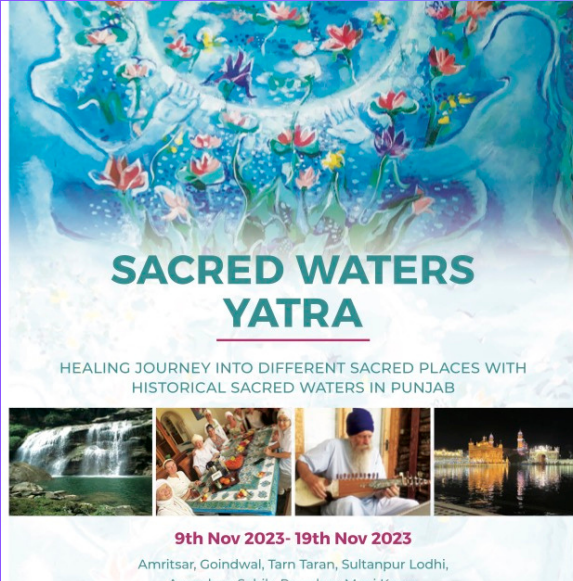


November 2023

Kundalini Yoga & Sikh Dharma Community Updates

Upcoming Events & Programs



Sacred Waters Yatra

NOVEMBER 9 - 19, 2023

Hosted by MPA Teachers: Mata Mandir Singh & Sukhdev Kaur

Discover mystical India in this spiritual pilgrimage, unlocking the healing properties of Sacred Waters as we chant the Naad in vibration with thousands of years of prayer. Travel with international teachers Mata Mandir Singh and Sukhdev Kaur into the sacred healing waters of Punjab, including Amritsar, Goindwal, Tarn Taran, Sultanpur Lodhi, Anandpur Sahib, Rawalsar, and Mani Karan. This yatra will also explore Naad yoga through the Narayan Shabd and other mantras, along with the practice of Kundalini Yoga and Meditation.

More information and registration:

<https://miripiriacademy.org/ce-sacred-waters-course/>

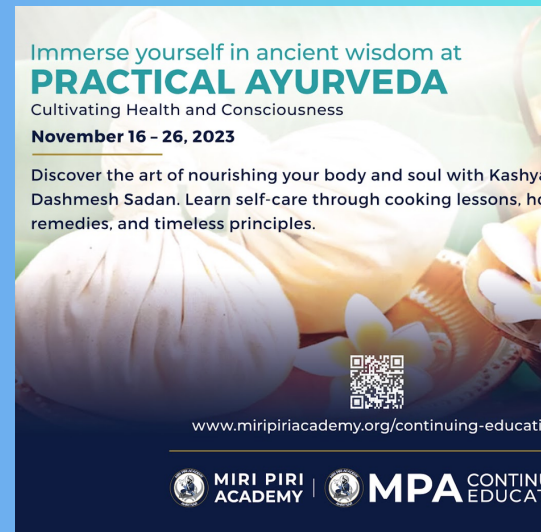
Practical Ayurveda: Cultivating Health & Consciousness

NOVEMBER 16 - 26 2023

Join us for a practical immersion to the fundamental principles of Ayurvedic self-care and management through the days, seasons and stages of life. Gain valuable insights into the art of nourishing your body and soul through cooking lessons and creating household remedies. The course is led by the renowned Ayurvedic physician Kasyhapa. It will be held at Dashmesh Sadan at Anandpur Sahib. It is an oasis, spread across 2.5 acres of lush green, private, gated land.

More information & registration:

<https://miripiriacademy.org/ce-practical-ayurveda/>



MPA ALUMNI GATHERING

Dec 18th 2023 - Jan 6th 2024

Get inspired in the company of peers from MPA, to renew old friendships and bond with new MPA friends through doing the inspiring things you most loved in your time in MPA. This and enjoying a beautiful New Year together with special activities for our Alumni. We will be practicing your familiar activities at MPA, including celebrating the New Year together, visiting the Golden Temple and your favourite sites around Amritsar. This time we are travelling to Dharamshala together as a group, and are also planning to visit the Kartarpur corridor India-Pakistan to Gurdwara Darbar Sahib in Kartarpur where Guru Nanak lived for 18 years.

