

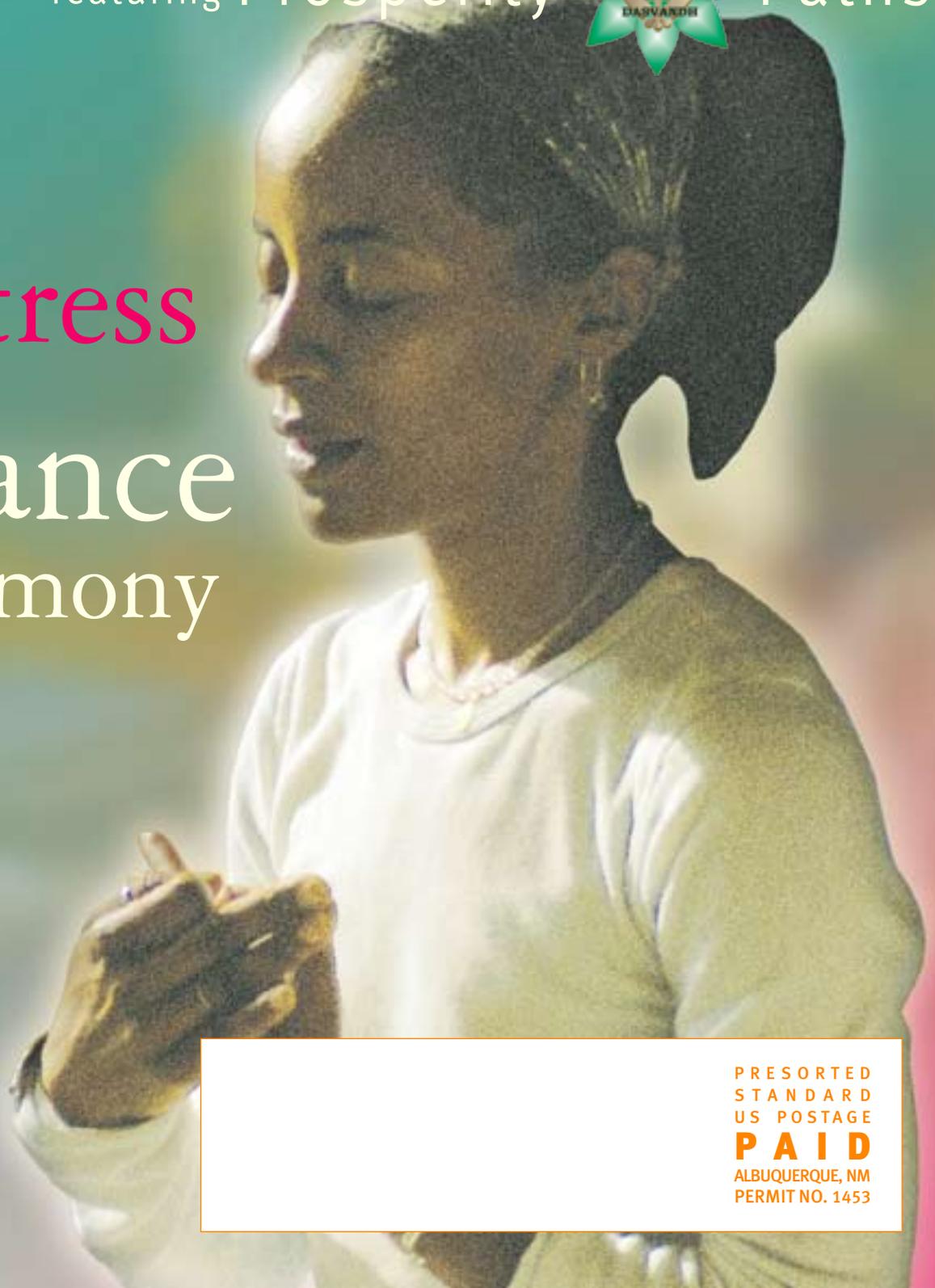
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Living In
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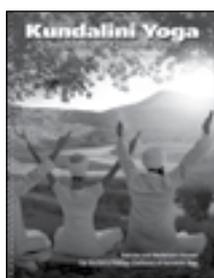
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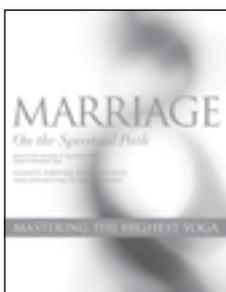
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From the Editor & Our Readers

Dear Family,

WE ARE BLESSED to have at our fingertips Yogi Bhajan's teachings on Kundalini Yoga and meditation—a formidable collection of awesome technology to combat the adverse effects of stress. As the world becomes a global village, time speeds up, and information threatens to overwhelm our psyches, these priceless teachings give us the potential to rise above our limitations, and live in balance and harmony. We hope you will find technology and inspiration in this issue to help you keep up, and share with others.

Once again, we thank you for all your letters and generous donations. We deeply appreciate your support.

Humbly yours,



DEAR SOULS, Thank you dearly for the inspiration, guidance, and wholesome examples the Sikh Dharma, Kundalini Research Institute (KRI), and 3HO organizations bring forth to our world. Here is a donation from my heart to yours. Thanks for Being.

Philip Marshall
Chicago, Illinois

THANK YOU for your phone call and also for sending me *Aquarian Times featuring Prosperity Paths*. I am so very grateful to hear from you and to know I am able to receive them. The information and all the knowledge I receive from them are so wonderful. May all be blessed that bring *Aquarian Times featuring Prosperity Paths* to us. I am a 67-year old widow, working on myself and wanting to make a difference in the world in a positive way. So again thank you for the *Aquarian Times*, as it has been so helpful to me.

Janette Deganis
Nova Scotia, Canada

Cover photo by Gurudarshan Kaur Khalsa

Contents

KRI

VITALITY AND STRESS 3
The Launch of the KRI Level Two Certification Course

YOGA AND STRESS MANAGEMENT 4
A Scientific Perspective
By Sat Bir Singh Khalsa, Ph.D.

3HO

THREE MEDITATIONS TO HANDLE STRESS 7
Introduction by Shakti Parwha Kaur Khalsa

ASTROLOGY FOR THE 3RD QUARTER 9
It is Your Birthright to Be Happy
By Japa Kaur

IKYTA

KUNDALINI YOGA 10
The Warrior's Tension Release

CONCIOUS CO-EXISTENCE 12
In Crestone, Colorado
By Danilo Retuta

2007 IKYTA Teachers Directory 13

MARKETPLACE 23

SIKH DHARMA

FINDING ONENESS THROUGH SIMRAN AND SEVA 33
Excerpts from a lecture by Yogi Bhajan on May 1, 1975 in Los Angeles

MY JOURNEY WITH KUNDALINI YOGA 35
Back to its origin in the East, Kundalini Yoga touches hearts and minds in India
By Amandeep Singh

PROSPERITY PATHS The Art of Giving Back

FLOW OF LIFE 37
Excerpts from a lecture by Yogi Bhajan on June 28, 1998 in Espanola, New Mexico

STRESS AND THE MIND 39
Finding the Ease of Staying Present Moment to Moment
By Darshan Kaur Khalsa

LOTUS PRAYER FOR PROSPERITY 40

VITALITY AND STRESS

THE LAUNCH OF KRI'S NEW LEVEL TWO CERTIFICATION COURSE

Teachers and leaders of the Aquarian Age¹ need to have the ability to manage stress and renew vitality on a constant basis. Vitality is our first principle—our primary virtue. We don't run away from stress; we awaken vitality in order to manage stress. Yogis and teachers need to hone their capacity to manage stress so that it elevates daily experience.

Energy management starts with the many human habits that either promote or demote body, mind, and spirit wellness. Stamina is our personal "sustainable energy." Are we depleting, maintaining, or renewing our individual reserves? Do we use and share skills and strategies for a life that thrives and fulfills?

This course aims to provide tools to provoke, awaken, and integrate the innate healing capacities within every cell of the mind, body, and spirit. We will identify techniques and interventions to nurture positive habits and cultivate vitality. We'll explore and identify for ourselves those things that may be overlooked or hidden within you. Are they habits, beliefs, strategies that no longer serve you and diminish your vitality?

It's time for us to rise above our own inner conflicts and habits of struggling to survive. A deeper study of our own stressors and coping mechanisms will lead us to a higher level of energy, personal development, and human functionality. This, in turn, will naturally be of service to those around us.

Yogi Bhajan spoke again and again of the challenges we would face in the coming Age and how to prepare for them. There is increasingly less room for error as millions succumb to the pressures of the Aquarian shift. We are called to lead and teach in a time of great change; and change, of course, brings stress. Therefore, as challenges increase, we must master our own lives and rise above the energy wave of turmoil so we can joyously be of great service to humanity.



Los Angeles has been aptly chosen to host the launch of the KRI Level Two Vitality and Stress course February 16 – 18, and 22 – 24, 2008. It is the birthplace of America's culture of health and of 3HO. More Kundalini Yoga teachers and practitioners choose its sunny climate as home than any other city in the world. Participants might wish to visit studios and teachers who were with Yogi Bhajan when he began his legacy here in 1969. Make your Level 2 Training a rejuvenating Yoga Vacation in Los Angeles.

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- **Coping Strategy Inventory—Do you recognize your stressors? What habits are already in place and what habits do you need to build to better manage stress?**

¹ Age of "I know. I want to experience;" beginning on November 11, 2012; an Age of expanded awareness obtained through direct experience

YOGA AND STRESS MANAGEMENT

A SCIENTIFIC PERSPECTIVE

By Sat Bir Singh Khalsa, Ph.D.

Yoga is widely respected as a practice that is capable of improving our ability to cope with stress.

The word “stress” has gained a good deal of notoriety in recent times. Although a stressor can be a physical challenge that requires us to either withstand or manage it (e.g. hypothermia or dehydration), we more commonly think about stress in its psychological version, as in a heavy workload at our job, or family relationship problems.

When unwanted stress occurs over a relatively short period of time, we are usually capable of a full recovery from its effects. But when we are faced with multiple back-to-back instances of stress or a sustained level of stress that prevents us from appropriate recovery, we may start to experience negative physical and psychological consequences. This happens when the systems in our bodies which mediate stress responses go into overdrive, producing chronic high levels of stress hormones. This, in turn, can lead to a wide variety of medical consequences including depression, anxiety, high blood pressure, and insomnia.

