

Yoga West  
presents



YOGA WEST  
Home of Kundalini Yoga



# BREAKING THROUGH

## TOOLS FOR WITHSTANDING THE PRESSURE OF THE TIME WITH SATYA KAUR & HARI PRAKASH KAUR

We are transitioning from what yogis refer to as the Piscean Age, a period of 2000 years where human consciousness was defined by linear and hierarchical paradigms. Yogi Bhajan taught that as we navigate this transition, human beings will undergo a time of extreme emotional and spiritual pressure, ultimately birthing the Age of Aquarius, where more a holistic, self-realized way will be the guiding force.

It is said that this transitional "Grey Period" will be marked by increased depression and mental illness with everyday stressors

creating pronounced emotional drama and pain. In this workshop, you will experience practical yogic technology that can be utilized to mobilize you when there is no moving, to energize you when there the life force feels drained, to enlighten you in the darkest of hours.

With tools that are as preventative as they are transformative, we will guide you to begin building your basic survival kit so you can thrive during these shaky times. You will leave with quick and easy ways to 'flip the switch', to elevate yourself beyond the illusion of your pain.

**SATURDAY**  
**FEBRUARY 25, 2012**  
**1-4 pm**

**\$35 advanced**  
**\$45 door & HST**



SATYA KAUR became entranced by the teachings of Yogi Bhajan in her late teens and immediately knew it was her calling to serve humanity through these sacred tools. She has been teaching Kundalini Yoga for almost a decade here in Vancouver and is now opening her horizons to facilitating yoga workshops and events. Satya has recently returned from a pilgrimage to India where she deepened her connection the lineage of Kundalini yoga and came to understand the true meaning of devotion.

HARI PRAKASH KAUR is devoted to practicing and serving a life of expanded consciousness. With the essence of the Warrior Sage, she moves through her life in fearless commitment to higher truth. Hari Prakash has been teaching Kundalini Yoga and co-facilitating women's circles since 2004. She is gifted with the capacity to open and hold sacred space for her students to have a deep experience of themselves. Hari Prakash currently teaches at Yoga West and The West End



**For more information & registration contact Yoga West**  
**604 - 732 - 9642 (YOGA) [www.yogawest.ca](http://www.yogawest.ca) 2662 West 4th Ave.**