





*KUNDALINI*    
*YOGA WORKSHOP*

Emotional Clearing with Kundalini Yoga

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HARI DAS KAUR



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ABOUT HARI DAS KAUR



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DATE - COST - LOCATION

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## ABOUT THE WORKSHOP

March 1, 2020 is a good time to set yourself up for the year... still to enjoy the end of 2019 and the festive season... by March 1, it wil all be just a memory...

Your soul is the direct connection to the infinite...your soul is part of you. Develop that connection... By practicing Kundalini Yoga as taught by Yogi Bhanan over an intensive afternoon... not only helps you feel good... it assists in releasing deeper layers of patterning from early childhood... to heal and reconnect to your soul on a deeper level... and only you can make that connection.

### What to expect over the afternoon

Kundalini Yoga Kriya's

Healing with the vibrational sound of the Gong

Kundalini Meditations

Deep Healing

Feeling energetically aligned

Optional Vegetarian/Vegan Dinner afterward

# About Hari Das Kaur

Some info about your teacher:

The yogic name of the journey.

Birth name Mary-Anne was changed to Laxmi (Goddess of Prosperity) in a beautiful ceremony by Swami Sarasvati when the Hatha diploma completed in the year 2000.

Inspired by Swami to venture to India for 6 months, changed the life of this Yogini.



The spiritual name Hari Das (active servant of God) was given from astrology using her birth date.

Hari Das studied Kundalini yoga in Australia and India and has been teaching for 11 years.

She is an accredited yoga teacher with a diploma in Hatha yoga, accreditation in Kundalini yoga Level 1 qualification, completed 3 modules of level 2 and completed level 3.

This yogini has traveled along the path of life developing an eclectic lifestyle and inner belief of knowing that ALL IS ONE..and loves being a student of life.

## DATE - COST - LOCATION

**SUNDAY 1st of MARCH 2020  
1 PM TO 5 PM**

**\$85 (DINNER INCLUDED AND OPTIONAL)**

**Swami Sarasvati's Health Retreat  
183-185 Pitt Town Road  
Kenthurst 2156  
AUSTRALIA**





# Thank You

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Hari Das Kaur

**[yogawithmaryanne.com](http://yogawithmaryanne.com)**  
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