

From Stress to Vitality



Under Stress we contract – becoming less flexible, narrow, and increasingly prone to error. We lose the ability to see the opportunities that surround us.



But, “because Vitality is an innate part of our being, we can do certain simple things for a very short time and have a profound effect. If there is a dam with miles of water locked up behind it, all we have to do is open the gate. That rush of water clears every obstacle before it.” Gurucharan Singh Khalsa

Stress can be alleviated through physical means! One can do these exercises without deep self-reflection or analysis. They work in spite of one’s emotions and commotions . . .

Join Hari Datti Kaur for an experiential workshop – some discussion, but mostly a series of Kundalini yoga exercises specific to increasing Vitality and reducing stress.

Walk away with tools - a “Stress Backpack” of meditations you can use in as few as eleven minutes to revitalize yourself whenever you desire!

Mar. 20

9am – 1pm

\$35

Register by
Mar 7 for \$7
discount

Hari Datti Kaur took Level 1 3HO Kundalini Yoga training in 2004. This workshop is based on the 60-hr Level II 3HO Vitality & Stress module. For more info write HariDattiKaur@gmail.com