Managing Stress

Fortunately, there are a number of ways to manage chronic stress. One obvious approach is to limit stress by reducing it at its source and/or by more efficiently managing it. However, in circumstances such as family relationship problems this approach is not necessarily helpful. Psychological approaches that address our perception of stress – including strategies such as resetting our internal goals and expectations and modifying our thoughts with respect to stressors – can be applied. However, even this tactic may not be all that beneficial for some circumstances, such as in the case of a low-income single parent. A strategy that is more universally useful for all chronic stress circumstances would be to increase our capacity to cope with stress using mind/body techniques, of which yoga is a particularly suitable candidate. Fortunately, these techniques can modify our internal psychological management of stress as well as our physical responses to stress.

Yoga is widely respected as a practice that is capable of improving our ability to cope with stress. In fact, multiple research studies have shown that yoga practices using postures,

breath regulation, and meditation, either alone or in combination, can lower the levels of stress hormones, reduce tension and anxiety, and improve overall mental well-being. Among research evidence is the example of a study examining effects on perceived stress before and after 90-minute classes of hatha yoga and biology in a school setting. Participants in the yoga class showed significant reductions in perceived stress, whereas participants in the biology class did not.

Benefits from Yoga over Time

A good example of evidence of the sustained benefit of yoga practice for stress over a longer time course is an older Indian study showing that normal healthy subjects involved in a 6-month yoga practice showed reductions in stress hormones that were greater than those of subjects practicing an exercise program. However, in order to demonstrate that yoga is also capable of improving stress coping in chronic stress, studies showing that yoga can improve both physical and psychological components of chronic stress in populations of people actually under chronic stress are more appropriate. A number of such studies have been reported.

A recent study in Sweden evaluated a 10-session, 4-month long Kundalini Yoga intervention for 18 people from a large financial company with self-reported stress-related problems. In addition to the group practice sessions, subjects also practiced at home. At the end of the study, the yoga program participants experienced statistically significant improvements in perceived stress, stress behavior, and exhaustion as assessed from specific questionnaires designed to measure these outcomes. Although similar improvements were observed in a control group, which underwent a cognitive behavioral therapy program for stress, the yoga group also showed significant reductions in the stress hormone noradrenalin, whereas the cognitive behavior therapy group did not. This study was important in that it suggested that a Kundalini Yoga intervention alone could be as effective as a well-established technique for stress-reduction.

In another European study, women research volun-

teers under high levels of distress participated in a controlled study of a 12-week yoga program consisting of two classes per week and in practice at home. At the end of the program, subjects who underwent the yoga program had significant improvements in scores of questionnaires designed to measure perceived stress, anxiety, depression, well-being, vigor, and fatigue as compared with a group of subjects who did not practice the yoga techniques. These self-perceived changes were further supported by objective measures of the stress hormone cortisol, which was shown



to be reduced after the yoga practice sessions. As is common with mind-body treatments such as yoga, not only did subjects not experience any negative side effects, but in fact showed substantial improvements on a number of other symptoms, such as headache and back pain.

Evaluating Stress Techniques

An ideal population useful for evaluating stress interventions is that of caregivers for relatives with chronic medical or psychiatric conditions, whose life circumstances incorporate many of the components characteristic of chronic stress. A small study of caregivers of dementia patients was conducted to evaluate the benefits of a 6-week stress management program incorporating hatha yoga, meditation, and mantra¹ repetition in both formal yoga sessions and in at-home practice. Most of the subjects reported feeling better after the intervention and 90% or more of them found the practices to be moderately, quite a bit, or extremely useful for them. Questionnaires assessing anxiety and depression showed significant improvements.

These studies, described above, as well as many similar studies, provide good evidence that yoga is indeed an effective stress coping technique capable of improving subjectively perceived stress, symptoms and consequences of chronic stress (e.g. anxiety and depression), and stress hormone levels. However, as with all scientific research, more work needs to be done in this area by multiple investigators in different settings and in a variety of subject populations before yoga will begin to be accepted by the healthcare and education systems as a stress management intervention worthy of universal implementation. Preventive studies to show that yoga techniques can improve stress resilience are also needed to demonstrate that people can avoid the negative consequences of chronic stress.

Given the significant impact of chronic unmanaged stress in both generating and exacerbating a variety of mental and physical medical conditions, the ultimate widespread implementation of yoga practices in our education and health-care systems will go a long way to improving the overall health of the population.

Sat Bir Singh Khalsa, Ph.D. is an Assistant Professor of Medicine at Harvard Medical School and the Director of Research for the Kundalini Research Institute (KRI). He has been a student of Yogi Bha-jan's teachings for over 35 years. His research is on the effectiveness of yoga and meditation practices and he teaches a course at Harvard Medical School on Mind Body Medicine. He can be reached at khalsa@hms.harvard.edu.

1 A syllable or combination of syllables that helps focus the mind

For more information on the studies referenced in the article, contact Guru Tera Kaur at gurutera@kiit.com.

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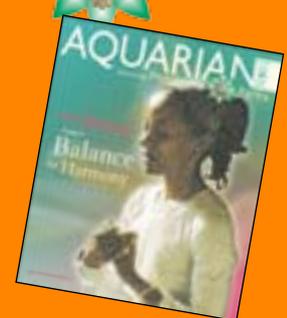
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THREE MEDITATIONS TO HANDLE

STRESS

Introduction by Shakti Parwha Kaur Khalsa

AS HUMAN BEINGS, we all have outside pressures and demands on us that can cause us suffering. Adding insult to injury, we often create our own internal stress through worry, insecurity, resentment, and anger. One trick to living happily (and in good health!) is to be able to successfully control and manage stress in our lives.

Here are three dynamite kriyas¹ that work on stress. Do these if you want to feel relaxed, mellow, and able to handle the pressures of each day. Yogi Bhajan first taught them on November 18, 1991, at the Whole Life Expo in Los Angeles. He told everyone in the audience to teach them freely to everyone, share them with their families, children, friends, enemies, everyone! In class the next night at Yoga West, he told us to do them, and to write them up and send them to everyone—no restrictions!



1A



1B



2A, 2B



3A, 3B

1. Pittar Kriya: Eliminate Stress and Clean the Liver

Put your left palm at the center of your chest (the Heart Center). Bend the right arm and cup the right hand (1a). Move the right arm past your right ear, as if throwing water back behind you over your right shoulder (1b). Keep the right arm moving back and forth, making sure that the wrist passes the right ear, for precisely 11 minutes. Then inhale deeply, hold the breath while pressing the arm as far back behind you as possible. Exhale. Repeat the inhale, hold, and exhale 2 more times.

2. Balance all the Chakras and Work on the Glandular System

¹ A combination of posture, mudra, mantra, breath, and rhythm; literally means 'completed action;' a kriya can be one exercise or a specific sequence of several exercises

Bend your elbows and press them in to the sides at the rib cage, with your palms facing up. Bend the Saturn (middle) fingers and place the thumbs over the first joint of the Saturn fingers (2a). Release the Saturn fingers with a flick (2b). Rapidly chant aloud *Har*² with each flick of the fingers, over and over again, using the tip of the tongue. (Note: the tongue flicks the upper palate as you chant *Har*.)

Eyes are fixed at the tip of the nose.

Continue this rapid 'flicking' motion with the fingers for 11 minutes. Then inhale deeply and hold the breath, while continuing to capture and then release the tip of the Saturn finger with the same springing motion. Repeat the inhalation and holding of your breath twice more,

keeping the fingers moving.

Note: The thumb represents the ego or "I."

3. For Your Nervous System

Works on your ability to *Do* and gets rid of your 'junk.'

Look at the tip of your nose. Extend arms out straight to both sides, keep them straight with no bend in elbows and turn the palms down (3a). Criss-cross them in front of you, horizontally, alternating over and under, while chanting *Har* continuously with the tip of the tongue each time the arms cross (3b).

After 11 minutes, inhale deeply and hold the breath while you continue to move the arms. Repeat the inhalation and holding of your breath twice more, then relax.

² One of the names of God in His creative aspect; the 'a' is short and sounds like the 'u' in 'but' and the 'r' is rolled as in Spanish



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shine like sunshine." – Yogi Bhajan*



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IT IS YOUR BIRTHRIGHT TO BE HAPPY

By Japa Kaur

The Cosmos is encouraging us all to simply have a good time.

When the month of July kicks off, you may feel as if your head isn't quite working correctly. Communication is slightly off, your computer keeps crashing, and the new car you just bought seems to be a lemon. Why? Because Mercury, the planet of communication, travel, and mechanical objects, seems to be moving backwards. Mercury is retrograde.

Instead of fighting the backward movement of Mercury, work with it. For the first few days of July, Mercury asks you to reflect, review, and renew yourself. Put away your computer, turn off your cell phone, and meditate. Quiet your mind and listen to the cosmos. It is trying to tell you something.

On the weekend of July 7 and 8, Mercury will be slowing down as it seemingly comes to a complete stop. This is the perfect weekend for a meditative retreat—either at your local yoga studio or in your own home. Clear out the cobwebs of your mind. Forgive, allow, and relax. Taking this important time-out to unload, cleanse, and refresh your brain will put you in a strong position on July 9th when Mercury turns direct, thus putting communication, travel, and electronic processes back in forward motion again.

The next big date to note is July 22 when the Sun moves into Leo—the sign of creative self-expression, children, romance, and good plain fun. For the next four weeks, the Sun asks you to jump on the bandwagon of joy. Lift up your heart and express your thanks for being alive. The Cosmos is encouraging us all to simply have a good time. Remember that it is your birthright to be happy. So, don't worry, be happy. Positive vibrations. Every little thing is going to be all right.

Good Kundalini Yoga sets to do during this time include ones that work on the heart and the ego—parts of the being associated with Leo. *Heart Shield Meditation*,* *For a Calm and Open Heart Center*,** and *Challenge the Ego in You*,** are all recommended. One might also consider adding *Ego Eradicator**** to his or her daily practice for 40 days, starting at the onset of the Leo Sun.

On August 23, the Sun asks us to turn down the volume on the party and start preparing for winter. On this day, the Sun moves into Virgo—the sign associated with the fall

harvest. For the next four weeks, we are encouraged to clean up—literally and figuratively. Straighten out your closets, organize your desk, and eat foods that are fresh from the garden. Squash, zucchini, corn, and apples are all good choices for fall feasting.

From August 23 – September 23, the Virgo Sun asks us to take care of the details. Virgo is an Earth sign, reminding us to be practical, grounded, and organized so that we can manifest the energy of fire and air—passion and knowledge—here on planet Earth. This is the time of year when you might want to create a good working budget for yourself and your family. Make a list of things that you would like to accomplish before the end of the year. Put your ideas and dreams into motion.

