

2 Special Workshops with Gurutej

Kundalini Yoga For Our Times

What the Lineage & Legacy of Kundalini Yoga Can Do for You

In 1968, Yogi Bhajan came from India and began to teach the sacred, secret science of Kundalini Yoga openly in the West. Come learn the unfolding story of the Yoga of Awareness in this dawning Aquarian Age – and how this deeply healing and empowering technology can benefit your life and happiness.

Gurutej Kaur was sent by Yogi Bhajan to Toronto to build conscious communities in 1971. She served as co-director of 3HO Canada for 17 years, building communities, yoga centres, and businesses. Gurutej is currently based in Los Angeles. She loves these teachings and shares them around the world.

Saturday, September 18
12:30-5:00 pm
569 Spadina Avenue, 2nd Floor

Sunday, September 19
12:30-5:00 pm
569 Spadina Avenue, 2nd Floor

\$75 per workshop, or \$130 for both at the door, \$70 or \$120 in advance

www.gurutej.com

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416.888.8535



The Ins & Outs of Your 10 Vital Bodies

Learn to Master Your Spirit in all Its Configurations

“When your own shield, your Radiant Body, gives its light, you will not only be loved, you will be worshipped.

If you have not earned reverence in this life, you have earned nothing. Woman without reverence and man without courage are just two donkeys which carry the weight of life from beginning to end.” Yogi Bhajan