

The 22nd Annual Kundalini Yoga & Music Festival October 26, 2019

8 am-12:30 pm: Registration & Check-in on the front lawn, for Fall Fest and Kid's Fest

- ❖ Kid's Fest is in Building B Main Studio 8:30 am-4 pm.
Ages 5-17 - must register- Parents must be onsite at the festival and have a working mobile phone
Parents of kids under 5 may hang out here with their child, and nursing moms are welcome
- ❖ Visit the Global Bazaar Tent on the Front Lawn
- ❖ Yogi Tea/ Food Court on Porch & under Pine Trees

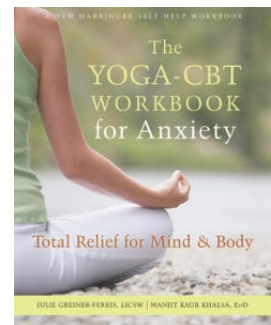
Main Tent:

9:15 am Welcome & Call to Action: Nirankar Kaur & HariKirin Kaur

9:30-10 am Experience Y-CBT

with Dr. Manjit Khalsa, PhD & Julie Greiner-Ferris LICSW

10-10:30 am Visit Free healing arts – photobooth – shopping -reunions



10:30-11: Wolf Cry Singers InterTribal Drumming & Chant

11-11:30 am Free healing arts – photobooth – shopping -reunions

11:30am-1 pm Yoga with Dr. Shanti Shanti Kaur: Saibhong as a Force for Healing



1-2:15 pm Lunch for Sale in the Food Court Under the Pines:

(parents: pick up your Kid's Fest children and feed them)

Indian Food by the Curry House, Franklin

Carribbean Food by One Love Café

Yamafuji Vegan Sushi

Kitchari, Hummus wraps & Soup on the Porch



2:15-3:30 pm Sirgun Kaur, Andi Flax & Prem Vidu

**Sacred Chant & Meditation:
Let There Be Peace**

**3:45-4:15 Dharam Singh:
Gong Tone Soul Retrieval**

**4:15-4:30 Children return to the
big tent to lead musical
meditation and then rejoin their
parents**

All Presenters: Long Time Sun

