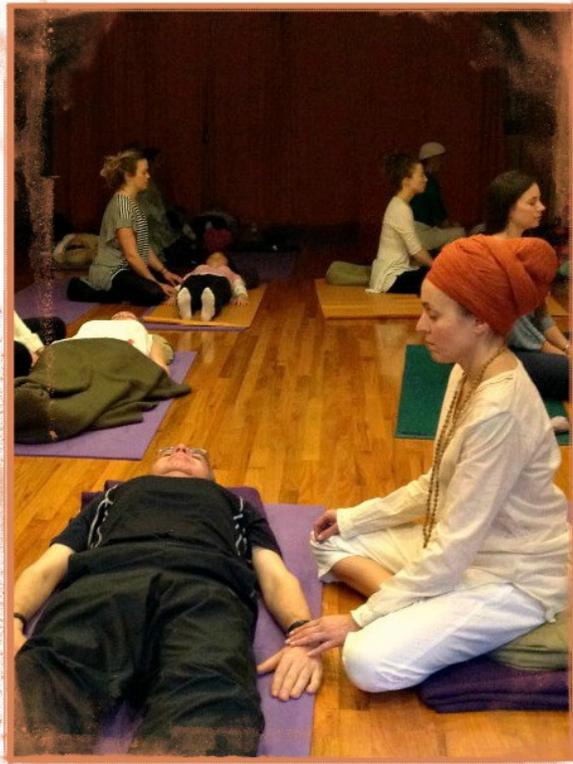




Sat Nam Rasayan Healing Workshop



Saturday, June 1, 2019

3 hours of peaceful experience:

2:30-5:30 pm With Sat Siri Kaur

\$35/person

Sat Nam Rasayan® in Sanskrit means "deep relaxation in the Divine Name" or "abandoning oneself to the essence of the True Identity."

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*®.

***Sat Nam Rasayan*® is free of dogma and its study is open to all sincere students.**

What to expect:

- We will work in pairs under the direction of Sat Siri, we will heal and be healed.
- We will work with everyday feelings, ones we experience directly through our skin, our bodies, our senses of different moods.
- You will give and receive healing and will experience the profound relaxation of *Sat Nam Rasayan*®. This workshop will provide an experience applicable to your daily life: home, work and relationships. In learning to *be*, rather to react, we grow exponentially.
- The healing practice is interspersed with meditations from Kundalini Yoga to strengthen self-sensory awareness and to assist in focusing the class for an optimum outcome for all.

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 an KRI/IKYTA-certified Kundalini Yoga Instructor and a Level III *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.

Register Online: www.YogaAtTheAshram.org or call 508-376-4525

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