

Kundalini Yoga Festival for Prosperity

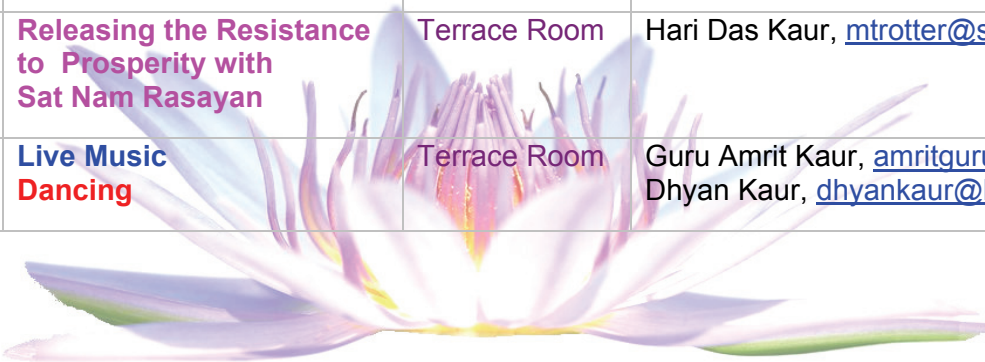
Yoga, Music, Food, and Fun

Saturday September 4th 9am-6pm
Marina Village Conference Center Terrace Room
1936 Quivira Way, San Diego, CA 92109

Cost: All day \$69 prepaid \$75 door, 1/2 day \$40, \$15 single class, Breakfast & Lunch Included
All Fitness and Yoga Levels. For Absolutely Every Body
For more information and to register online go to www.sd3ho.org
Call (602) 689-6635 or (619) 692-3521

Schedule of Events

Time	Description	Location	Teachers	email
3:50-6:30 am	Aquarian Sadhana: Japji, Yoga, Meditation and Chanting	GuruMantra & Meherbani Kaur's house	GuruMantra Singh, & Meherbani Kaur,	3hofoundation@sbcglobal.net meherbani@sbcglobal.net (619) 692-3521
7:00-8:00 am	Breakfast and Yogi Tea	GuruMantra &	Meherbani Kaur's house	
9:00-9:45 am	Breathwalk: Walking Yoga with Conscious Breathing	Marina Village Parking Area	Nirvair Singh,	nirvair@soul-wisdom.com
10:00-11:00 am	Kundalini Yoga: Turn on Your Inner Light and Let Prosperity in	Terrace Room	GuruMantraSingh,	3hofoundation@sbcglobal.net
11:15-12:15 pm	Kundalini Yoga: Subagh Kriya for Prosperity	Terrace Room	Meherbani Kaur,	meherbani@sbcglobal.net
12:15 -1:00 pm	3 Steps to Self-Mastery & Kundalini Yoga Training	Terrace Room	Guru Amrit Kaur, Meherbani Kaur, Dhyankaur,	amritguru@yahoo.com meherbani@sbcglobal.net dhyankaur@hotmail.com
1:00-1:45 pm	Lunch: Mung Beans and Rice, Salad, Yogi Tea	Terrace Room		
1:45-2:15 pm	Massage Class: Getting Rid of Blocks	Terrace Room	Guru Amrit Kaur,	amritguru@yahoo.com
2:30-3:30 pm	Kundalini Yoga: Expand Your Aura to Attract Opportunities	Terrace Room	Lori Jones,	lorijones@cox.net
3:45-5:15 pm	Releasing the Resistance to Prosperity with Sat Nam Rasayan	Terrace Room	Hari Das Kaur,	mtrotter@san.rr.com
5:15-6:00 pm	Live Music Dancing	Terrace Room	Guru Amrit Kaur, Dhyankaur,	amritguru@yahoo.com dhyankaur@hotmail.com



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www.sd3ho.org