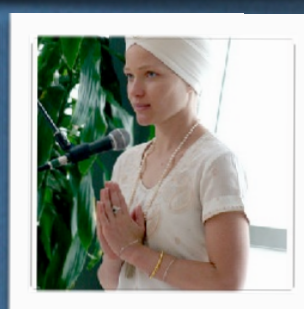




November
27th
9a-12p & 1p-4p
and November 29th
8p-10p



Three Events with MahanKirn

November 27th 9-noon: MahBoundLotus® Also known as Mah Baddha Padmasana, has its roots in Kundalini, Ashtanga and Hatha Yoga; A restorative posture that engages the entire body by binding it into the symbol of Infinity. Yogi Bhajan, first gave Bound Lotus to Mahan Kirn Kaur, as a sustained practice, after 2 years, she was requested to teach it to the world. A Complete Healing that can bring you to a point of Self Awareness.

November 27th 1p-4p: SatNamRasayan® is the **healing art of Kundalini Yoga** and means "Relaxation and Absorption in the Divine". For those **new** to Sat Nam Rasayan® this class is an opportunity to begin to experience directly their own capacity to open, stabilize and become aware of the sensitive space, of those in their presence and ultimately the Sacred Space. Experienced students of SNR® will benefit from this class, deepen their practice & state of **Shuniya-Silence**. In this state, see themselves in an Infinite way with the capacity to relate to any circumstance and elevate it. Being less constricted, your options become unlimited and the healing space becomes more consistent in your day to day life.

Through this state of Shuniya we begin to recognize how our perceptions limit us. Empty the resistances and preconceptions to begin to understand **the Art of Knowing** and recognize the why, what and how. Learn to recognize what you "know" as it appears in your consciousness without attempting to translate it with the limited box of preconceptions. **All levels welcome.**

November 29th 8p-10p: Kundalini Yoga Meditation: Join MahanKirn, a born Yogini for an evening of Kundalini Yoga to **experience** your **Inner Vitality**, expand your **Outer Projection**. Be an Aquarian Success.



MahanKirn Kaur

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®.

"Come and enjoy the youth of wiseness, the spring of Yogi Bhajan." —GuruDev Singh, Master—Sat Nam Rasayan®



140 west 30th
Street loft 3W
New York NY
10001

Between 6th & 7th Avenue
(please press 107 at call box
and we will buzz you in)

Sunday: Each Class 75 adv/90 day of

Tuesday: 25 adv/ 35 day of; all three \$154

MBL and SNR in combination toward Level 1 MBL/CEU's available

Checks and Cash Accepted

To Register Contact: 212.465.0606 hari@harinyc.com

New York Appointments Available \$150 www.harinyc.com

