

December 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

Shakti Parwaha Kaur International

Remembrance Program



Saturday, December 2, 2023



Join us for this very special program, remembering and celebrating the Mother of 3HO, Shakti Parwaha Kaur Khalsa and her loving contributions to the growth and culture of our community.

Music, chanting, memories and live commentary and interviews with **facilitators Guruganesha Singh and Krishna Kaur.**

When: Saturday, December 2, 2023 8am PT / 9am MT / 10am CT / 11am ET (approx. 2 hours)

Where: Online. Join via Zoom link:

<https://us06web.zoom.us/j/83990820560?pwd=fvVVOMxNhZoQoRGU2snYQlEDBffDVM.1%E2%80%8B>

Meeting ID: 839 9082 0560

Passcode: shakti

How to participate: Open to all. Chant, pray, meditate, be with community.

For more information: [Shakti Parwaha Kaur memorial page](#)

<https://www.3ho.org/in-memoriam-shakti-parwaha/>

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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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The Legacy Reunion at Winter Solstice

We invite all Dharmic and Yogic Workers – our dedicated Executives, Teams, and Board Members – to a gathering of minds and spirits at the Winter Solstice.

Contact: Manou Kaur manou@ssscorp.org



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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.

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/>



RECONNECT AND REJUVENATE MIRI PIRI ACADEMY'S ALUMNI GATHERING

December 28, 2023 – January 7, 2024

Join your classmates and friends as we embark on a memorable journey to the Gurdwara Sahib in Amritsar, Punjab, India. We will be in the Gurdwara Sahib in Amritsar, Punjab, India, celebrating the New Year in style.



www.miripiriacademy.org/continuing-education

MIRI PIRI ACADEMY | MPA CONTINUING EDUCATION

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.

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

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Embodying the Code of Ethics

MODULE 7 - COMMUNITY AND RESPONSIBILITY

SATURDAY, DECEMBER 02
10:00AM TO 12:00PM (US PST)
11:00 TO 13:00 (US MT)
13:00 TO 15:00 (US EST)
19:00 TO 21:00 (CENTRAL EUROPE)



KUNDALINI BEYOND BORDERS PARTICIPANTS

To know more and register:

https://docs.google.com/document/d/1t-Fo-tMGlyLJUB_m884OC3mko_EhhbKBL44cPgbVLys/edit



Embodying the Code of Ethics

MODULE 8 - JIWAN MUKTA

DECEMBER 14, THURSDAY
3PM-6PM (US PST)
4PM-7PM (US MT)
6PM-9PM (US EST)



JIVAN JOTI & MEHERBANI

Learn more and register here:

<https://docs.google.com/document/d/1sUhGg1BuuVuCoHTCxR-2q34Mk53bOBVt3yKucrWlwqQ/edit>

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/>

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.



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

KRI is looking for new Board Members

About KRI

Our vision is to be a progressive, global organization that fosters a spiritual, aware and self-empowered humanity.

KRI is a non-profit organization that holds the teachings of Yogi Bhajan and provides accessible and relevant resources to teachers and students of Kundalini Yoga. Our mission is to make the benefits and practice of Kundalini Yoga, based on the Teachings of Yogi Bhajan, accessible to all people from all backgrounds.

We believe in the joy of community and the transformational power of our teachings to bring positive change to ourselves and our world. We have achieved this through:

- The creation of Teacher Training Programs
- Developing and training amazing Teachers in over 60 countries
- Publishing books and manuals
- Making available research papers on the biomedical effects of Kundalini Yoga and meditation

But the most amazing thing about KRI is that all of our achievements and expansions have been led by people who are dedicated to selfless service and the betterment of individuals and communities worldwide through this practice. KRI is truly the manifestation of the community's prayers and efforts.

Click here to read more and apply: <https://ssscorp.org/who-we-serve/serve-on-a-subsidary-board/kundalini-research-institute/>

Interested in serving on a Board?

The SSSC is striving to increase the diversity of the boards of its subsidiary organizations. We hope to expand our perspective and breadth of experience by attracting leaders from a broad array of backgrounds. To that end, we are seeking interested and talented community members to populate our for profit and nonprofit boards.

[Click here to read more and express your interest about serving a board.](#)

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Office of Public Affairs Update

Sikhnet and the Office of Public Affairs Engage IRFBA Alliance at Ministerial

Simran Singh from the Office of Public Affairs advises the International Freedom of Religion or Belief Alliance (IRFBA), comprised of 42 Governments and the United Nations, standing for each human being's "right to freedom of thought, conscience and religion," in accordance with article 18 of the UN's Universal Declaration on Human Rights.



In Sikh history, Guru Teg Bahadur Ji is the most poignant example of this alliance's work, giving his life to protect members of another faith.



Simran Singh facilitated a discussion on the role of Artificial Intelligence and Social Media in relationship to protecting personal beliefs from the plenary stage, drawing on shared values of protection between all humans of conscience

Sikhnet's Executive Director Ek Ong Kaar Kaur joined the Alliance as it reviewed the critical relationship between freedom of conscience and women's rights.



Will you support SikhNet today?

2023 End of Year Fundraiser



♥ Your donation connects over 1.2 million people every month to Guru Sahib Ji, Sikh roots and Sikh heritage, Banis, Gurbani kirtan, Stories, Sikh history and more. If you appreciate that millions of people can access Banis and so much more, please give generously today. Thank you.

[DONATE](#)



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/> .

For all SSSC updates, see our News Blog

Click here: <https://ssscorp.org/news/>

Weekly Subagh Kriya Practice for Prosperity and Unity

OPEN TO ALL! JOIN US!

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=iuqw0ulcKZ6wHwEHMKl3wLmcxyn5YC.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/1pyg60uxevh2TrshpRyFXOw7fI6UaUt-d/view?usp=sharing>