During the transit of the Virgo Sun, keep your Kundalini Yoga practice strong with sets that work on the stomach, digestive system, and the brain. *Healing the Stomach*** and *Unlock Your Mind*** are excellent *kriyas*¹ for this period.

Overall, the planets have a great deal of energy and wisdom for us to utilize. The key is to work with the energy that they are projecting instead of fighting against them. Go with the flow of the cosmic current and you will reap bountiful rewards.

Japa Kaur is a certified Kundalini Yoga Teacher and reads astrological natal charts, relationship compatibility charts, and astrocartography relocation maps. She writes horoscopes for Center.com and is currently writing a book called *American Astrology*. She can be reached at (415) 488-1669 or japa@ekt.org. (See ad on p. 27.)

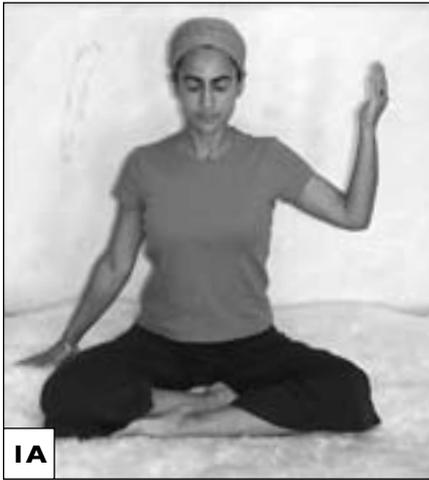
*This set can be found in *The Mind* by Yogi Bhanjan and Gurucharan Singh.

**These sets can be found in *Self Knowledge*, compiled by Harijot Kaur Khalsa. Both of these books are available from www.a-healing.com and www.spiritvoyage.com.

***This exercise can be found in the *Aquarian Teacher*, p. 314, available through KRI@3HO.org.

¹ Combination of posture, mudra, mantra, breathing, and rhythm; literally means completed action; a kriya can be one exercise or a specific sequence of exercises

KUNDALINI YOGA THE WARRIOR'S



1A



2A

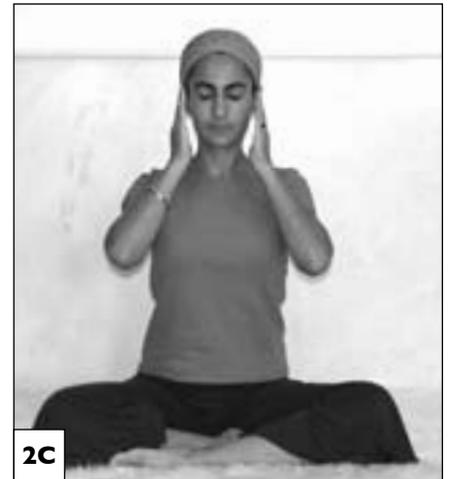


1B



2B

Become a warrior of great courage. Do each exercise in this series regularly and wholeheartedly, moving with great tension and power as in the practice of a martial art. This endeavor will strengthen the heart and release deep-seated stress. It is designed to give you the chance to relax and be you. It builds within you a victorious personality with “courage in you, no matter what!”



2C

1. Sit in Easy Pose.¹ Place the right palm on the ground about 6 inches from the body. Extend the left arm to the side, parallel to the ground, and bend the elbow so the palm faces the head (1a). First slap the ground firmly with the right palm 8 times, chanting *Har*² with each slap. Then begin sharp powerful motions with the left palm as if to slap the cheek but stop about an inch before contact (1b). Move the left

palm in and back out 8 times chanting *Hari*³ with each “slapping” movement. The left arm position is held very firmly, and the slapping motion should be done so powerfully that the cheek would be bruised if the palm were to actually make contact. This motion affects meridian points on the left arm, involved in reconstituting the heart muscles. Continue alternating between the two hands for 3 minutes.

2. Remain in Easy Pose and repeat the previous sequence of motions, this time with both hands simultaneously. First slap the ground with both hands 8 times, chanting *Har* (2a), then with both hands strike towards the cheeks 8 times chanting *Hari* (2b, 2c). Continue alternating (2a) and (2b, 2c) for 5 minutes.

1 A comfortable cross-legged sitting position
2 One of the names of God in His creative aspect; the ‘a’ is short and sounds like the ‘u’ in ‘but’ and the ‘r’ is rolled as in Spanish

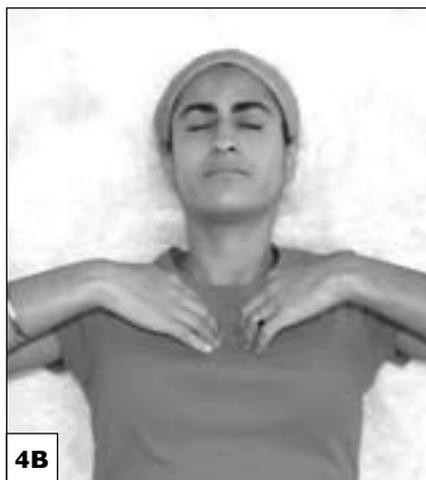
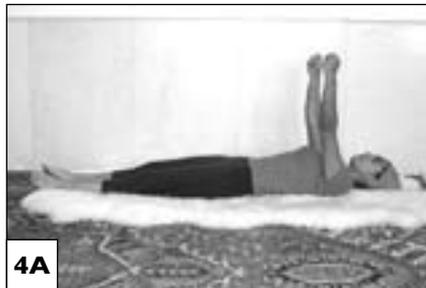
3 Pronounced ‘hatee,’ the same as *Har* but with ‘ee’ on the end

TENSION RELEASE



Oh my soul, bless me. Be with me. Energize me so that I can face the world with the strength of the spirit. Save me from duality. Give me the reality and royalty, so that I can face the world in peace and tranquility.

- YOGI BHAJAN



3. Remain in Easy Pose. Make the hands into fists and extend the arms back and 45° below parallel (3a). Maintaining great tension in the arms, bring the left fist in toward the chest, stop just before contact (3b), then extend the arm back to its original position. Now rapidly repeat the motion with the right arm. Continue alternating rapidly, about once per second, for 4 minutes.

4. Lie on the back. Make the hands into fists and begin a powerful punching motion with both arms together, straight up toward the sky (4a). Then lower the hands and tap the sides of the sternum with the fingertips (4b). Move powerfully, alternating between one punch and one tap for 4 minutes.

5. Remain on the back. Raise the heels six inches off the ground and punch the sky as in exercise (4a). Continue for 4 minutes. Practice of this exercise strengthens the intuitive mind.

6. Relax on the back as you listen to beautiful, uplifting music to carry you into a state of deep relaxation. Completely relax and go to sleep. (The music used in class was *Dhan Dhan Ram Das Guru* by Sangeet Kaur, available through www.a-healing.com and www.spiritvoyage.com)

CONSCIOUS CO-EXISTENCE IN CRESTONE, COLORADO

By Danilo Retuta



Crestone Healing Arts Center Massage School students at White Tantric Yoga in Espanola, New Mexico

Nestled in the Sangre de Cristo Mountains, overlooking the high desert valley of San Luis, is Crestone, Colorado, a living example of the profound possibilities in conscious co-existence. Among Crestone's 1500 inhabitants, there are a significant number of artists, craftsmen, alternative builders, environmentalists, eco-political activists, educators, healers, teachers, permaculturists, and many other individuals who, in their own way, are committed to elevating self as well as planetary awareness.

Crestone is a flourishing experiment in inter-faith harmony. Native American, Catholic, Hindu, Shinto, Buddhist, Sikh, and other spiritually-minded groups have become integral parts of this small, yet unique southern Colorado community. Visitors might randomly encounter conversations referring to a Native American sweat lodge ceremony, a sunrise service at the Carmelite monastery, the High Lama of Bhutan teaching at his Crestone retreat, Shumei International's "Spiritual Awakening through Taiko Drumming" classes, the Festival of Lights celebration at the Haidakhandi Universal Ashram, or a sitting meditation at Crestone Mountain Zen Center. In Crestone, spirituality truly abounds.

Kundalini Yoga has also found a home in Crestone. Yoga retreats and classes are offered regularly through the Crestone Healing Arts Center. Kundalini Yoga has been an indispensable part of the center's Massage School curriculum for the last seven years. The Center begins its fourth year of KRI Certified Kundalini Yoga Teacher Training this September. Lead Trainer Dyal Singh Khalsa and a host of visiting teachers including Siri Atma Singh, MD., Dev Suroop Kaur, Ek Ong Kaar Kaur,

Pritpal Kaur, Darshan Kaur, Kartar Singh, OMD., Deva Kaur (all of New Mexico), Guru Prem Singh and Simran Kaur (of Los Angeles), and Guru Raj Kaur (of Vancouver, B.C.) have graced Crestone with their expertise in imparting the dynamic and elevating teachings of Yogi Bhajan.

Kundalini Yoga and aspects of Indian tradition have enriched Crestone's public school system. My wife, Sue, shared Bhangra¹ dancing with a group of thirteen high school students as a colorful finale to her third year of teaching Kundalini Yoga at Crestone's local Charter School. Sue's students donned turbans, kurtas,² and colorful attire to usher in Crestone's Bhangra debut during the school's year-end fundraiser. The young performers were overwhelmed at the community's enthusiastic applause and post-performance compliments. The night's proceeds went towards funding the students' March 2007 cultural tour of India. A visit to Amritsar's Golden Temple and Miri Piri Academy, an international school based on Sikh principles, was a much anticipated part of their itinerary.

The Kundalini Yoga of Crestone fund has helped several Charter School students attend White Tantric Yoga³ courses as well as Summer Solstice activities at Yogi Bhajan's beloved Ram Das Puri,⁴ in Espanola, New Mexico. The impact on the students has been profound and life-changing. Jack Ward, a Charter School senior and participant in three White Tantric Yoga courses, has studied yoga with Sue for the last three years. He has this to say about Kundalini Yoga, "What attracted me to this yoga was the fact that I didn't need to 'believe.' I simply had to participate and experience the benefits. I have since become more flexible, more aware of my body, and I am tranquil in my state of mind. I feel blessed that I have finally realized I deserve to be happy." Jack has aspirations of starting Kundalini Yoga Teacher Training soon after graduation.

The seeds of the Kundalini Yoga lifestyle have sprouted and continue to grow here in Crestone.

