



# KUNDALINI YOGA+MEDITATION Healing for the Aquarian Age

## CLASSES, WORKSHOPS & SESSIONS

### SATSANTOKH K KHALSA

Is a IKYTA/KRI Certified Kundalini Yoga Instructor; Sat Nam Rasayan® III & MahBoundLotus® Instructor/Healer.

SatSantokh met her Teacher, Yogi Bhajan through Kundalini Yoga at Golden Bridge in Los Angeles, two weeks after a session with Guru Dev Singh.

She continues to study internationally and Guru Dev, Master of the Healing Art of Sat Nam Rasayan®.

Certified by Mahan Kirn, author of *MahBoundLotus® manual*, she is one of a few MahBoundLotus® healers worldwide.

**Kundalini Yoga • Kundalini Meditation • Sat Nam Rasayan • MAHBOUND LOTUS • Gong • THE MIND—Class Series • Sadhana • Yogic Eats • Japa Meditation**

FOR CLASSES AND APPOINTMENTS:

### CONTACT INFORMATION

Phone: 772.571.7729; email: [satsantokhjap@gmail.com](mailto:satsantokhjap@gmail.com)



...“Your mind is your first friend and first enemy. It works overtime, and if you do not meditate, it has no direction.”  
—Yogi Bhajan  
1/1/2004



Golden Bridge Yoga Los Angeles

...“Meditation is when the mind becomes totally clean and receptive, and Infinity talks to the man” —  
Yogi Bhajan

"**Sat Nam Rasayan**® people are highly self-disciplined people. Do you understand that? So when we teach **Sat Nam Rasayan**® we are very strict in the teachings, very precise, because we don't want the people to think in a "miraculous" frame of mind. This happens by the meditative mind and we develop that mind. The Grace will stay and we will enjoy it, but at the same time our projection and our relations in the teachings are absolutely strict and precise."

— **Guru Dev Singh**



**SESSIONS**

SERVICE	DESCRIPTION
SNR Healing**	30 minutes
MBL Treatment	see detailed brochure
KY classes	30 minutes and up private 60-90 minute class

**AVAILABLE**

Classes, Courses, Workshops, Retreats, Kundalini Yoga, Kundalini Meditation, Sat Nam Rasayan Healing, Mah BoundLotus, Gong, The Mind—Class Series, Sadhana, Yogic Eats, Japa Meditation

\*Class rates may vary based on hosting facility  
\*\*Sessions/Packages are non-refundable/transerable and must be used within 6 months  
Travel fees may apply  
add 3% to pay via paypal



"The longer you are patience, the more you stretch to Infinity..."2/24/2004  
—**YOGI BHAJAN**



"Today **Sat Nam Rasayan®** seems to fit perfectly in our daily reality, the most natural of techniques for this age of ours. A mystic cure befitting our times and our pupils, who are anything but mystics"

**–Guru Dev Singh**



### TECHNOLOGIES OF THE GOLDEN CHAIN–

**Kundalini Yoga+Meditation** the Yoga of Awareness as taught by Yogi Bhajan Learn to silence your mind, conquer fear and allow the Universe to serve you. Through Kriyas using mantra, mudra, asana & pranayam we develop a state of Shuniya—Silence of Contemplation to quiet the mind and enhance the flow of the electromagnetic field. We use the gong to allow us to move beyond the boundaries of the mind and facilitate release.

**Sat Nam Rasayan®** as taught by Guru Dev Singh is a contemplative healing modality that works on a subtle level through the projective meditative mind using only awareness to heal. The power to heal comes from the sacred space, not from the healer's personality or sensitive space. GOD HEALS. All the healer does is to establish a connection with God using the right language, the language of neutrality. Learn to hold the contemplative space and use the meditative mind.

**MahBoundLotus®** A powerful restorative posture that engages the entire body by binding it into the symbol of Infinity. Anyone can be shown how to do this posture.



Santiago Chile

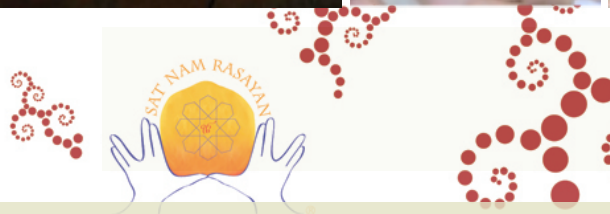


Santiago Chile



"The Most powerful language in the world is silence. And that is a healer's language. Remember that."

**–YOGI BHAJAN** *Master's Touch 1997*





# KUNDALINI YOGA+MEDITATION Healing with the Golden Chain



Goindwal Sahib, Punjab India

Phone: 772.571.7729; email: [satsantokhjp@gmail.com](mailto:satsantokhjp@gmail.com)

What is meditation? When you empty yourself and let the universe come in you-

-YOGI BHAJAN