



sat nam rasayan® & kundalini yoga with mahankirn

Sat,
Nov 26th
2:00-5:00 pm
Mon, Nov 28th
7:30-9:30
pm

Saturday 11/26 2:00 pm: Learn to Heal and Be Healed

Join MahanKirn Kaur for a class in Sat Nam Rasayan®, the healing modality in the lineage of Kundalini yoga. This is an all levels course. No experience is required. Come for the experience... The state of relaxation produced with SatNamRasayan® frees the body promoting optimal health and can treat effectively numerous conditions ranging from the physical, mental and spiritual: The practitioner is able to recognize and diminish functional disorders in the system such as chronic and acute pain, fatigue and spiritual, mental and emotional imbalances. During class, the student of SNR® works with a partner; one lying down and the other sitting up as a healer, alternating. This process of SatNamRasayan® increases awareness using only consciousness to heal. It was passed by Yogi Bhajan (Master of Kundalini Yoga) to Guru Dev Singh (Master of Sat Nam Rasayan) in silence. It is now open and taught linearly to all who wish to listen.

Monday 11/28 7:30pm: Kundalini Yoga as a Spiritual Path

Enjoy MahanKirn a born Yogini in a Kundalini Yoga class exploring Kundalini Yoga as a Spiritual life. Deepen the experience of non-resistance and non-duality where healing takes place. Discover silence and recover from everyday stress, chronic conditions and traumas. Learn to apply the Kundalini technologies of awareness (spiritual path) to make it your lifestyle.

MahanKirn was a born yogini and was a secretary and healer for Yogi Bhajan, the Master that brought the teachings of Kundalini Yoga to the Western World, for over 20 years. She is a White Tantric facilitator, renowned yogini that travels the world, healing and teaching. She is certified Level 3 Sat Nam Rasayan® teacher and author of the book Mahboundlotus®.

Sat: \$75/adv \$90/day of
Mon: \$25/adv \$35/day of
Both Classes:
\$90/adv \$108 day of



GOLDEN BRIDGE
253 Centre Street
New York, NY 10013
212.343.8191
www.goldenbridgeyogaNYC.