Dan Retuta and Sue Beck Retuta are KRI Certified Kundalini Yoga Instructors and co-directors of Crestone Healing Arts Center's Massage Therapy Certification Program. They established the first KRI and IKYTA Certified Kundalini Yoga Teacher Training in Colorado.

1 Indian folk dance

2 Long Indian-style shirts

3 Meditation workshop for healing and transmuting subconscious thought patterns and expanding awareness

4 The name of the land where the Summer Solstice Celebration is held, in the foothills outside of Espanola, New Mexico

2007 IKYTA TEACHERS DIRECTORY

All the Kundalini Yoga teachers listed in this Directory are KRI Certified through Level 1 KRI Teacher Training. All Teacher Trainers listed here are licensed by KRI. Teachers have provided their own descriptions.

Teachers: Contact ikyta@3ho.org to modify listings.

ARGENTINA

BUENOS AIRES

Mariana Lucia Marquez (Gurbani Kaur)
+5411-4776-2526 mariana@danceworker.com

AUSTRALIA

ADVANCETOWN, GOLD COAST, QUEENSLAND

The Adi Shakti Ashram
+6141-057-4027 vanessahunt07@hotmail.com
Vanessa Hunt (Adi Shakti Kaur)
+6141-057-4027 vanessahunt07@hotmail.com
Yoga, Meditation, Breathwalk, Yoga For Partners

BELLEVUE HILL

Gail Power (Previously Fiteny) (Siri Pritam Kaur)
61-417-230-557 gailfiteny@yahoo.com.au

BRISBANE/QUEENSLAND

Briellen Kalamir (Har Simrat Kaur)
+61 422 963 207 harsimrat@harsimrat.net

HEIDELBERG HEIGHTS

Renee Goodman (Gurujivan Kaur)
61-3-9458-3571 gurujivan@virtual.net.au

MELBOURNE

Debbie Robinson (Siri Ram Kaur)
+0422 236 961 youngyogis@hotmail.com

NEWTOWN, SYDNEY

Katie Manitsas
+61-295173280 katie@samadhityoga.com.au

NORWOOD, ADELAIDE

Kathy Mclean (Balwant Kaur)
+61-8-8431-0419 info@kundaliniyoga-sa.com.au

NTH MACKAY

Barbra Whitfield (Didar Kaur)
07-49575178 didarkaur@yahoo.com.au

PERTH

Suzanne McDonald (Seva Simran K)
00-61-8-9384-7005 goldencabinet@yahoo.com.au

ROSE BAY

Rhicke Jennings (Meherban Singh)
+61408812088 rhicke@rocketmail.com

SYDNEY

Jane Bryson (Suraj Kaur)
61-2-93632133 suraj@kundaliniyogacentre.com
Kundalini Yoga Centre
61-2-9363-2133 kundalini@kundaliniyogacentre.com

AUSTRIA

AMSTETTEN

Markus Schuster
druide1@gmx.at

VIENNA

Christian Navarro Garcia (Nirmal Singh)
+436609460140 nirmal.kundaliniyoga@chello.at

WAIDHOFEN/YBBS

Sat Sarbat Kaur (Sat Sarbat Kaur)
+43 676 88655701 sat.sarbat@utanet.at

BELGIUM

BRUSSELS

Gisèle Viselé (Siri Ram Kaur)
32-2-375-46-81 sounyai@skynet.be

BRAZIL

BELO HORIZONTE

Amrit Atma Kaur (Regina Lopes C. Queiroz)
55-31-92399444 aak@abaky.org.br

Centro Gururamdass

55-31-32975508 cky@gururamdass.com.br
Guru Daya Kaur Kaur (Danuza Pereira Mantuano)
55-31-3285-1707 danuzapm@yahoo.com.br

Guru Sangat Kaur (Guru Sangat Kaur)

55-31-32937243 gsk@gururamdass.com.br

Hari Mitar Kaur (Martha Machado)

55-31-33445842 nathercia@uol.com.br

Satwant Kaur Silva (Helena Silva)

55-31-8787-2425 helena.maria.silva@gmail.com

MAIRIPORÁ

Subagh Khalsa
+55 (11) 4485-1556 subagh@3hobrasil.com.br

RIBEIRÃO PRETO

Lais Moreira (Guru Suroop Kaur)
55-16-3627-4400 alegreviver@netsite.com.br

Yoga Center Adi Shakti - Alegre Viver

55-16-3627-4400 alegreviver@netsite.com.br

SAO PAULO

Mikael Djanian (Aradhana Singh)
5511-6841-2040 info@kundalyoga.com.br

Serkouji Djanian (Dharam Kaur)

55-11-6841-2040 dharam@kundalyoga.com.br

AKYM - Associação Nacional de Professores de Kundalini Yoga do Brasil
55-11-3271-4729 akym@akym.com.br

Aurora Castellotti (Guru Atma Kaur Khalsa)
gakt@uol.com.br

Eny Tristan Vargas (Avtar Kaur)

11-5548-8681 avtar.kaur@terra.com.br

Espaço Pawa Guru Atma Kaur Khalsa
5511-3758-3452 kundaliniyoga@espacopawa.com.br

Instituto 3HO do Brasil

+55 (11) 4485-1556 info@3hobrasil.com.br

Kundal Yoga E Meditação

5511-6841-2040 info@kundalyoga.com.br

CANADA

ALBERTA

CALGARY

Judy D. Negrey
403-374-2256 info@soulinsights.com
Milagros Ramallo (Sumpuran Kaur)
403-288-2786 milagroqramallo@hotmail.com
Tracy Gawley (Sat Sangeet Kaur)
403-226-2906 tracy@tracysivision.com

CHESTERMERE

Colleen Kiranas (Sat Purkh Kaur)
403-921-4171 colleen.kiranas@adesa.com

EDMONTON

Satwinder Sran
780-457-6639 s_sran@yahoo.com

BRITISH COLUMBIA

ABBOTSFORD

Bev Neumann (Adi Shakti)
503-292-2968 bev.neumann@comcast.net

Lorna Allan

604-850-3489 lallan@uniserve.com

ALERT BAY

Anita Kalnay (Angad Kaur)
250-974-8220 kalnay@cablerocket.com

BURNABY

Sandeep Bains (Sandeep Kaur)
6046034952 deevalight@yahoo.com

Setareh Riahi (Nirvair Kaur)

604-790-1200 setareh31@yahoo.ca

KELOWNA

Amy Veale (Vir Kaur)
250-868-0274 virkaur@satnamyoga.ca

LANGLEY

Balwinder Kaur Lauzon
604-882-2150 rblauzon@telus.net

NANAIMO

Jana Ziman (Guru Bhai Kaur)
250-716-6753 janaziman@shaw.ca

NELSON

Sat Kaur (Janet Miller)
250-825-4531 sat_kaur@shaw.ca

NORTH VANCOUVER

Sat Nam Kundalini Yoga Center
604-983-2300 SatNam_Yoga@shaw.ca

RICHMOND

Mary Jeffrey
604-241-1502 mbjeffrey@shaw.ca

Nirmaljeet Sandhu

604-204-0168 nimisand@yahoo.com

VANCOUVER

Bir Kaur Khalsa (Erin O'Flarety)
604-807-9587 birkaur@3ho.ca

Caroline Chapdelaine

604 733 5127 caroline.Chapdelaine@wd.gc.ca

Dawn Swanson (Hari Prakash K)
604-688-3194 dawnswan@telus.net

Dharm Kaur Khalsa

604-714-0509 dharm@3ho.ca

Donna Alstad (Angad Kaur)

604-929-0884 3ds@telus.net

Dr. Sheldon Lewkis (Shivraj Singh)

604-669-9506 contact@drlewkis.com

Harjit Kaur

604-512-4421 harjitkhalsa@yahoo.com

Harminder Bindy Kaur Kang

604-728-9756 bindykang@yahoo.com

John Phillips (Gurujoan)

604-328-9642 coach@gurujoan.ca

Justine Kerridge-Judd (Bhagwati Kaur)

250-832-6485 theherbqueen@yahoo.ca

Karie Somova (Sat Avtar K)

604-733-4541 avomos@hotmail.com

Meg Chamberlin (Bhakti)

604-715-9911 megchamberlin@gmail.com

Rai Kaur Dahl (Rosalynde)

604-809-9642 raikaur@gmail.com

Thomas Khu

604-649-3693 thomas@phonebooth.ca

VICTORIA

Cindy McKenna
250-479-8883 cindymckenna@hotmail.com

John Ricker (Pranpati Singh)

250-598-5744 pranpati@hotmail.com

NOVA SCOTIA

HALIFAX

Anastasia Manolakos (Akasha Kaur)
902-446-4665 connect@padmavatiyogacentre.com

Padmavati Yoga Centre

902-446-4665 connect@padmavatiyogacentre.com

Satpal Kaur Sodhi

902-443-3269 psodhi@ns.sympatico.ca

ONTARIO

BRAMPTON

Ingrid Humphreys (Guru Jiwan K)
905-793-1253 Humphreys1253@Rogers.com

ETOBICOKE

Ivan Ivanisevic (Purusha)
416-712-6264 purusha@rogers.com

HAMILTON

Body, Mind Lifyoga & Wellness Centre
905-383-1971 inner_peace96@hotmail.com

HORNBY

Vijay Jeet Singh Kanwar
416-347-7616 vkanwar@kmlhabs.com

KESWICK

Four Directions Yoga
905-989-0392 info@fourdirectionsyoga.com

KINGSTON

Andrea Sauter (Siri Sat K)
613-382-5396 sirisatkaur@yahoo.com

MERRICKVILLE

Pamela Mcmillan
613-269-4035 bodicare@sympatico.ca

OAKVILLE

Cynthia Nelson (Sham Rang K)
905-844-4165 sham.rang@sympatico.ca

Navjeet Kaur (Lisa Mackie)

905-849-0276 navjeetyoga@yahoo.ca

Teresa Barss (Guru Simran Kaur)

905-465-3843 tbarss@cogeco.ca

ORLÉANS

Adi Shakti Yoga Centre

613-824-9189 adishaktiyoga@gmail.com

OTTAWA

Alison Finney (Devinder Kaur)
613-841-4854 alison.finney@sympatico.ca

Angele Poitras (Aradhana)

613-247-0951 a.poitras2@sympatico.ca

Deanna Phelan (Sadhana K)

613-282-8784 macrochick@lycos.com

Elaine O'reilly

613-526-1024 e.oreilly@ccdf.ca

Françoise Girard (Siri Karm K)

