



## NEWSLETTER Winter 2011-2012

Updates 23 December 2011 - 21 March 2012

CHERDI KALA YOGA ROTTERDAM

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**New Year's Celebration** 1st of January 14.00-17.00 Yoga, Mantra, Meditation and FOOD!

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Dear yogis, yoginis & friends of Cherdi Kala Yoga,

What an Autumn! Were you as busy as we were? It seems that the shift from the Piscean to the Aquarian Age really does bring some extra intensity and hectic speed with it! The end of the world in 2012? Well... at least a lot of changes!

Lot's of new trainings in The Netherlands and around Europe, Expansion of our business and expansion of our family :-)

Yogi Bhajan said that the 11th of November 2011 was the specific date around which this Age-shift would be centered. This was 11-11-11, so for numerologists a busy time @:-)}}}} Hari Krishan was teaching at an event in Tallinn, Estonia, with a huge gathering (by any, but especially by Estonian measures) of 160 people.

Bachitar at the first Dutch Kundalini Yoga Festival ,Enter Joy'.

To prepare for a year full of change (2012=2+0+1+2=5=change) you can join us for our traditional New Year's Gathering at Cherdi Kala Yoga Rotterdam on the 1st of January 2012 from 14.00-17.00

Love & blessings,  
**Health & Happiness to all!**



Bachitar Kaur



& Hari Krishan Singh

Welcome 2012 - Join our traditional New Year's Celebration

Let's welcome the new year in a cosy way with yoga, mantras, meditation AND food. Bring your musical instrument, tunes, some vegetarian food and your family and friends.

January 1st 2012 from 14:00 - 17:00 at Cherdi Kala Yoga.

We can share our expectations, hopes, plans, prayers and wishes for the year ahead and simply enjoy each other's company in the spirit of Kundalini Yoga.

Come and celebrate the arrival of the New Year with us!

### Schedule from January 2nd 2012

#### Monday

10:15-11:30 Kundalini Yoga for everybody (with Bachitar)

20:30-22:00 Kundalini Yoga Intensive (with Bachitar)

#### Tuesday

18:00-19:00 Pregnancy Yoga (with Bachitar)

19:30-21:00 Kundalini Yoga to Free your Mind (with Hari Krishan)

#### Wednesday

10:15-11:30 Kundalini Yoga for everybody (with Bachitar)

18:45-20:15 Iyengar Yoga with Kaj Fabry NEW!

20:30-22:00 Kundalini Yoga with extra long Meditation sessions (31min)  
(with Prempal)

#### Thursday

18:30-20:00 Kundalini Yoga Intensive (with Hari Krishan)

20:30-22:00 Kundalini Yoga for everybody (with Jaideep)

#### Friday

10:15-11:30 Kundalini Yoga for everybody (with Bachitar)

19:00-22:00 Thai Yoga Massage Training (with Thai Hand Amsterdam)

For Chair Massage Treatments, Thai Yoga Massage Treatments, Karam Kriya Consultations based on your date of birth, Private Yoga Classes and Yogic Lifestyle Consultations please contact us for an appointment.

More info on our website [www.cherdikala.eu](http://www.cherdikala.eu)

Thai Yoga Massage Professional Training  
with Nicole and Manuel from Thai Hand

Thai Yoga massage is based on acupressure (Chinese medicine) and stretching (yoga asanas). Thai Yoga Massage is preventive and therapeutic. It helps to reduce stress, improve the blood circulation, digestion and the immune system, increases the flexibility and boosts the energy level in the body.

Course level 1: Foundation of Thai Yoga massage teaches:

- The feet, legs, arms, head, back and shoulders
- The meaning of the ten energy lines (Sen) and Ying Yang
- Stretches, acupressure points and the use of the body weight by thumbs, palms, elbows, knees and feet
- Additional information of the south technique (Wat Po)

Students receive certificates of ITM (International Training Massage School) Chiang Mai, recognized by the department of Health and Education of Thailand.

Costs: 475 euro incl. didactic material and certification.

### TRAININGS

Kundalini Yoga Teacher Training Level 1 in Leuven starts the 3rd of March 2012. Still places available (1,5 hours from Eindhoven, 1 3/4 hours from Rotterdam).

Thai Yoga Massage Training started (call for new dates).

Kundalini Yoga Teacher Training Level 1 in Rotterdam starts the 10th March 2012

Kundalini Yoga Teacher Training Level 1 on Mallorca, Spain (3 separate weeks) starts 17 April 2012.

Karam Kriya Consultancy Training Starts 3rd of February or 15th of June 2012 check [www.karamkriya.nl](http://www.karamkriya.nl)

### WORKSHOPS

The Gifts of the New Year - a Workshop about the numbers of 2012, their meaning and messages. Combined with Kundalini Yoga and Meditation.

A special Karam Kriya (Number Awareness) Workshop at Cherdi Kala Yoga with Sohan Kaur from Germany.



2012: Contradictory experiences will challenge us, yet these polarities offer a way to harmony. Come and establish your future system of self-regulation! Kundalini Yoga with meditation and new self-experience, based on the science of Applied Numerology - Karam Kriya.

Facts & Details

Date: 14 & 15 January 2012.

Time: 10:00-18:00 with a lunch break 13:00-14:00.

Please bring some vegetarian food to share.

Sadhana on Sunday morning from 6-8:30.

Workshop Fee: Both days: EUR 145. One day: EUR 80.

People from outside Rotterdam are welcome to stay overnight in the yoga space for a contribution of EUR 10.00

For more information contact [bachitar@cherdikala.eu](mailto:bachitar@cherdikala.eu)

For registration please transfer the fee to

Sohan Kaur

IBAN: DE06660101112809203300

BIC: ESSEDE5F660

Mention "Qualities 2012" as reference

### MASSAGES

#### Thai Yoga Massage

We offer Traditional Thai Yoga Massage Treatments.

A full body massage given on a mat on the floor, by which the receiver increases flexibility and experiences deep relaxation through passive stretching and acupressure, given through fingers, hands, feet, elbows and knees following the energy lines of the body.

Both giver and receiver are fully dressed, wearing comfortable clothes.

1 hour : €45,00

1,5 hours : €60,00

#### Chair Massage

For a chair massage treatment at the Cherdi Kala Yogacenter please contact Gabriela Prempal Kaur and ask for the options.

You can e-mail [prempal.kaur@hotmail.nl](mailto:prempal.kaur@hotmail.nl) or call at 06 40786264 for an appointment or if you have any questions about chair massage.

20 minutes massage: € 15,00

30 minutes massage: € 20,00

IF YOU DO NOT LONGER WISH TO RECEIVE ANY UPDATES ON OUR CLASSES, WORKSHOPS AND TRAININGS, PLEASE REPLY WITH A SIMPLE 'UNSUBSCRIBE' IN THE SUBJECT FIELD