

Saturday August 24 – Monday August 26, 2019
3:00 a.m. - 6:30a.m.

Healthy Happy Holy Day
Morning Call Sadhanas
Stretch, Meditate and Feast

Home of Akasha Kaur Khalsa
7362 21st Street, Sacramento, CA 95822

Cost: Free, with Pot Luck Breakfast

For more information and to register call (916) 949-0305

Schedule of Events

<u>Time</u>	<u>Description</u>	<u>Teachers</u>
Find your personal time	Japji Sahib	
3:00-3:15 am	Worldwide Meditation Guru Guru Wahe Guru Guru Ram Das Guru	Worldwide energetic connection to Guru Ram Das, the Lord of Miracles.
3:15 am	Tune in	
3:25 – 3:55 am	Kundalini Yoga	
4:00-6:30 am	Long Ek Ong Kar Chanting “Morning Call”	Sign-up to lead ½ hour
6:30 – 7:00am	Deep Relaxation	Independent study
7:00-8:00 am	Breakfast and Yogi Tea	An organized pot luck
8:00-10:00 am	Story telling about 3HO	Let’s make videos

More info: <https://www.3ho.org/yogi-bhajans-birthday>

Morning Call, also known as Long Ik Ong Kar, was one of the few mantras Yogi Bhajan taught during his first year in the United States, 50 years ago. It is extremely powerful and energizing when done correctly with full concentration, rhythm, proper pronunciation, and neck lock applied. It opens all the chakras, charges the solar centers, connects the soul to the Universal Soul, and liberates us from the cycle of karma.