613-565-2648 fgyogini@sympatico.ca

Isabel Sebastiao (Tej K)

613-745-2499 happinessandjoy2you@yahoo.ca

Miranda Dayvis (Santokh K)

613-835-9642 mdayvis@hotmail.com
Welcomes Beginning & Advanced Students

Parvatma Kaur Leviton (Parvatma Kaur (Primary Name))
613-230-5507 dk763@ncf.ca

Ram Das Kaur Latulippe (Lise Latulippe)

613-824-9189 adishaktiyoga@gmail.com

Rama Lotus Yoga Centre

6132347974 info@ottawayoga.com

Robert Hay (Gururattan Singh)

6132347974 info@ottawayoga.com

Sat Daya Williams (Sat Daya Kaur)

613-723-3582 satdaya@sympatico.ca

Sat Hari Kaur Khalsa (Leanne Levchuk)

613-727-0147 sat_hari@rogers.com

OWEN SOUND**Sat Dharam Kaur Khalsa**

519-372-9212 sdk@log.on.ca

STITTSVILLE**Wendy Saunders**

613-435-0750 wendysaunders@rogers.com

TORONTO**Carolyn Galbraith (Sunder Kaur)**

416-423-5721 galbraithcm@yahoo.ca

Catherine Allon (Shanti Devi)

416-694-0232 ccavaken@ca.inter.net

Danuta (Kirm K) Szejewskowska (Danusia)

416-620-1222 danuta@k-yoga.ca

Daya Kaur (Yvonne)

416-674-7083 dayakaur@rogers.com

Guru Fatha Singh Khalsa (You There)

416-888-8535 gurufathasingh@gmail.com

Katherine Duncanson

416-971-8671 kat2@total.net

K-Yoga

416-620-1222 info@k-yoga.ca

Linda Racicot (Akasha K)

416-260-0132 akasha_kaur@hotmail.com

Lisa (Elizabeth) Lorenzon (Sunder Kaur)

416-546-5361 isaloren@rogers.com

Paola Di Paolo (Satya K)

905-989-0392 info@fourdirectionsyoga.com

Simran Khalsa

416-516-9211 simran.khalsa@sympatico.ca

Tom Russell (Nirmal Singh)

416-929-9369 tom@thewellnesspath.ca

Wendy Welch (Jai Satya Kaur)

416-461-8879 jaisatyakaur@yahoo.ca

WINDSOR**Nancy Balestrini (Inder K)**

519-251-4158 nancyafb@yahoo.com

QUEBEC**CANTLEY****Smeltzer-Legault Lucille (Sat Darshan Kaur)**

819-827-1278 legault.smeltzer@videotron.ca

CHATEAUGUAY**Danielle Rivard**

450-691-1844 danielle1844@videotron.ca

GREENFIELD PARK**Eliane Zai**

450-465-4763 elianezai@yahoo.ca

LACHINE**Sylvie Blanchet**

514-639-5322 blanchetsylvie@videotron.ca

MONTREAL**Centre De Kundalini Yoga Ek Ong Kar**

514-385-5387 sabinégauvin@sympatico.ca

Group & Private Classes; KRI Teacher Trainer

Corbeil Sylvie

514 288 2018 corbeil.sylvie@uQam.ca

Jasvinder Kaur (Jennifer)

514-341-4457 jasvinder@yogaincanada.ca

Pavan Guru Yoga Space

514-341-4457 jasvinder@yogaincanada.ca

Shabad Saroop S Khalsa

514-843-YOGA sssent@symatico.ca

RAWDON**Suzanne Swift (Satya Kaur)**

450-834-7391 zinnia_zan@sympatico.ca

WAKEFIELD**Sharron Cosgrove (Seva Simran Kaur)**

819-459-3980 shcosgrove@sympatico.ca

SASKATCHEWAN**SASKATOON****Carla Dudley (Tera Kaur)**

306-933-2501 cpalashuk@earthlink.net

YUKON**DAWSON CITY****Marielle Veilleux (Sat Nam Kaur)**

867-993-6347 marielleveilleux@yahoo.com

CHINA**HONG KONG****Juergen Laske (Adarsh Singh)**

+852-2259-3259 info@yogatex.com

SHANGHAI**Rebecca Lo Mo Ching (Angad Kaur)**

86-13601798232 rebeclo@yogaasia.com

Yoga Asia

86-13601798232 rebeclo@yogaasia.com

EGYPT**CAIRO/GARDEN CITY****Dev Dharam Kaur Hueske (Darla)**

2-02-795-8431 luvmtns@mac.com

ESTONIA**TALLINN****Lilia Del Rio (Sukhdev Kaur)**

+37256710721 liliadelrio@gmail.com

RAME KÜLA/LÄÄNEMAA**Marika Blossfeldt**

372-47-75363 pollitalu@yahoo.com

FINLAND**HELSINKI****Jivan Mukta Singh (J.F.Lafontaine)**

+358-40-104-863 jivanmuktasingh@yahoo.es

Sat Darshan Kaur (Anna Kaisa Maria Manni-Lafontaine)

+358-44-278-9970 satdarshankaur@yahoo.co.uk

LAHTI**Pia Kokkarinen (Sat Atma Kaur)**

447837701233 satatmakaur@luukku.com

TAMPERE**Taina Isotalo (Sadhu Kaur)**

+358-3-2532734 tisotalo@yahoo.com

FRANCE**BOULOGNE****Tera Singh Olivier (Tera Singh)**

+33662358430 terasingh@hotmail.com

CORENC**Federation Francaise de Kundalini Yoga**

00 33 8 77 00 73 11 info@kundalini.fr

PARIS**Guru Hans Kaur Douque-Nooteboom (B)**

+33-143293668 kundalini-yoga-ghk@wanadoo.fr

Healing Yoga Gentle Yoga**ST. MICHEL LES PORTES****Karta S Astoul (Jean Louis Astoul (legal))**

33-4763-42205 kartasingh@aol.com

GERMANY**BERLIN****Amrit Kaur Lütke (Amrit Kaur Khalsa)**

49+30-666-25-440 amritkaur@web.de

Bibi Nanki K Wiechmann (Bibi Nanki Kaur)

+49-30-78704497 nanaki@snauf.de

Dashmesh Singh Khalsa (Roland Lütke)

+49-30-66625445 dashmesh@web.de

Kundalini Yoga Zentrum Berlin (Roland Lütke)

+49-30-66625440 dashmesh@web.de

BREMEN**Martina Anand Kaur Seitz**

042177404 anandseitz@aol.com

Shanti K Gnau

0049-0421-704670 shanti-k@web.de

DRESDEN**Aya Ek Ong Kar K. Nozawa (Ek Ong Kar Kaur)**

0049-0351-3146819 info@myholisticconnection.com

ECHING-GUENZENHAUSEN**Bhagwati Kaur Pangerl (Bhagwati Kaur)**

8133-2787 bhagwati@kundalini-yoga-muenchen.de

Kundalini Yoga Treffpunkt

8133-2787 bhagwati@kundalini-yoga-muenchen.de

Kundalini Yoga Treffpunkt

8133-2787 bhagwati@kundalini-yoga-muenchen.de

FRANKFURT**Ulrike Reiche (Ad Sach Kaur)**

+496966124760 u.reiche@yogainunternehmen.de

GROSS-UMSTADT**Atma Kaur Ahlers (Atma Kaur)**

0049-6078-4544 atmas@freenet.de

Atma Singh Ahlers (Atma Singh)

0049-6078-4544 atmas@freenet.de

HAMBURG**3HO Organization Deutschland**

49-40-479099 info@3ho.de

Anja Lührs (Hari Kaur)

040-393895 anja-sonne@web.de

Sat Hari Singh Khalsa (Klaus Stülpnagel)

0049-40-4918480 sathari@goldentemple.nl

Satya Singh (Wisse Wester)

4940475883 satya.singh@hamburg.de

Simran Kaur (Barbara Wester)

49404604756 simran.kaur@hamburg.de

Yogazentrum Hoheluft

49-40-475883 satya.singh@hamburg.de

HEIDELBERG**Gurumarka Khalsa**

+49-6221-412-057 gurumarka@t-online.de

KARLSBAD**August Berzel (Gobinde Singh)**

004907202937133 gobinde@gmx.de

KARLSRUHE**Hari Har Kaur Khalsa (Surya Zentrum for Kundalini Yoga)**

0049-721-8200495 hariharkaur@suryazentrum.de

MUNICH**Kai Michaelis**

+49-89-62489362 kai@kundalini-yoga-muenchen.de

ICELAND**GARDABAER****Audur Bjarnadottir (Siri Avtar Kaur)**

354-551-9609 audur@vortex.is

INDONESIA**SEMINYAK BALI****Erica Monti (Jasbir Kaur)**

00628174731718 eriluce@gmail.com

IRELAND**BALLINROBE****Esther Moser (Guru Dharam K)**

00353-9495-20869 ehamo@eircom.net

CAPPAGHMORI**Burden Yoga And Meditation Center**

353-91-63-76-80/ US phone # 714-418-3000

CORK**Jai Kartar Kaur Mohan**

+353-87-333-9642 jai@kundaliniyoga.ie

FERMOY**Margaret Cornally (Satjeet Kaur)**

003532532027 mcornally@eircom.net

ISRAEL**HERZELIA****Ester Ben Ami**

054-8013270 esterbenami@gmail.com

JERUSALEM**Gillian Reingold (Gillyana)**

050-903-0655 nadayoga3@yahoo.com

Hadass Weigel

+972-8991-5341/ 917-443-2308 (in US)

hadassws@yahoo.com

TEL AVIV**Sat Deva Kaur (Sat Deva Kaur)**

00972-54-7463805 & 054-746-3805 satdeva1@yahoo.com

ITALY**BOLOGNA****Karam Khand**

+39-335-8115841 info@karamkhand.it

Roberta Aramini (Sat Hari K)

0039-335-811-58-41 sat_hari_k@yahoo.it

CASERTA**Suraj Singh Baldi (Stefano Baldi)**

+393386405612 surajisinh@tre.it

FIRENZE**Meherbani Kaur Khalsa (Meherbani Kaur Khalsa)**

0039-348-7319764 meherbani@karamkriya.it

LOS ANGELES**Guru Dev Singh Khalsa (Hector Cano)**

310-289-1312 gurudev@gurudevsnr.com

MENTANA - ROMA**Claudio Martinotti (Ram Rattan Singh)**

0039069090313 ramrattan@tiscali.it

NUORO**Centro Yoga Padma**

+39-328-7616251 sant.saroop@tiscali.it

RAVENNA**Federica Fanelli (Fateh Kaur)**

+39-339-2227758 fateh@fatehkaur.it

ROME**Alessio Avenali (Sadhana Singh)**

+39-06-68134419 sadhanasingh65@yahoo.it

Associazione Erbamoly

333-3236981 associazionerbamoly@libero.it

Avtar Kaur Olivier (Sara)

