Connect with the Subtle Body of
Baba Sri Chand

"Sri Chand is the eldest son of Guru Nanak. He was Baal Yogeswar. 151 years he served the entire humanity and never looked more than 12 years in his appearance. ….He was always in his subtle body. Very few people met him in physical terminology, but everywhere he appeared in his radiant body, in perfect form and shape." Yogi Bhajan

November 4th – 7th, 2008

(After the 300th Celebration Guru Gadee in Nanded)

Dashmesh Sadan*, Anandpur Sahib, Punjab, India

Let yourself dive deep into the history and legend of Baba Sri Chand, one of the worlds greatest acknowledged Yogis.

Transform your self with:

- Stories from Baba Sri Chand's life
- Meeting with the Udasi Sikhs of Baba Sri Chand
- Kundalini Yoga and Meditations from both 3HO and Udasi Tradition

Experience the power of Naad with the writings of Baba Sri Chand:

- Daily recitation of Matra Sastar – foundation teaching of Baba Sri Chand
  The sound current of this Bani 'breaks the clutches of Maya and manifests the true Yogi within'

- Gur Gaytri Baba Sri Chand
  In it Baba Ji, teaches the concept of Nyasa, conscious act of placing the hands on the many sacred, active points of the body. The meditator infuses each location with a special mantra, visualization, or feeling, which is spoken aloud or mentally.

- Aarta
  The Aarta reveals Baba Sri Chand's understanding of the Cosmic Vision of Guru Nanak Dev and his Union with the universal consciousness.

Day Yatras to the sacred Gurdwaras and ashrams of Baba Sri Chand

Conducted by: Amandeep Singh, certified Kundalini Yoga teacher

Amandeep Singh is working this year with the Kundalini Research Institute. He has been teaching Kundalini Yoga in Singapore, India and Malaysia. He is a certified Pranic healer and also a counsellor, trained in both the Nirmala and Udasi traditions of the Sikhs.

For more details and to reserve a space (by October 16), contact:

Amandeep Singh @ 505 614 6376 / satjug108@hotmail.com
Guru Dharm Kaur Khalsa @ 011-91-9815662963 / gurudharmkaur@khalsa.com

Pre-registration:
$450 for singles, $700 married couples - includes food & accommodation (5 nights & 4 days course)

On-site:
$500 for singles, $750 married couples - includes food & accommodation (5 nights & 4 days course)

Testimonials

"Amandeep Singh has a great love of the Sikh tradition, as well as a beautiful relationship with the yogic tradition as recorded and kept with Baba Siri Chand and the Udasis. His teaching gives us a wonderful historic and cultural context for much of what the Siri Singh Sahib taught about Kundalini Yoga and Sikh Dharma."

SS Ek Ong Kaar Kaur Khalsa

**Dashmesh Sadan located in the valley of Anandpur Sahib, is the home of Siri Singh Sahib Ji and a retreat centre. It is a mile from the historical Gurdwara Keshghar Sahib, the birth place of Khalsa.*