



## YOGA NEWS

# CHERDI KALA - THE ART OF UPLIFTMENT

MAY & JUNE

Year 2, Edition 4

April 23, 2009

**Kundalini  
Yoga  
Super  
Intensive**

**MAY  
2009**

5 Classes of  
2 Hours  
and 1 Workshop  
in 1 Month

Get Fit for  
the Summer

Location: Cherdi Kala Yoga  
Jan Sanjstraat 21B  
Rotterdam  
Price: 95 Euro  
Teacher: Hari Krishan Singh  
Sign Up: info@cherdikala.eu  
010 844 1129  
yogarotterdam.nl

Mon 11th 20.15-22.15  
Fri 15th 19.00-21.00  
Mon 18th 20.15-22.15  
Fri 22nd 19.00-21.00  
Sat 23rd 14.00-17.30  
Mon 25th 20.15-22.15

### **YOGA COMPACT to get FIT FOR THE SUMMER**

#### **5 classes of 2 hours and 1 Workshop in 1 month**

Monday 11.05. 20:15-22:15 | Friday 15.05 19:00 – 21:00 |  
Monday 18.05. 20:15 – 22:15 | Friday 22.05 19:00 – 21:00 |  
Saturday 23.05. 14:00 – 17:30 | Monday 25.05. 20:15 – 22:15

**SUMMER**.....mmhh.....what happens with you when you think of summer? Do you also feel imaginary sunshine on your skin? Trillions of cells starting their joyful dance to the cornucopia of light? Is somehow the relaxed feeling of a holiday orchestrating your mood and the day's stress is easing? ...mmmhhhhh.....doesn't it just feel GREAT? Summer!

**The idea:** What could life be, if we had the summer feeling all year over - without moving country☺?

**The invitation:** Be ahead of the times and find out in May! Prepare your body to be fit, detoxified and healthy and your mind to be clear, focused and calm, so that your entire system can enjoy and soak up the qualities of this highly energising season, store the energy supplies appropriately and **intensify your radiance.**

A complementary mix of dynamic and relaxing yoga exercises with Mantras, Meditation, Pranayama and some helpful tips.

To sign up or for more info, please contact Hari Krishan on [harikrishan@cherdikala.eu](mailto:harikrishan@cherdikala.eu) or call (010) 844 1129.

靈  
氣



### **TRY OUT REIKI – MAY SPECIAL PROMOTION**

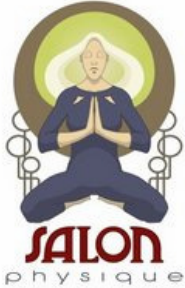
**1 treatment (60 min) for only 30 EUR**

#### **Usui Reiki is a Japanese Healing Technique**

It is a gentle, non-invasive, ancient form of natural healing that uses touch from the practitioner to allow healing energy to flow to the recipient.

The word Reiki comes from two Japanese words - Rei and Ki, rei, which means "spirit" or "soul," and ki, which means "energy" or "life force" and the term describes both the energy and the system developed in the early 1900's by Mikao Usui in Japan.

For more info or to book a session: Contact Bachitar (Reiki Master Degree) on **010 844 1129** or email [bachitar@cherdikala.eu](mailto:bachitar@cherdikala.eu)

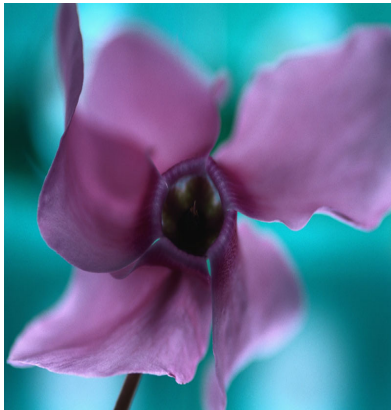


## **Hatha Flow at Cherdi Kala**

### **Yoga Course with Dieke from Salon Physique**

**Starting May 7th**, every Thursday morning from 9:30 till 11:00. Last session June 18<sup>th</sup>. A series of 7 classes and people can buy the whole serie for € 77 or drop in for € 13 per session.





For more info & registration: call **010 844 1129**, email [info@cherdikala.eu](mailto:info@cherdikala.eu) or visit [www.salonphysique.nl](http://www.salonphysique.nl)



## *Bring a Friend for Free* **Kundalini Yoga on a Saturday morning**

Saturday 09.05. from 11:00-12:30 @ Cherdi Kala Yoga Centre (11 EUR)

**Enjoy a yoga class to 'Awaken your Senses'.**

-  **Detox**
-  **De-stress**
-  **Rejuvenate**
-  **Awaken & Shine**

In spring nature awakens to new beginnings. Analogically spring is the ideal time for us to plant the seed of new projects so that they can develop and grow throughout the year. In order for our projects to be successful we need to be clear about our goals, how to get there and we need to throw away old ballast: we need to detox and awake our senses so that we can get ready for new destinations with fresh vigour!



