

MAHBOUNDLOTUS®  
Specialty Healing Training



Painless Body Prayerful Mind®

Saturday  
December  
17th  
9am-Noon  
&  
1-4pm

*MahBoundLotus®*  
with  
*SatSantokh K Khalsa*  
Healing and Specialty Training  
hours applied toward Mahboundlotus  
Level 1 Certification



**This Training is for:**

- People who want to learn MahBoundLotus™
- People who want to heal on a profound level
- People who would like to learn to **teach** MahBoundLotus™
- People who want to deepen their MahBoundLotus™ Practice  
ALL levels welcome

**In This Course you will learn to Teach:**

- Specific Warm-Ups
- Use of Props
- Modifications
- Kundalini Yoga Sets to Prepare
- Advanced Postures

*"When a person masters Mahboundlotus, they shall have the capacity to change a person and their environments by their presence alone."—Yogi Bhajan*



*SatSantokh* met her Teacher, Yogi Bhajan

through Kundalini Yoga at Golden Bridge in Los Angeles, two weeks after a session with Guru Dev Singh.

She continues to study internationally and serve Guru Dev, Master of the Healing Art of Sat Nam Rasayan®.

Under the encouragement of Mahan Kirn, she is one of a few Mah BoundLotus healers worldwide.

SatSantokh is a Sat Nam Rasayan® III Healer, Mah BoundLotus Instructor/Healer and IKYTA/KRI Certified Kundalini Yoga Instructor.

To Register: 772.571.7729; [satsantokhjap@gmail.com](mailto:satsantokhjap@gmail.com)

**\$154\* by Dec 11th  
and \$175 the day of**

(6 contact hour CEU's and  
120 non-contact hours!

\*Kashi Resident Rate \$110 pre-reg

[www.mahboundlotus.com](http://www.mahboundlotus.com)

Go to Calendar tab for location

Call to Register

772.571.7729; [satsantokhjap@gmail.com](mailto:satsantokhjap@gmail.com)