+39-06-68134419 saravtar@yahoo.it

Centro Yoga Naad

0039-320-3013669 info@ilgiardinoblu.it

Centro Yoga Shakti

+390666154142 info@kundaliniyoga.it

Guru Jiwan Kaur (Teresa Pascucci)

+390666154142 gurujivan@hotmail.com

IKYTA (Sadhana S)

0039-06-68134419 sant.saroop@tiscali.it

Jagat Kaur Massarin (Jagat Kaur)

333-3236981 jagat.kaur@libero.it

Karta Singh (Massimo Giustiniani)

+390666154142 yogateacher@hotmail.com

Laura Ghiara (Nam Nidhan Kaur)

0039065811766 lauraghiara@hotmail.it

Siri Ram Kaur Khalsa (Claudia Rossello)

0039-320-3013669 info@ilgiardinoblu.it

SAN GIUSTINO (PG)**Sada Sat K Khalsa**

39-075-858-4111 sadasat@sbcglobal.net

Sada Sat S Khalsa

s

TORIDE/IBARAKI

Kinya Akiyama (S.S.Dya Singh)
81 297 72 0168(from abroad) 090 9856 2449(from Japan) dya@mx10.ttcn.ne.jp

TSUKUBA

Yoshifumi Tsuji (Guru Prasad S)
81-29-859-0603 yoga@3ho-sunya.jp

MEXICO**CENTRO YAM**

Maria Aracely Ortega Guerrero
5888 32 73

COYOACAN

Guru Hans Kaur Khalsa
55-5688-3913 guruhans@cablevision.net.mx

CUERNAVACA

Ardas Kaur Khalsa (Maria Lucia Santoscoy Fava)
52-777-317-3108 ardashkaurkhalsa@aol.com

Pritam Pal S Khalsa

011-52-77-73-17-07-98 pritampk2001@aol.com

MEXICO CITY**Akal Purakh**

55-56-71-79-74 elespaciodelguru@msn.com

Ashram Guru Arjan

55-5579-6515 smonkey@entropia.com.mx

IKYTA Mexico A.C.

011-52-55-5681-3550 smonkey@entropia.com.mx

Sat Nam K Khalsa (Elizabeth Foster Foley)

011-55-8994-9021 yogakcf@prodigy.net.mx

Sat Tara Singh Khalsa

52-55-2109-9349 smonkey@entropia.com.mx

MONTERREY

Patricia Herrera Dohrenburg (Guru Nam Kaur)
81-83427000 phdohren@att.net.mx

PUEBLA**Anahat/House Of Meditation**

222-2827327 jairamkaur1@hotmail.com

PUERTO VALLARTA**Dee Dee Camhi (Har Kaur Khalsa)**

322-223-9804 rdcamhi@mac.com

METEPEC**Rina Garay Leyva (Ravi K Khalsa)**

01-722-2-12-02-92 ravi_kaur11@hotmail.com

NETHERLANDS**AMSTERDAM****Atma Kaur Khalsa**

020-468-22-84 atmakaur@gmx.de

Sat Atma Kaur Khalsa

31204688901 satatmakaur@yahoo.com

Yoga Lifestyle Studio

0031641430890 yoga@lifestylestudio.nl

ENSCHEDÉ**Christine Anna Maria Michon-Ten Vergert (Hariang Kaur)**

0031-53-4329994 centrum@michon.org

NIJMEGEN**Lust For Life**

+31612085759 sylviaibonn@hetnet.nl

Sylvia Mullaart-Bonn

+31612085759 sylviaibonn@hetnet.nl

NEW ZEALAND**AUCKLAND****Claire Vermeulen (Aradhana Kaur)**

+649-624-0022 clairevermeulen@gmail.com

BLENHEIM**Krisztina Paterson (Sat Darshan Kaur)**

64-3-572-7522 satdarshan@kundaliniyoga-nz.com

CHRISTCHURCH**Noriko Kikuchi**

64-3-348-9780 reiki-yoga@kikuartfashions.co.nz

RAUMATI BEACH**Samadhi Yoga**

0064-4-905-1503 samadhiyoga@paradise.net.nz

RAUMATI SOUTH**Amanda Reid (Dhanwant Kaur)**

0064-4-905-1503 samadhiyoga@paradise.net.nz

PARAGUAY**ASUNCIÓN****Marialyda Jacqueline Fernández De Garbett (Sat Pal K)**

595-21615298 satpalkaur@dharmacom.py

PORTUGAL**LISBON****Satya K Khalsa**

351-91-351-7300 satya@karamkriya.co.uk

PRAGUE**PRAGUE****Marta Babickova (Prabhu Prakash Kaur)**

420 235356813 babickova@yahoo.com

RUSSIA**MOSCOW****Golden Chain**

+7 495 623 0650 satnam.club@gmail.com

SINGAPORE**MENG GARDEN****Christine Plaud (Kirti Kaur)**

+65-90216325 crinoue@singnet.com.sg

SINGAPORE**Janet Song Lai Wan (Jai Kartar Kaur)**

65-90258219 janetslw@singnet.com.sg

Sylvie Louisfert

65-90887698 sihui8@singnet.com.sg

SOUTH AFRICA**JOHANNESBURGH****Serife Welton (Prem Siri Kaur)**

661-406-8832 serifewelton@hotmail.com

SPAIN**ALCORCÓN - MADRID****Centro Dorado**

34-916425952 jaidev@centrodorado.com

Javier Guerrero Figueras (Jaidev Singh)

+34916425952 jaidev@centrodorado.com

BARCELONA**Anandpur Adela Olivas (Sat Hari K)**

93-302-39-49 sathari@teleline.es

Asociación Española de Kundalini Yoga

34-93-451-8998 kartar@goldentemple.org

Hargobind Singh Khalsa

34686066404 hargobindbarcelona@gmail.com

Olivas Flores Adela (Sat Hari Kaur)

93-675-10-96 sathari@teleline.es

Sat Guru K (Cherryl Baker)

satgurukaur@khalsa.com

HOYO DE MANZANARES**Ambrosio Espinosa (Amritnam Singh)**

+34699999480 ambrosial@terra.es

Andrea Mårtens

+34607597256 amartens@avagar

MADRID**Antonio Maiques Paredes (Devta Singh)**

656341780 devta@yogakundalini.com

Avagar Ambrosio Espinosa

+34915797282 avagar@avagar.com

Avagar

+34607597256 avagar@avagar.com

Benigna Perez Gonzalez (Prem Kaur)

918036463 premkaur@kundaliniyogatrescantos.com

Sarabjit Kaur Khalsa

+34-91-528-1375 sarabjit@yogakundalini.com

ZARAGOZA**Morales Rovira Encarnación (Sat Mandir Kaur)**

976-73-28-09 satmandir@gmail.com

SWEDEN**SOLNA****Merjam Auraskari (Hari Jot K)**

+468-6550482 merjam@rootlight.se

Rootlight Yogacenter & Yogabutik

+468-6550482 info@rootlight.se

STOCKHOLM**Goran Boll (Jiwan Shakti Singh)**

468-210330 info@yogayoga.nu

Harnam Singh

+4687021646 harnam.singh@telia.com

Harnam S Yogacenter

+4687021646 harnam.singh@telia.com

Swedish Kundalini Yoga Association (Goran Boll)

468-21-03-30 info@yogayoga.nu

Tom Jensen

8-6000849 jensen.tom@telia.com

Viveka Pasquier (Har Dyal Kaur)

+46-8-641-37-47 info@yogaakuten.se

UMEA**Adi Shakti Kundaliniyogacenter**

+46-90-771227 kyskolan@hotmail.com

Maja Tellegard (Harpal Kaur)

+46-90-771227 kyskolan@hotmail.com

SWITZERLAND**BASEL****Céilia Helena Berbel (Balwant Kaur)**

0041-061-271-39-41 ceheberbel@bluewin.ch

ERLENBACH**Curti Regula (Seeschau)**

+41 44 915 55 28 regula.curti@seeschau.ch

Yogic Marketing With Awareness And Consciousness.**LUZERN****Lucia Graf (Satpal Kaur)**

0041-41-210-1688 luciagraf@gmx.ch

TAIWAN**TAIPEI****Abnashi Kaur Khalsa (Grace Chu)**

+886-0-952-065-838 abnashikk@gmail.com

Satwatt Kaur Swk (Satwatt Kaur)

+886-930384290 tullian@tin.it

THAILAND**BANGKOK****Annick Hemsin**

662249-7416 annickhemsin@hotmail.com

HUA HIN**Hanneke Meijers**

081 857 94 17 hanton@loxinfo.co.th

Tonie Nooyens

66-7-153-6217 hanton@loxinfo.co.th

TRINIDAD-TOBAGO**MARAVAL****Gordon Price (Hari Sant Singh)**

868-628-3335 harisant@khalsa.com

UNITED KINGDOM**BATH****Pavlou Landraagon (Pat Want Kaur)**

+447956890036 landraagon@btinternet.com

BUILT H WELLS**Breath Of Life Wales**

+4401982551565 info@breathoflife.co.uk

CAMBRIDGE**Colette McDermott (Har Hari K)**

(0)1223 322757 harharikaur@ttworld.com

LONDON**Amrit Singh (Coman)**

0208-361-8098 amrit5@tiscali.co.uk

Andra Levinson (Raf Rattan Kaur)

+442073713424 info@breathoflife.co.uk

Blanka Priddle

020-3132-1856 blankapridle@yahoo.co.uk

Guru Kaur Khalsa (Mary Fleming)

442073948587 firstlight@amritvela.com

Kundalini Yoga Teachers Association of UK

44-(0)7952-697-550 info@kundaliniyoga.org.uk

Sat Kartar Kaur (Kim)