## **Sivananda Yoga at Cherdi Kala**

**Every wednesday evening, Janine Brall offers Sivananda Yoga classes for beginners and advanced.**

**Starting Wednesday 13.05.**

18:30 - 20:00      Advanced Yoga class  
20:15 - 21:45      Introduction course  
(continue next page)

**Sivananda Yoga** is an integral form of Yoga. The classes include breathing exercises, sun salutation, Asanas (postures), relaxation, mantra singing. This form of Yoga is physical and relaxing at the same time. It would be nice to see you in class! Om shanti, Janine

For more information & registration: email [janinebrall@web.de](mailto:janinebrall@web.de) call **06 25 100 420** or visit [www.janinebrall.blogspot.com](http://www.janinebrall.blogspot.com)

## **WAKE UP! SADHANA – EARLY MORNING YOGA & MEDITATION WITH LIVE MANTRA MUSIC**

**On Sunday 17. May 2009 from 5:00 – 7:30 with communal breakfast afterwards.**



### **Morning Sadhana – Cleaning the Subconscious**

The 108 yogic scriptures called the Kundalini Upanishads, call for at least two-and-a-half hours of sadhana before the rising of the sun. The duration of two-and-a-half hours is determined by the law of karma: everything you give, you receive back ten-fold. So if you dedicate one-tenth of each day to your higher consciousness, your whole day is covered by the returning energy. To exercise before sunrise is important because the angle of the sun to the Earth is very good for meditation. Also there is much prana in these hours, and the body rhythms are more set to support physical cleansing than during the rest of the day. Few people are awake and busy, so the clutter and bustle of daily activities does not interfere with your practice.

5:00 - 5:30 Tuning in to our original intention through recitation of Jap Ji – Song of the Soul

5:30 - 6:30 Practice of a Kundalini Yoga Kriya. It quiets the mind, rejuvenates the body and restores a sense of harmony and peace to the heart.

6:30 - 7:30 Chanting of Mantras & Meditation

7:30 - 8:30 Breakfast in the spirit of Sangat/Community

**Everybody is welcome. Fee is donation-based. Please arrive at 4:50 am at Cherdi Kala Centre.**

## **'De kunst van het loslaten en bevrijden'**

### **Een Kundalini Yoga Workshop met Guru Karta**

**Datum:** zondag 24 mei, 14.00-17.30 uur

**Locatie:** Cherdi Kala - The Art of Upliftment

**Prijs:** € 30,-

**In deze workshop** gaan we met behulp van KY technieken onszelf los maken van oude structuren die ons binden aan gevoelens van afwijzing en minderwaardigheid. Wij gaan op verkenning naar de extase van het loslaten om een nieuwe ervaring van vrijheid te creëren.

**Bevrijdings special:** deze workshop is ook te volgen als duo-workshop. Op 17 mei start de eerste deel 'loslaten en bevrijden' in Amisha te Utrecht. (continue next page)



Love is not love until  
love is vulnerable.

'Theodore Roethke', poet

De prijs voor beide workshops samen is € 55,00. Voor meer info of aanmelding: [info@amisha.nl](mailto:info@amisha.nl)



**Guru Karta** beoefent Kundalini Yoga sinds 2002. Ze werkt als docent in een team van internationaal erkend Kundalini Yogaleraren in de Yoga Lifestyle Studio in Amsterdam en Amisha te Utrecht. Ze verzorgt yogalessen, workshops en trainingen op diverse plekken in en buiten Amsterdam. Hiernaast is ze zelfstandig ondernemer in de beeldende kunst.



**Karam Kriya Residential with Shiv Charan Singh**

# The Matrix *and our relation to it*

**5 full days: 4 June - 8 June 2009**

Start: thursday morning 4th of June 10.00 am  
Finish: tuesday morning 9th of June 10.00 am

**The universe is sustained from a multi-dimensional matrix of primary information.**

**Beyond the chaos there is an intelligence that defies our rational analytical mind.**

**We need a nob-rational science of building and managing the link between our usual world and the mystery that is the Subtle Body.**

**This needs to be a clear and conscious passage through the formless infinity.**

**Something must accompany us in this passage that serves to maintain awareness, reach to the depth, avoid distaction, attract the treasure and enjoy the transformation.**

Near Nijmegen, close to the German Border, with a very un-Dutch surrounding landscape of forrested hills lies the castle-like building as seen on the picture below. This is where we will be, with exquisite *vegan* food and charming semi-private rooms ([www.elegast-groepsaccommodatie.com](http://www.elegast-groepsaccommodatie.com)).

**The Costs are 400 EUR for the Teachings and 290 EUR for accommodation, food and expenses, when registered before the 1st of May 2009. After that it costs 330 EUR.**

**For more info or registration: Please contact Hari Krishan on 010 844 1129 or [harikrishan@cherdikala.eu](mailto:harikrishan@cherdikala.eu)**