More information and registration: <https://miripiriacademy.org/ce-alumni-camp/>

November 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

Winter Solstice 2023 3HO

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/>

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Service Exchange at Winer Solstice

Participating in Solstice as a Service Exchange Team Member takes the practice of Seva to a deeper level than just coming as an attendee. Karma Yoga, is an essential practice which grounds our spiritual practices in daily life. Joining a Service Exchange Team is a unique opportunity to extend your inner yogic practice out in the world, and use your unique talents and time to serve others and make Solstice happen.

[Click here for more information](#)

November 2023

Kundalini Yoga & Sikh Dharma Community Updates

Upcoming Events & Programs



Virtual Winter Solstice
2023 / DECEMBER 15th-17th
online event 



If you crave the magic and community of Winter Solstice, but are unable to join us in person, we have a very special first-time event this year. Please join us for our first complete all-Virtual Winter Solstice Program! This hybrid experience runs parallel to our in-person festival, with opportunities to join classes created just for you. Our goal is to make Solstice more accessible, expand our reach, and deepen our community connections.

Click here for more info and to register: <https://www.3ho.org/virtual-winter-solstice/>

Winter Solstice Training Forum

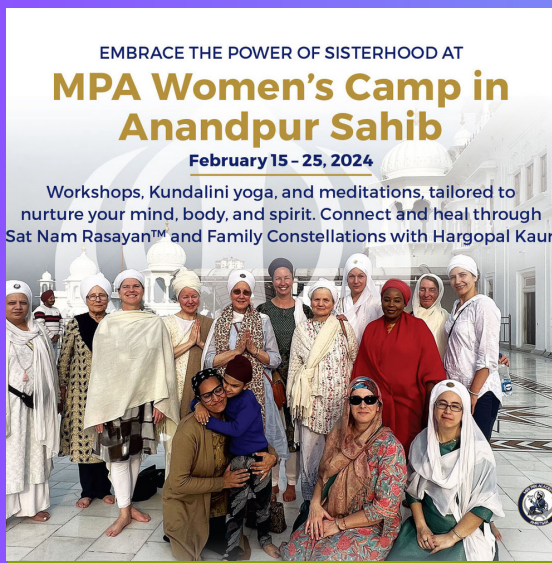
DEC. 15th (Friday) + DEC. 16th (Saturday) 2023

The forum is an opportunity for us to gather and continue building and expanding our Community of ATA trainers from around the world. A time for deep discussions and connections.

We value your presence and input. Grab this amazing opportunity for connection, growth and inspiration!

Be a part of this special event – register now and join us! Developing this forum is a co-creative process between trainers from the community and the KRI staff, we learn from each other.

MORE INFO HERE: <https://kundaliniresearchinstitute.org/en/ata-forum-winter-solstice/>



EMBRACE THE POWER OF SISTERHOOD AT
MPA Women's Camp in Anandpur Sahib
February 15 - 25, 2024
Workshops, Kundalini yoga, and meditations, tailored to nurture your mind, body, and spirit. Connect and heal through Sat Nam Rasayan™ and Family Constellations with Hargopal Kaur.

MPA Women's Camp in Anandpur Sahib

15-25 February 2024

Relax and rejuvenate in the company of women in the beautiful Anandpur Sahib, city of bliss, as you immerse yourself in empowering workshops, Kundalini yoga sessions and meditations, all tailored to support your physical, emotional, and spiritual well-being.

More information and registration: <https://miripiriacademy.org/ce-womens-camp/>

November 2023

Kundalini Yoga & Sikh Dharma Community Updates

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

SSSC Office of Public Affairs Update

The SSSC Office of Public Affairs and KRI partnered with Dr. Shanti Shanti Kaur and the Guru Ram Das Center to train Kundalini Yoga teachers in a level 1 Teacher Training program in Ukraine on how to conduct trauma-informed classes in an active war zone.

They have prepared five Kundalini Yoga protocols for specific populations. These are for KY teachers in Ukraine to teach to soldiers in Military Rehabilitation hospitals, Special Forces Units, Veterans, Those with Loss of Limb and Traumatic Brain Injuries, and Military Families. There is an upcoming training for Ukrainian Kundalini Yoga Teachers on how to deliver these protocols.