0208 983 3768 satkartar@amserve.com

Satya Kaur

44 20 83613314 satya@karamkriya.co.uk

Shiv Charn Singh

44-20-8361-3314 shivasfeet@karamkriya.co.uk

NATIONWIDE**Siri Datta Kaur (Julie Cuddihy)**

0044-7966-451-292 jeshoua33@aol.com

NEWBURY**Darryl O'keeffe**

+447885625398 sky@ssense.co.uk

Sky The School Of Kundalini Yoga

+447885625398 sky@ssense.co.uk

RADSTOCK**Guru Dharam Singh Khalsa**

+447958928252 gdskyoga@btinternet.com

ST. ALBANS**Guru Ram Kaur (Guru Ram Kaur)**

+44-01727-827554 grk@sohanjalai.com

Sohan Jalai Centre

+4401727-827554 grk@sohanjalai.com

USA**ALABAMA****BIRMINGHAM****Harinam Kaur Khalsa**

205-967-5665 harinamkhalsa@yahoo.com

Harinam Singh Khalsa

205-967-5665 harinamkhalsa@yahoo.com

ALASKA**ANCHORAGE****Amrit K Khalsa**

907-345-2854 amritlaw@pobox.alaska.net

Beth Verrelli

907-929-4077 bverrelli@yahoo.com

Jai Kaur Rinehart (Jai Kaur)

907-522-5456 bobi@rbfundraising.com

Kundalini Yoga Center Of Alaska

9073451339 nkk@pobox.alaska.net

Lori Trummer

907-272-7444 ltrummer@fs.fed.us

Nirvair Kaur Khalsa

9073451339 nkk@pobox.alaska.net

Nirvair Singh Khalsa

9073451339 nsk@alaska.net

Siri Hari Hari S Khalsa

907-345-2854 sirihhs@alaska.net

FAIRBANKS**Shabd-Sangeet Khalsa**

907-455-8580 ssk@orchidessences.com

JUNEAU**Harimandir Kaur Clark (Sushma or Susan R. Clark)**

907-586-6952 sushma@alaska.net

PHOENIX
Adi Singh Khalsa (Frederick Speltz)
602-255-0664 khalsa-maintenance@khalsa.com
Angela Brooks (Viriam Kaur)
602-234-1869 streetshots@msn.com
Ardas Kaur Khalsa (Patricia Jones)
623-363-1946 ardaskaur@gmail.com
Bettina Wilshusen (Nam Kaur Tina)
602-277-5579 rtw2000@cox.net
Betty Emadi (Padmani Kaur)
602-867-3989 bjemadi@msn.com
Bibi Bhani K Khalsa
602-254-0418 bibibhani@cox.net
Chris Brennan (Guru Karta K)
602-258-4947 gurukarta@msn.com
Christopher Gallagher (Guru Karam Singh)
602-618-2098 cgallagher2@cox.net
David Meyers (Hari Jap)
602-569-7421 centerdivine@cox.net
Diane Young (Dev Sarang K)
602-265-2568 diyart@yahoo.com
Guru Ardas Kaur Oats-Smith (Michelle)
602-955-6412 guruardas@cox.net
Guru Dharam S Khalsa
602-252-0931 gds@vail.com
Guru Simran S Khalsa
602-264-8826 gurusingran9@yahoo.com
Gurukirn K Khalsa
602-252-0931 gurukirn@hotmail.com
Har Rai Singh Khalsa
6022520931 hrs1021@hotmail.com
Harinam S Khalsa
602-265-9096 harinam@healingsource.com
Jan McEldowney (Sat Daya Kaur)
602-997-1146 jan.mcelandowney@americawest.com
Janice Skelton (Siri Veda Kaur)
602-317-1277 joyfulheartmedicine@yahoo.com
Janine Lode (Sadhana Kaur)
602-370-7328 janinelsez@cox.net
Jeremy Prescott (Siri Gobind Singh)
602-435-7576 sirigobind@yahoo.com
Jodha S Khalsa
602-252-0931 gkk@vail.com
Kewal Kaur Khalsa
602-271-4480 kewalkaur@yahoo.com
Linda Miklos (Nirvair Kaur)
623-680-7839 nirvair7@msn.com
Nam K Voigt (Dana)
480-985-9486 namkaur@bigfoot.com
Rick Reeker
602-863-3659 rickcolleen@cox.net
S.S. Sangeet K Khalsa
602-265-9096 sangeet@healingsource.com
Sarah Osgood (Nirmal Kaur)
623-206-8531 nirmal@yogaphoenix.com
Sevak Singh Khalsa
602-252-0406 sevak@theelevationinstitute.com
Simran Ji Nam Khalsa
602-956-7997 simranjinam@earthlink.net
Siri Dartar Khalsa
602-674-8593 sdxhalsa@cox.net
Susan „Terri“ Corral (Jasjeet Kaur)
602-256-0846 stcorral@uswest.net
Talatha Reeves
602-870-0297 talatar@msn.com
The Healing Source, L.L.C.
602-265-9096 sangeet@healingsource.com
Yoga Phoenix
602-271-4480 info@yogaphoenix.com
PRESCOTT/PRESCOTT VALLEY
Jill Brazda (Siri Dyal)
928-771-0441 jbrzda@healingdance.net

SCOTTSDALE
Hillary Palestrant (Siri Narayan Kaur)
480231-2778 hillarybolinder@hotmail.com
Jim Dixon (Yogi Jim)
602-635-1954 yogijim@cox.net
TEMPE
Jane Root (Mangalacharn)
480-8316569 jroot@azdes.gov
TUCSON
Guru Ravi Khalsa
520-247-4405 gururavi@cox.net
ARKANSAS
LITTLE ROCK
Elle McDonald, PhD (Baljit Kaur Khalsa)
501-944-8968 baljitkaurkhalsa@yahoo.com
Katherine Friday (Simran Kaur)
501-470-9801 fridaywellness@aristotle.net
CALIFORNIA
ALTADENA
Debbi Swanson Patrick (Guru Simran Kaur)
626-296-1212 writterdeb@aol.com
Donna Wong (Guru Bachan Kaur)
626-791-9208 donnawong@pacbell.net
Gillian Symonds (Atma K)
626-797-8227 persymon@earthlink.net
Santokh S Khalsa
626-798-5318 santokhsuraj@earthlink.net
Suraj K Khalsa
626-798-5318 santokhsuraj@earthlink.net
ARCADIA
Shannon Kriska (Khalsa Kaur)
310-259-1505 shannonlea@adelphia.net
ARCATA
Crystal Valenzuela (Harbhajan Kaur)
707-822-4789 harbhajan@humboldt1.com
BERKELEY
Geoff White (Sant Singh)
510-295-4514 sant@cybertribe.com
Hari Simran Singh Khalsa
510-507-0264 dryogi@dryogi.com
Mark Pasley (Simran S)
510-295-3591 mark@relaxedenergy.com
Sarahoep Smith
415-717-2589 hopecreations@earthlink.net
BEVERLY HILLS
Guru Prem Khalsa
310-275-8476 guruprem@divinealignment.com
Simran Khalsa
310-801-0990 simrankaur1@ca.rr.com
Waheguru S Khalsa
310-274-8291 waguru@mindspring.com
BURBANK
Jeanne Beveridge (Sada Anand Kaur)
818-512-9195 jinka66@charter.net
CALABASAS
Gregory Pfeifer (Guru Karta Singh)
818-225-1688 glp9960@yahoo.com
CAPISTRANO BEACH
Jody Moore (Guru Kirat Kaur)
949413-8178 ilovetrees@hotmail.com
CARLSBAD
Carmon Jarvis (Shiv Antar K)
858-752-7288 yogasunshine7@yahoo.com
CLAREMONT
Gurucharan Singh Khalsa
909-518-2709 gkhalsa@hughes.net
Patricia Moblely (Patwant K)
909-626-8354 pzmoblely@yahoo.com
Tamara Hanson (Rajwant Kaur)
909-626-7322 tkhblurose@cs.com
CULVER CITY
Scott D Gilliam (Ek Ong Kar Singh)
310-559-9588 scott@soulender.com

DESERT HOT SPRINGS
Barbara Ullrich (Gian K)
310-866-0299 bjumassage@hotmail.com
EUREKA
Joan Richards (Guru Gopal Kaur)
707-476-9343 joancarol@mac.com
FAIRFAX
Monique Grillet (Sat Meher K)
415-456-6096 moniquegrillet@yahoo.com
FOREST KNOLLS
Erin Thompson (Japa K)
415-488-1669 japa@ekt.org
FREMONT
Anna Tzanova (Devi Dyal K)
510-661-0907 imim@sbcglobal.net
Dennis Nolan (Hari Dass)
510-894-1800 haridass@kundaliniyogi.net
GLENORA
Siri Ram K Mahler (Diane Mahler)
626-963-8194 maheryogini@aol.com
HOLLYWOOD
Janet Akpobome (Sat Nam K)
323-462-8968 akpobome@sbcglobal.net
IRVINE
Carol Ashley Riley (Devi Dyal Kaur)
714-389-0461 devi.dyal@goldenwestyoga.com
Golden West Yoga
714-389-0461 yoga@goldenwestyoga.com
LA CRESCENTA
Malka Mittelman (Santokh K)
818-541-1103 malkamitt@mindspring.com
LA JOLLA
Hari Das K Trotter (Mimi Trotter)
858-454-9874 mtrotter@san.rr.com
Paulina Lopez-Portillo (Guru Amrit Kaur Khalsa)
858-539-1377 amritguru@yahoo.com
LAFAYETTE
Jana Lynn
925-284-2881 janalynn@yahoo.com
Nam Hari Kaur Lucenti (Nam Hari Kaur)
925-283-5464 jlucenti@msn.com
LONG BEACH
Gobind Kaur Boyes (Gobind Kaur Khalsa)
562-810-3487 gobind108@verizon.net
Lucy Vapouris (Ranbir Kaur)
310-926-7157 ranbirkaur22@yahoo.com
Rosario Guiab-Wenner (Bhagwant Kaur)
562-712-8684 rosarioguiab@aol.com
LOS ANGELES
Amrita Kaur (Alisa Donner)
323-708-3580 integratehealing@earthlink.net
Anna Getty
323-936-4172 getanna@mac.com
Arthur Kegerreis (Himat Singh)
323-512-2175 librlart@shoko.calarts.edu
Bibi Nanki K Khalsa
310-652-1518
Christina Powers (Sirgun Kaur)
2132509382 geminipowers@earthlink.net
Dr. Gurudev Singh (Dr. Julian Neil)
323-954-8811 dr.julianneil@ca.rr.com
Elizabeth Fillmore (Amrit Bani Kaur)
323-340-8417 lizfillmore@hotmail.com
Golden Bridge Yoga
323-936-4172 gurmukh@goldenbridgeyoga.com
Gurmukh Khalsa
323-936-4172 gurmukh@mac.com
Guru Singh Khalsa
323-938-0611 gurusingh@aol.com
Gurudev Kaur (Aleksandra Vujcic-Neil)
323-954-8442 saskaam@hotmail.com
Gurudhan Khalsa
310-600-2724 gurudhan@kiiit.com

