

Sat Nam every-1,

In exalted spirits we are wishing all of you a peaceful and magical year 2009. To support your good start into this year of growing spirituality, we would like to inform you about upcoming special events at Cherdi Kala.

MANTRA EVENING

On Friday 23. January 2009 from 19:00 - 20:30 with Dhyan Singh from Den Haag.



Dhyan is a long time Kundalini Yoga teacher and a passionate musician.

Everybody who loves Mantras is welcome to join, chant along and vibrate the cosmos, so that the cosmos can vibrate you. Come and experience how special this can be.

Normal class fees apply.

WORLD YOGA DAY - A 24 HOUR WORLD WIDE YOGA PRACTICE FOR HUMAN RIGHTS



On Sunday 8. February 2009 from 11:00-13:00. Join us!

Cherdi Kala as well as other yoga schools around the world will donate their time and space to a two hour yoga session which is devoted to human rights.

The class is held from 11AM - 1PM sharp, local time in each time zone, which will lead to a 24 hour yoga marathon around the world. Devoting our thoughts and energy globally to the human rights issue will generate a powerful impact.

Students attending the event will donate whatever tuition they can afford. All contributions are welcome and also students who can't pay at all – the money is important to help victims of human right violation but so is the spirit.

We love to see yogis from all styles participate in this wonderful event whether Hatha, Kundalini, Iyengar, Bikram, Anusara, Ashtanga, Laughter Yoga...at the heart of any yoga style stands the union. Bringing all yogis worldwide together to devote their practice to this important cause will be a wonderful, spirited celebration of yoga.

More information on <http://www.worldyogaday.net/home/index.php>

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

On Sunday 15. February and Sunday 1. March 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 Cherdikala Centre.

Sat Nam Rasayan – Introductory Workshop

On Sunday 2. February 2009 with Dhyani Singh

Sat Nam Rasayan translated means “Deep relaxation into your true self”. It is a meditative healing technique in the tradition of Kundalini Yoga.

More information will follow soon. You can also visit Dhyani’s website <http://beautyofserenity.nl/>

This Newsletter is from Cherdikala to inform you about upcoming events at our yoga centre. By sending this email, we are taking the OPTA regulations into consideration. Should you not wish to receive any updates on our schedule via email anymore, please reply to this email with “no longer interested”.
Thank you.

See you soon.

Love and blessings to all of you,


Bachitar Kaur

KUNDALINI YOGA – KARAM KRIYA

ROTTERDAM – THE NETHERLANDS

