



# HARI NYC PRESENTS



## SAT NAM RASAYAN® WITH MAHAN KIRN



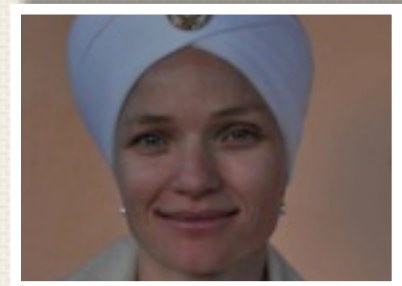
"Come and enjoy the youth of wiseness, the spring of Yogi Bhajan." GuruDev Singh Master—Sat Nam Rasayan®

Sat Nam Rasayan® is the healing art of Kundalini Yoga and means "Relaxation and Absorption in the Divine". Learn the Art of Healing through the Projective Meditative Mind--Using only your Silence (Shuniya) to Heal. 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. 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.



**MahanKirn** a born yogini, 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, and renowned yogini that travels the world, healing and teaching. She is certified a Level 3 Sat Nam Rasayan® teacher and author of the book Mahboundlotus®

### SatNamRasayan® the Art of Knowing

Sunday 11/27/2011 From 1:00 PM - 4:00 PM

\$75 pre-registered, \$90 at door, space permitting; checks and cash accepted; course toward MBL Level 1 in combination with morning MBL class. All 3 classes at Hari NYC \$154 in advance

To Register Contact: 212.465.0606 [hari@harinyc.com](mailto:hari@harinyc.com)

New York Appointments Available [www.harinyc.com](http://www.harinyc.com)

