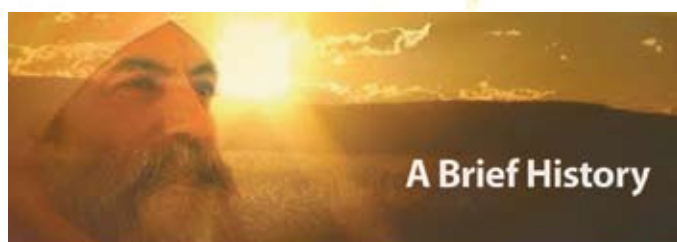


# Celebrating 50 Years of Kundalini Yoga in Toronto

1968 - 2018

"It's not the life  
that matters,  
it's the courage  
that you bring to it."



## A Brief History

An outstanding pioneer in many fields with a deep and compassionate insight into the human condition, Yogi Bhaijan established permanent institutions, created spectacular events, and produced a prolific body of teachings.

The first to publicly teach Kundalini Yoga, when he arrived in the West in 1968, he announced he had come to the West "to create teachers, not to gain students."

Born Harbhajan Singh Puri, August 26, 1929, in the part of India that became Pakistan in 1948, he was the son of a medical doctor. When he was just eight years old he began his yogic training with an enlightened teacher, Sant Hazara Singh, who proclaimed him to be a Master of Kundalini Yoga when he was sixteen and a half.

In September of 1968, he left India for Canada to teach yoga at the University of Toronto, carrying a letter of recommendation from Sir James George, Canadian High Commissioner in New Delhi, who had been his student. Breaking the centuries old tradition of secrecy surrounding the empowering science of Kundalini Yoga, he began teaching it publicly. With the yogic sciences of yoga, meditation, yogic philosophy, and loving acceptance, he offered an effective alternative to the prevalent drug culture of the day. He called it the "3HO" (healthy, happy, holy) way of life.

In July of 1969 the non-profit 3HO Foundation (Healthy, Happy, Holy Organization) was incorporated in California. Under his guidance as Director of Spiritual Education, 3HO mushroomed worldwide, to more than 300 centres in 35 countries. In 1994 3HO became a member of the United Nations as an NGO (Non-Governmental-Organization).

His motto: "If you can't see God in all, you can't see God at all."

Location:

**Guru Ram Das Ashram  
348 Palmerston Blvd, Toronto**

For details and to save your spot for  
any event visit:

**TorontoKundaliniYoga.com**

## Wahe Guru!

**Thursday, September 13, 2018** marks 50 years to the day Yogi Bhaijan arrived in Toronto - bringing with him the rich teachings of Kundalini Yoga. Please join us to celebrate the man - and his mission - with four days of celebration at **Guru Ram Das Ashram** in Toronto.

### Thursday, Sept 13

**Morning Sadhana 4:00-6:30am** (Free event)

Group Aquarian Sadhana, in the Ambrosia hours. One of Yogi Bhaijan's cornerstone practices.

**Anniversary of Yogi Bhaijan's Arrival 6:00-7:30pm**

Join Melanie and Santokh for yoga and meditation on "The Calling" a poem by Yogi Bhaijan explaining how to follow the path of the Self to awaken to your calling and find your bliss. Yogi Tea and cookies to follow - 7:30-8:00pm. (Recommended donation \$15 - or what you can).

**Gong Bath 8:00-9:00pm** w/ Amardeep (\$10 donation - or what you can).

Clear away stagnant energies, revive and rejuvenate. Merge with the Sacred Sounds of magnificent Gongs.

### Friday, Sept 14

**Morning Sadhana 4:00-6:30am** (Free event)

Group Aquarian Sadhana, in the Ambrosia hours, one of Yogi Bhaijan's cornerstone practices.

**Adi Shakti Meditation & Gong Relaxation 7:30-9:00pm** with Sat Meher.

The Adi Shakti Mantra tunes one into the frequency of the Divine Mother, and to the primal protective, generating energy. 62 minutes of Adi Shakti followed by live gong. (\$10 donation - or what you can).

### Saturday, Sept 15

**Morning Sadhana 4:00-6:30am** (Free event)

Group Aquarian Sadhana, in the Ambrosia hours, one of Yogi Bhaijan's cornerstone practices.

**Sat Nam Rasayan 10:00-12:00am** w/ Sat Meher & friends

Sat Nam Rasayan® is an ancient healing art of pure meditative absorption in the Divine. Event includes an introduction to the practice, meditation, and relaxation. (\$20 donation - or what you can).

**Stories of Yogi Bhaijan 1:00-4:00pm** w/ Krishna Kaur & Hari Darshan

Yoga, Meditation and lots of personal stories of the early days of KY in Toronto with 31 min Guru Ram Das mediation with live music. (\$30 donation - or what you can).

**Long Chant 6:00-8:30pm** w/ David Aleksis

The "third Saturday of the month" tradition continues. All are invited to join us for our 2.5 hour "Long Ek Ong Kar" meditation. The mantra brings Kundalini awakening, opening of the chakras, and a sense of bliss. This mantra, in its Long Chant form, was the first mantra taught by Yogi Bhaijan. (\$10 donation - or what you can).

### Sunday, Sept 16

**Morning Sadhana 4:00-6:30am** (Free event)

**Gurdwara 11:30-1:00pm** (Free event)

Sikh prayer and meditation service with live music. Head covering required.

**Garden Party 1:00-4:00pm** (Free event)

An afternoon lunch (lungr) and celebration to connect with friends and the community. With an open mic for sharing songs and personal stories of Kundalini Yoga and its impact.

*\*Proceeds from all donations will support needed improvements to Guru Ram Das Ashram.*

Please reserve your spot for  
any events you plan to attend at:  
**TorontoKundaliniYoga.com**  
Click on "50 Year Celebration"



**TorontoKundaliniYoga.com**