A second teacher training program is underway. Both are the largest and second largest in KRI's level 1 history worldwide causing us to research what yoga during wartime means.



November 2023

Kundalini Yoga & Sikh Dharma Community Updates

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

About the Aquarian Trainer Academy of KRI

The Aquarian Trainer Academy (ATA) of Kundalini Research Institute (KRI) is the most comprehensive and thorough Professional Development System in the world of yoga. It provides teachers with what they need to become teacher trainers, and offers them a clear pathway (steps) to get there. Through a very thorough, systematic and mapped out system to support this process, that goes beyond simple requirements of teaching hours experience, KRI offers a clear pathway for teachers to continually increase their knowledge and skills as teacher trainers.

The ATA also offers many different tools for trainers in training. So in addition to a clear pathway, they also have the support they need during this journey".

Participate in our next Research Symposium!! Check all the information Here:
<https://kundaliniresearchinstitute.org/en/research-symposium/>

Register HERE for next In Person Trainers Forum at Winter Solstice in the USA:
<https://kundaliniresearchinstitute.org/en/ata-forum-winter-solstice/>

Code of Ethics and professional standards and related policies are available in several translated languages. Check it out!

[ACCESS THE TRAINER SUPPORT WEBSITE.](#)

Invitation for further learning and inspiration in India at Miri Piri Academy!



MPA Continuing Education courses are a new branch of MPA that serves the global sangat of adults. MPA is the home for our global 3HO community and we want to offer the opportunity for adults to also have the MPA experience through different courses, yatras and Kundalini Yoga teacher training. These courses also offer a deep experience of the spiritual landscape of India. Join us in India on a profound journey of personal growth and spiritual exploration with the distinct MPA signature.

CLICK HERE FOR MORE INFORMATION: <https://miripiriacademy.org/continuing-education/>

Novmeber 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

Weekly Subagh Kriya Practice for Prosperity and Unity

OPEN TO ALL!

When:

Every Monday, 12:30 MDT - 14:30 EST - 20:30 CET - 00:00 IST - 03:30 MYT

Duration:

30 minutes From Tune In to Closing

Register to Lead:

<https://docs.google.com/spreadsheets/d/1l0BelqVC4j5HVBg-ZlI7YGJa9SE-K1zTbxcWHi3mSN8/edit?usp=sharing>

ZOOM LINK:

<https://us06web.zoom.us/j/88110868156?pwd=iuqwOulcKZ6wHwEHMKl3wLmcxyn5YC.1>

Meeting ID: 881 1086 8156

Passcode: 867575



Process:

We all have very tight schedules, so we will start and finish on time.

- TUNE IN with ADI MANTRA and MAGALA CHARAN MANTRA
- SUBAGH KRIYA short version, 3 minutes per exercise
- SHORT PRAYER (optional)
- CLOSE the Space with LONG TIME SUN and SAT NAAM

RECAP of Practical Information to Keep:

<https://docs.google.com/document/d/1exQHRkzUI9rUAo9FWHc6rUUO-6--bWGizA45IMqe75Y/edit?usp=sharing>

Visual PDF to Share:

<https://drive.google.com/file/d/1pyg6Ouxevh2TrshpRyFXOw7fI6UaUt-d/view?usp=sharing>

Remembr to mark your calanders! And share with your organization's co-workers, contractors, and board members. Let us come together in unity, elevate our spirits, and manifest prosperity in all dimensions of our lives and our esteemed organizations.

Kundalini Beyond Borders End of Year Fundraiser



By contributing to Kundalini Beyond Borders, you make it possible for us to provide yoga classes, meditations, mats and safe spaces in communities that would never have access to these tools.

Your support isn't just a donation – it's an investment in positive change for people all over the world.

As a thank-you gift for your donation, you'll receive exclusive access to the live event 'EMBODYING COMPASSION' on November 18th. In case you're unable to attend, you'll also have access to the event recordings.

Contribute here: <https://www.3ho.org/kundalini-beyond-borders/>.

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>