a unique ability to blend yogic science with health and healing. She is a National Certified Addictions Counselor, and a Licensed Professional Mental Health Counselor and Drug and Alcohol Counselor. Her trainings are compassionate, fun, uplifting and deeply transformative.

This is the perfect opportunity to meet
Mukta Kaur Khalsa, PhD
and to learn more about the SuperHealth program

**This event will be followed by 31 minutes of Guru Ram Das
chanting beginning at 7 pm**

All are welcome – no need to register – simply drop in

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

