

# IV KUNDALINI YOGA FESTIVAL POLAND

TARASKA , May, 30th - Jun, 3rd 2018

## WEDNESDAY May, 30<sup>th</sup>

4pm-6pm	Registration		
6pm-7pm	DINNER		
7.15pm-7.30pm	<b>Opening Ceremony of the IV Kundalini Yoga Festival</b>	BIG TENT	with Harsaran Singh
9.15pm-10pm	<b>So Purkh Women Circle</b>	BIG TENT	with Sat Inder Kaur, Adi Shakti Kaur
9.15pm-10pm	<b>Bhanda Jamee-ai Men Circle</b>	D3 bungalow	with Siri Gian Singh, Harjeet Singh
10.15pm-11pm	<b>Relaxation with the sound of Tibetan Singing Bowls &amp; Aroma Oils</b>	D3 bungalow	with Bhagti Hihal Kaur

## THURSDAY May, 31<sup>st</sup>

4.30am-7am	Aquarian Age Sadhana	BIG TENT	
7.15am-8am	<b>Turban Tying workshop</b>	BIG TENT	with KiranJot Kaur
8am-9am	BREAKFAST		
9am-10am	Seva groups meetings		
10am-11.30am	<b>On the Spritual Warrior's Path</b>	BIG TENT	with Siri Gian Singh
10am-11.30am	<b>Taste your life with your Breath</b>	D3 bungalow	with Jai Ram Kaur
10am-11.30am	<b>Yoga &amp; Meditation for Kids</b>	room 15	with Amanbir Kaur
11.45am-1.15pm	<b>Mantra Dance Chanting &amp; Dance Medicine for Soul</b>	BIG TENT	with Siri Sadhana Kaur
1.30pm-2.30pm	LUNCH		
2.45pm-4.15pm	<b>The Sound Current -Anahat</b>	BIG TENT	with Hari Karta Kaur
2.45pm-4.15pm	<b>Sat Nam – I Am</b>	D3 bungalow	with Amanbir Kaur
2.45pm-4.15pm	<b>Yoga Art – classes and workshops for kids and Teens</b>	room 15	with Prem Jiwan Kaur
2.45pm-4.15pm	<b>Karam Kriya- Recognize the other person is you ! part 1</b>	BIG TENT	with SatKaram Singh
4.30pm-6pm	DINNER		
6pm-7pm	<b>Soul Singing Workshops</b>	BIG TENT	with Siri Sadhana Kaur
7.pm-8.30pm	<b>So Purkh Women Circle</b>	BIG TENT	with Sat Inder Kaur, Adi Shakti Kaur
8.45pm-9.30pm	<b>Bhanda Jamee-ai Men Circle</b>	D3 bungalow	with Siri Gian Singh, Harjeet Singh
8.45pm-9.30pm	<b>Relaxation with the sound of Tibetan Singing Bowls &amp; Aroma Oils</b>	D3 bungalow	with Bhagti Hihal Kaur
9.45pm-10.30pm			

## FRIDAY June, 1<sup>st</sup>

4.30am-7am	Aquarian Age Sadhana	BIG TENT	
8am-9am	BREAKFAST		
9am-10am	Seva groups meetings		
10am-11.30am	<b>Through Kindness to Prosperity</b>	BIG TENT	with Sat Inder Kaur
10am-11.30am	<b>Gratitude- find it in yourself: Attitude of Gratitude</b>	D3 bungalow	with Patvinder Kaur
10am-11.30am	<b>Yoga &amp; Meditation for Kids</b>	room 15	with Ktarzyna Krajewska
11.45am-1.15pm	<b>Kundalini Yoga &amp; Gatka- Sikh Martial Art. Part 2</b>	BIG TENT	with Harsaran Singh
1.30pm-2.30pm	LUNCH		
2.45pm-4.15pm	<b>Shakti Dance</b>	BIG TENT	with Jai Shakti Kaur
2.45pm-4.15pm	<b>Merging with the Infinity- about Death and Dying</b>	D3 bungalow	with Zbigniew Becker
2.45pm-4.15pm	<b>Yoga Art – classes and workshops for kids and Teens</b>	room 15	with Prem Jiwan Kaur
4.30pm-6pm	<b>Seven Friends- cooperation of Chakras</b>	BIG TENT	with Keval Darshan Singh & Amrita Darshan Kaur
4.30pm-6pm	<b>The Art of Authentic Relations</b>	D3 bungalow	with Marek Miedziewski & Basia Baczkura
6pm-7pm	DINNER		
7pm-8.30pm	Path of Love – mantars' concert	BIG TENT	with Satwant Kaur
8.45pm-9.30pm	<b>So Purkh Women Circle</b>	BIG TENT	with Sat Inder Kaur, Adi Shakti Kaur
8.45pm-9.30pm	<b>Bhanda Jamee-ai Men Circle</b>	D3 bungalow	with Siri Gian Singh, Harjeet Singh
9.45pm-10.30pm	<b>Relaxation with the sound of Tibetan Singing Bowls &amp; Aroma Oils</b>	D3 bungalow	with Bhagti Hihal Kaur

## SATURDAY June, 2<sup>nd</sup>

4.30am-7am	Aquarian Age Sadhana	BIG TENT	
8am-9am	BREAKFAST		
9am-10am	Seva groups meetings		
10am-11.30am	<b>Honouring the Feminine</b>	BIG TENT	with Satwant Kaur
11.45am-1.15pm	<b>Shakti Dance</b>	BIG TENT	with Patwant Kaur
11.45am-1.15pm	<b>Sat Nam Rasayan</b>	D3 bungalow	with Harjeet Singh
11.45am-1.15pm	<b>Yoga Art – classes and workshops for kids and Teens</b>	room 15	with Prem Jiwan Kaur
1.30pm-2.30pm	LUNCH		
2.45pm-4.15pm	<b>Healing the Wounds of Love &amp; Sweetness of Svadhistana</b>	BIG TENT	Jai Dev Karam Kaur
2.45pm-4.15pm	<b>Trust your Soul</b>	D3 bungalow	Siri Santokh Kaur

2.45pm-4.15pm	<b><i>Yoga Art – classes and workshops for kids and Teens</i></b>	room 15	with Prem Jiwan Kaur
4.30pm-6pm	<b><i>Karam Kriya- Recognize the other person is you ! part 3</i></b>	BIG TENT	with SatKaram Singh
6pm-7pm	DINNER		
7.15pm-8.15pm	<b><i>Yoga Nidra with gong vibration</i></b>	BIG TENT	with Dhyanjot Kaur
7.15pm-8.45pm	<b><i>Meditative Healing before birth</i></b>	D3 bungalow	with Jagat Prem Kaur
8.15pm-10.15pm	<b><i>Yoga Dance Night ! Dance Meditation</i></b>	BIG TENT	with Siri Gian Singh

## SUNDAY June 3<sup>rd</sup>

4.30am-7am	Aquarian Age Sadhana	BIG TENT	
8am-9am	BREAKFAST		
9am-10am	Seva groups meetings		
10am-11.30am	<b><i>Master of the Shift</i></b>	BIG TENT	with Param Dyan Kaur & Paramjot Singh
11.45am-1.15pm	<b><i>Closing Ceremony of the IV Kundalini Yoga Festival -Mantras Concert</i></b>	BIG TENT	
1.30pm-2.30pm	LUNCH		