

Sikh Dharma International with Snatam Kaur Presents:

Gurbani Kirtan Intensive

July 7 – July 14, 2009



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Teachers' Bios



Snatam Kaur Khalsa

A life-long student of the Divine, Snatam Kaur embodies the Sikh message of strength through inner serenity.

Prabhu Nam Kaur Khalsa

Mother of Snatam Kaur, Prabhu Nam Kaur is a student and teacher of Gurbani Kirtan (sacred music). Her passion for studying Gurbani and Gurmukhi (sacred text) has inspired many students.

Hari Dharam Kaur Khalsa

Hari Dharam Kaur is the Chief Granthi of Siri Singhasan e Khalsa Gurdwara in Espanola, New Mexico. She teaches several courses each year on Sikh Dharma, Gurmukhi, and Shabad Guru and is renowned for reading from the Siri Guru Granth Sahib in a way that penetrates into the heart and soul.

Course Description

In the serene ashram community of Hacienda de Guru Ram Das in Espanola, New Mexico, immerse yourself in the study of Naad Yoga and the music of the Sikhs. Awaken your inner voice through ancient singing techniques. Develop your own personal relationship to the meanings of the sacred Shabads (songs) and learn the healing language of Gurbani Kirtan, Gurmukhi. Rejoice in the rhythm, and gain confidence to sing with grace and power. As inspired by the Siri Singh Sahib Yogi Bhajan, become a beacon of light for yourself, and your community to uplift and serve all who come to you.

Objectives:

Learn Three to Four Shabads

Learn Gurumukhi, beginner and intermediate level

Learn the meaning of the Shabads

Learn the rhythm of the Shabads

Experience the spirit of the Siri Singh Sahib in the practice of service and the understanding of jatha

Learn several transformative stories of Gurbani Kirtan

Transformative experience and stories of songs of 3HO

Develop an inspired sadhana and vocal riaaz

Take your knowledge of Gurbani Kirtan back to your communities

Daily Schedule

On-site Registration for the course will take place on July 7th from 2 - 4pm. The official start of the course will be dinner on July 7th at 6pm, followed by an orientation. The course will end at 8:30pm, after the evening program on the 14th. On Sunday July 12th, we will have a modified afternoon schedule to allow for Gurdwara.

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|-------------|-----------------|
| 3:45-6:30am | Morning Sadhana |
| 7 - 8am | Vocal Riaaz |
| 8 - 8:30am | Rhythm practice |

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| 8:30 - 9am | Harmonium Workshop (optional) |
| 9 - 10:30am | Breakfast (announcements) |
| 10:30am - 12:30pm | Gurbani Kirtan Workshop |
| 12:30 - 1-pm | Harmonium Workshop (optional) |
| 1 - 2:30pm | Lunch |
| 2:30pm - 4pm | Gurmukhi Workshop |
| 4 - 4:30pm | Break |
| 4:30 - 6pm | Gurbani Kirtan Workshop |
| 6 - 7:30 pm | Dinner |
| 7:30 - 8:30 pm | Evening Story, Gurbani Kirtan or 3HO song experience, with tea and cookies |

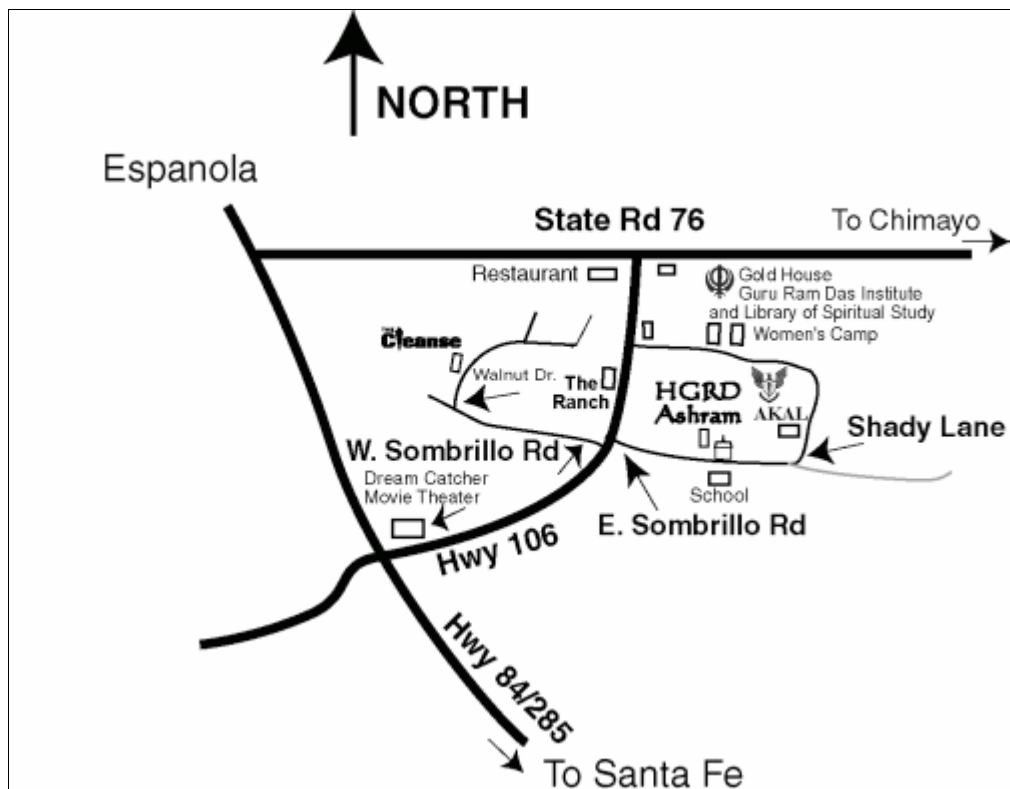
Travel Information

Location:

Hacienda de Guru Ram Das Ashram
 01-A Ram Das Guru Place
 Espanola, New Mexico 87532
 Website: www.espanolaashram.com

Map and Directions to HGRD (Hacienda de Guru Ram Das)

Below is a small map of the Ashram area and surrounding streets. (For available transportation to and from the Albuquerque International Airport, [see below](#).)



Driving Directions

From the Albuquerque Airport:

- ∞ Follow the exit signs out of the airport to I-25 North - to Santa Fe.
- ∞ Get on I-25 North and follow the signs to Santa Fe.
- ∞ Drive approximately one hour on I-25 north until you reach the exits for Santa Fe.
- ∞ Take the "St. Francis Drive" exit for Santa Fe.

The total driving time from the Albuquerque airport to Santa Fe is approximately 1 hour

From Santa Fe:

- ∞ Drive North through Santa Fe on St. Francis Drive.
- ∞ When you leave town you will be on 84/285 North – going towards Espanola.
- ∞ Continue driving on 84/285 North for approximately 26 miles toward Espanola. (Pass several casinos and drive through a small town called Pojoaque.)
- ∞ When you reach the top of a hill at a signal light, just in front of the Dreamcatcher Movie Theater, turn right onto Highway 106.
- ∞ Go 1/8 mile on Highway 106 to "East Sombrillo Road".
- ∞ Turn right on "East Sombrillo Road".
- ∞ Go 1/8 mile on "East Sombrillo Road". Pass a golden dome temple – Hacienda de Guru Ram Das (HGRD) Ashram – on your left and a former elementary school on the right.
- ∞ Turn left into the parking lot on your left, going through the iron gates, and park.

The total driving time from Santa Fe to Espanola is approximately 30 minutes

Air Travel

The closest airport is Albuquerque, New Mexico and is approximately 90 miles from the Ashram. The Airport code is ABQ.

Airport Shuttle Options:

Twin Hearts Shuttle--Travels between Albuquerque International Airport and Espanola. Phone: 1-800-654-9456 or 505-751-1201.

Sandia Shuttle Express--Only travels between Albuquerque International Airport and Santa Fe. Phone: 505-474-5697 or toll free at 1-888-775-5696. [Sandia Shuttle Express website.](#)

Travel Dates:

Arrive on July 7th to the Albuquerque Airport in the morning or early afternoon. Take a morning or afternoon shuttle to the Ashram. From the Albuquerque airport to Espanola it is approximately a 1.5 - 2 hour drive. Registration is from 2 - 4pm, and the course begins with dinner on July 7th at 6pm followed by an orientation.

Depart The course ends on July 14th at 8:30pm after the evening program on the 14th. Take a shuttle the next morning/afternoon to the airport. We suggest you book a late morning or early afternoon flight.

Accommodations

Some individuals in our community will take in guests on request. Please contact the ashram secretary for more information, Gurumeher Kaur - (505) 753-6341 GuruMeherK@sikhdharma.org.

The city of Española has a variety of hotels to accommodate a short-term stay. You will need to rent a car as these hotels are not within walking distance of the Ashram. To see a listing of hotels in the area please visit, <http://www.espanolaonline.com/lodging/>

Local sangat rentals within walking distance for \$30-\$80 per night:

- Amrit Nivas rentals: 505-753-5086 or email: nam@newmexico.com
- Golden Dome Studios: 505-747-0979
- Nanak Nivas rentals/LYF Foundation: 505-920-5006 email: sevak@sikhdharma.org
- Short term furnished rental - Sleeps 6. You can rent partial or entire home. Call Seva at 505-920-5006.

Registration Fees

The discounted registration rate of \$425 and the combo price of \$395 with the Japji Course is good before June 22. After June 22 the registration rate is \$475. A non-refundable fee of \$100 will be charged for a cancellation prior to June 7. Any cancellation after June 7 will be charged the full course fee. Registration fee includes the course, course materials and 3 yogic vegetarian meals a day with tea and snacks. First meal will be dinner on Tuesday July 7th, and last meal will be dinner on Tuesday July 14th.

What to Bring:

For the course you will need to bring:

Water Bottle

Plate you can wash after each meal

Utensils

Tea Mug-with lid

Journal and Pen

Sheepskin and/or Meditation Cushion

Shawl

Nitnam

Sun Screen

Lip balm

Visor/hat

Emergen-C packets

Pack clothing that you can layer for cool mornings and warm afternoons

Work Exchanges

There are a limited number of work exchanges available in Registration, Admin Support, and Audio/Visual Tech. If you are interested in a work exchange please contact SoPurkh Singh at sopurkh@grddesign.com