

September 2023

Kundalini Yoga & Sikh Dharma Community Updates

Upcoming Events & Programs



The 21 Stages of Meditation Course

A Journey of Renewal

The full course is six days long, broken up into three weekend modules or “journeys.” Each of the journeys takes two days. You can choose to register for a single journey or complete all three weekends at once. The journeys can be taken in any order, and you may repeat as you wish. Even if you have previously taken the 21 Stages, your experience with each one is bound to be unique.

Journey 1 – The Crystallized Self: September 30 – October 1, 2023 from 9 a.m.– 5 p.m. PST.

Journey 2 – The Expressive Self: October 28-29, 2023 from 9 a.m.– 5 p.m. PST.

Journey 3 – The Transcendent Self: November 18-19, 2023 from 9 a.m.– 5 p.m. PST.

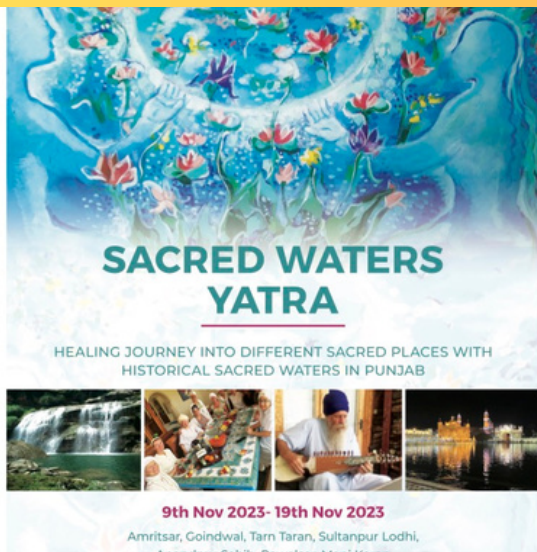
More information: <https://www.3ho.org/21-stages-of-meditation/>

Sleep Alchemy: Transforming Rest with Yoga Practices Fall eEquinox 3HO September 23, 2023

Event Highlights

- The science of sleep and its impact on health and well-being.
- Research-based evidence on the effectiveness of yoga practices for improved sleep.
- Expert-led Kundalini Yoga sessions tailored for deep relaxation and sleep enhancement.
- Tools to improve your sleep hygiene
- Deepen your understanding of Ayurveda and Chinese Medicine perspectives on rest and healing.

[Register here](#)



Sacred Waters Yatra

NOVEMBER 9 – 19, 2023

Hosted by MPA Teachers: Mata Mandir Singh & Sukhdev Kaur

Embark on a journey with Mata Mandir Singh and Sukhdev Kaur in our Sacred Waters Yatra, a pilgrimage to the sacred sites of Amritsar, Goindwal, Tarn Taran, Sultanpur Lodhi, Anandpur Sahib, Rawlsar, and Mani Karan. Immerse yourself in the spiritual vibrations of these revered destinations as you delve into the transformative practice of Naad Yoga. Discover the profound teachings of the Narayan Shabd and other mantras, unlocking the power of sound and its ability to elevate your consciousness.

<https://miripiriacademy.org/>

September 2023

Kundalini Yoga & Sikh Dharma Community Updates

U p c o m i n g E v e n t s & P r o g r a m s

Sikh Dharma 101



Discovering the Basics of
the Sikh Teachings

Sikh Dharma 101 Online Course

MAY - DEC 2023

This is an introductory level overview of the Sikh Dharma path for those seeking a deeper understanding of the question "What is a Sikh?" When you sign up for this "self-study" course, you will receive a weekly email with a lesson about a different aspect of the Sikh way of life.

This is a great course of study for Sikh Dharma beginners – yoga students, interfaith groups, family members and others, who are interested in exploring the path of Sikh Dharma and want to learn more about Sikhs and the Sikh way of life.

Read more and register [HERE](#)

Winter Solstice 2023



December 16 - 22, 2023

Retreats by the Lake – At Camp La Llanada in Lake Wales, Florida

A 6-day Winter Solstice Festival to reignite the flame of the communal heart. We are thrilled to reintroduce 3HO's in-person Winter Solstice. This event, along with Summer Solstice, are the heart of our work and a chance to gather in a loving community. Solstice this December will be a return of the old, a birth of the new, and a joyous celebration of connection, sangat, and Winter Solstice bliss.

Celebrate with us!

Come and join us for a heartwarming celebration of the 2023 Winter Solstice, hosted by 3HO. We can't wait to connect with you and gather as a vibrant community to honor the end of the year and rejoice in the rebirth of a brand new chapter. This incredible event is all about embracing joy, transformation, and the deepening of our spiritual journey. Get ready for a delightful experience with uplifting music, captivating workshops, and Kundalini Yoga, White Tantric Yoga® and deep meditation sessions. The best part? Surround yourself with sangat/community and like-minded souls who share your passion for holistic well-being. Let's come together, create a space filled with harmony, and set our intentions for the year ahead while welcoming the return of light. Save the date and get ready to be enchanted at the 2023 Winter Solstice Festival by 3HO in beautiful Florida!



For questions contact: yogainfo@3ho.org

Learn More and Register: <https://www.3ho.org/winter-solstice-2023/>

Kundalini Yoga & Sikh Dharma Community Updates

A n n o u n c e m e n t s

SSSC Board Update

Gurujodha Singh Khalsa and Viriam Singh Khalsa, Board Trustees of the Siri Singh Sahib Corporation have submitted their resignations and took effect immediately.

Per the SSSC Bylaws, the next highest vote-getters are seated on the Board. Hari Charn Kaur Khalsa and Guru Raj Kaur Khalsa are welcomed to the board as the next highest vote-getters in the recent election as Tarn Taran Singh has declined to be seated.

News from Sikh Dharma International



SS Gurujot Kaur Khalsa announced her retirement from her position as Secretary-General/CEO of Sikh Dharma International, effective January 1, 2024.

Gurujot Kaur has served with grace and undying commitment to the Dharma and the SSSC is forever grateful for her dedication and service.

Global Inclusion Policy

On August 24, 2023, the SSSC Board approved the Global Inclusion Policy:

We believe that all of humanity is one family. All SSSC affiliated entities, properties and/or programs will not exclude participation of anyone based on race, color, gender, national origin, age, religion, beliefs, disability, sexual orientation, gender identity or gender expression.

Compliance with posted safety guidelines and regulations is required.



You are Invited!
To Apply to Serve on the
The Office of Ethics and Professional Standards
Global Ethics Commission (EPS GEC)

[More Information & Application](#)

Save the date for the next Khalsa Council Meeting



**International Khalsa Council Meeting
September 22 & 23rd, 2023
9am-5pm MT**

For more information:

<https://www.sikhdharma.org/sikh-dharma-international/international-khalsa-council/>

Calendar and Submission links

See the Kundalini Yoga & Sikh Dharma community calendar here:

<https://ssscorp.org/private-page/>

Please email admin@ssscorp.org for password

Submit your organization's events, programs and announcements:

<https://www.surveymonkey.com/r/J57NNPN>