

MEDITATION AS MEDICINE

with ONKAR & HARI SIMRAN



Saturday, Oct 26

1:00 - 3:00 PM

\$40 / \$50 day of

Join Onkar & Hari Simran and discover the healing combination of Kundalini Yoga and Ayurveda. Experience how you can use these healing modalities as medicine for the mind and body. This workshop offers a useful, practical and inspiring understanding of Kundalini Yoga and Ayurveda to help you develop a daily ritual practice to support a clear and calm state of being.

We will be discovering the use of meditation as whole body medicine as well as the use of specific Ayurvedic herbs to enhance mental clarity. The combination of these ancient teachings will help you develop a committed and supportive holistic daily practice that is appropriate for everyone at any stage of life. Join us for this 40 day journey where you will experience the effects of healing and connection with in a supportive community.

This workshop offers:

- An experience and understanding of Ayurveda and how it can be used along with Kundalini Yoga to support a clear, calm and healthy mind.
- Specific Kundalini Yoga meditations to pair with daily Ayurvedic rituals balancing body, mind and spirit.
- The understanding and significance of 40 days and how it can be applied to your everyday life.
- Post workshop support: Staying connected with 40 days of guidance for every student from Hari Simran & Onkar.



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