Gurumehar Khalsa
310-788-0339 gurumehar@earthlink.net
Gurushabl Khalsa
323-936-4172 gskhalsa@mac.com
Hargopal Kaur Khalsa (April Gillam)
310-559-5998 hargopal@srbfliss.com
Hari Kirn K Khalsa
323-938-5703 waguru@mindspring.com
Harijiwan Khalsa
310-396-1450 harijiwan@harijiwan.com
Healing Heart Center
323-469-5817 harinam@healingheartcenter.us
Heather Shorey (Har Hari Kaur)
323-359-3755 hlshorey@gmail.com
Hilary Elgart (Guru Bachan Kaur)
323-658-6463 hilaryeval@mac.com
Hilary Hopkins (Sat Deva K)
323-658-8775 satdevakaur@aol.com
Jean-Paul Dugan (Mukta S)
323-465-1223 jpdash@aol.com
Joanie Mitchell (Gurujai)
310-204-0935 coolpotatogirl@hotmail.com
Keya B Merah
310-876-8485 keyabmerah@gmail.com
Kirtan S Khalsa
310-990-4573 gtkirtan@aol.com
Krishna Kaur, E-RYT
323-938-8397 krishna108@la.twcbe.com
Leigh Ann Pitchon (Sat Sundri)
323-578-4530 leighannp@sbcglobal.net
Marcia Canestrano (Nimritra Kaur)
323-807-8171 magikfashion@aol.com
Mark Boyle
213-719-0003 n/a
Nelly Oneway (Dyal Kaur)
310-270-7470 nelly@happyyogi.net
Nirmal Kaur Hargreaves (Kathryn Hargreaves)
213-617-8483 kathryn@math.umb.edu
Robert Jagosz (Hari Nam S)
323-469-5817 harinam@healingheartcenter.us
Rochelle Katzman
310-312-3605 rochellect@yaho.com
Sabrina Sosa De Brer
310-386-0454 sabrina@superkarma.net
Sant K Khalsa
310-278-7403 shaktis@juno.com
Sarah Simone-Stern (Sat Siri Kaur)
310-270-8277 sarah@oyveygan.com
Sat Kaur Khalsa (Lives in both CA and NM)
310-828-2210 khalsask@yahoo.com
Sat Siri Kaur (Jeanette Acosta)
213-453-0783 satsirikaur@gmail.com
Satsimran Kaur
310-820-8880 satsimran@verizon.net
Shakti Parwha K Khalsa
310-552-3416 x114 sparwha@sbcglobal.net
Tej Khalsa
323-934-9140 tej@goldenbridgeyoga.com
Victoria Miller (Inderjit)
818-906-1162 vemiller@earthlink.net
Wendy Harris (Livtar Kaur)
323-3098994 wendy@yogaplantation.com
Wendy Meyer Stevens (Atma Bir)
323-782-9775 wendymeyerstevens@msn.com
LOS GATOS
Kala Maitri (Simran Kaur)
408-460-9395 kala@healingevolution.com
MARIN COUNTY/BERKELEY
Sat Rattan Kaur Khalsa
415-686-3188 satrattan@dryogi.com

MENDOCINO

Lynne Butler (Anand Kaur)
707-937-1215 lbutler@mcn.org

MENLO PARK

Dawn Campagnola (Jaijot Kaur)
805-440-1586 dawn@dawnpcampagnola.com

Siri Amrit Kaur Holvick (Valerie Holvick)
650-649-3055 vholvick@aol.com

MONROVIA

Little Mustard Seed Yoga Studio (Khalsa Kaur)
310-259-1505 shannonlea@adelphia.net

MOUNTAIN VIEW

Kathy Overstreet (Adj Shakti Kaur)
408-464-1920 kathy@quietthunder.com

NAPA

Madhur-Nain Webster
707-225-4219 madhurnain@hotmail.com

Napa Valley Yoga

707-225-4219 madhurnain@hotmail.com

NEWPORT BEACH

Monika Summerfield (Meher Kaur)
714-745-3238 magicmoni@aol.com

Sotantar Singh (Salvador Broch)

714-418-3000 sotantar@gongmaster.org

NORTH HOLLYWOOD

Aimee M. Macabeo (Roshan Kaur)
818-406-6062 roshan.kaur.yoga@sbcglobal.net

Crystal D'Angora (Ram Das Kaur)

818-439-4655 mumpo1@yahoo.com

OAKLAND

Holly Forster (Pritpal K)
510-757-3810 hforster@sbcglobal.net

John Iversen (Ram Das S)

510-841-4339 johniversen94702@yahoo.com

Peter Nava (Sat Daya Singh)

510-325-1062 satdayasingh@sbcglobal.net

ONTARIO

Gayle Hall-Christensen (Vir K)
909-988-0372 missgayle02@aol.com

Nelann Gorman (Nirbhe Kaur)

909-983-6446 nirbhe@verizon.net

ORANGE

Kim Mason (Sat Atma Kaur)
714-227-4384 kimmason@lifename.com

PACIFIC PALISADES

Petra Schwarzwald (Guru Tera K)
310-230-0559 guruterakaur@aol.com

PALO ALTO

Christina Gathmann (Japji K)
773-935-3473 cgathman@stanford.edu

PASADENA

Denise R. Be Cotte (Sat Mohine Kaur)
626-221-6686 yogascout@hotmail.com

Gisela Powell (Wahe Guru Kaur)

626-796-1567 wkg@awarenesscenteryoga.org

Nancy E. Donovan (Ravijot Kaur)

626-796-1567 ravijot@awarenesscenteryoga.org

Nicole Murray

626-379-0562 murray052000@earthlink.net

The Awareness Center

626-796-1567 wkg@awarenesscenteryoga.org

Timothy Birnschein (Guru Darshan Singh)

626-796-1567 tbirns342@yahoo.com

Tom Takenouchi (Dharma Singh)

626-793-2111 tomtlaw@mindspring.com

PLAYA DEL REY

Carolyn Baumert
310-902-1809 carolynbaumert@hotmail.com
I Will Mentor Or Bring Level 1 & 2 To Your Area.

PORTOLA VALLEY

Linda Alderman (Dharmatma Kaur)
650-851-5876 lindaalderman@hotmail.com

RANCHO PALOS VERDES

Rosie Good (Sarbjot K)
310-521-8209 rosieji@juno.com
Kundalini Yoga/Windsurfing Retreats To Maui

REDONDO BEACH

Amy Van Hagen
217-529-6115 vanhagen@ix.netcom.com

Valinda Cochella (Viriam K)

310-294-9768 valinda@southbayyoginis.com

REDWAY

Siri Prakash K Knolle (Sierra Michelle Knolle)
707-223-0433 smknolle@yahoo.com

RICHMOND

Amar S Khalsa
510-237-6963 akhalsa@ix.netcom.com

Sahib-Amar K Khalsa

510-237-6963 sakk@mindspring.com

ROHNERT PARK

Heidi Roth
707-526-30127 heidisueroth@yahoo.com

SACRAMENTO/PLACERVILLE

Hari Darshan S Khalsa
530-344-0231 hdkhalsa@comcast.net

Krishna K Khalsa

530-344-0231 krishnakhalsa@comcast.net

SAN DIEGO

Alessandra Flanagan (Shivantar K)
619-423-1882 flanagan01@hotmail.com

Guru Mantra Singh Khalsa

1-619-454-4296 kundaliniyoga@sbcglobal.net

Gururattan K Khalsa, PhD (Rattana)
619-435-3390 gururattan@yogatech.com

Lori Jones (Siri K)

619-229-0220 lorijones@cox.net

SAN FRANCISCO

Aaron Teich (Arday Singh)
415-409-2094 aaronreich@hotmail.com

Anne Doherty (Dev Dharam Kaur)

415-682-0159 dev@yoga2wellness.com

Awtar K Khalsa (Kundalini Yoga Center)

415-863-0163 awtarkaur@khalsa.com

Danese Cooper

415-848-5616 danesecco@yahoo.com

James Curnow (Guru Tera S)

415-206-9350 guru13@luxnoir.com

Rick Andrews

415-686-8943 eternalfireyoga@hotmail.com

Sat Sang Khalsa

415-810-1089 satsangk@mac.com

Sat Santokh Khalsa

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415-948-5049 vrocha55@aol.com

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SANTA ANA

Ram Dass Bir S Khalsa (Michael McGeehan)
714-547-1324 http://www.wheresyoga.com

SANTA BARBARA

Karen Ryals (Guru Atma)
805-452-8004 anamcara630@cox.net

Ma Dhyan Siddhi Ellinghoven (Ma Dhyan Siddhi)
805-566-0956 rsiddhi@aol.com

Susan Copeland (Ravi Har Kaur)

805-687-3358 heartsongsb@cox.net

SANTA CRUZ

Daljit Sachdev
831-588-3474 royalradiance@gmail.com

Dukh Niwaran K Khalsa Whipp

831-475-0976 dniwaran@pacbell.net

Patrice A. Carroll (Patwant K)

401-864-5523 patwantk@gmail.com

SANTA MONICA

Dharam Bigelow (Dharam Kaur)
310-314-1133 cjbigelow@verizon.net

Elizabeth Williams (Aradhana Kaur)

310-801-6301 aradhana@khalsa.com

Kristin Proctor (Kirti Kaur)

310-399-8471 kirtikaur@msn.com

Sanja M. Hays (Anand K)

310-586-0705 sanjaluka@earthlink.net

SANTA ROSA

Ann Marie Simone (Parmatma Kaur)
707-843-1633 parmatmas@hotmail.com

Evolution Yoga

707-525-9642 parmatma@evolutionyoga.com

SEBASTOPOLE

Dharma Kaur Canfield (Patricia)
707-823-3776 patriciacanfield@juno.com

Tenaya Wallach (Kirnjot Kaur)

707-829-9375 tenayawallach@earthlink.net

SHERMAN OAKS

Scarlett Desta
1-818-906-3852 sldesta@dslextreme.com

Terri Cleto (Guru Rattan K)

818-362-8412 gururattankaur@aol.com

SIERRA MADRE

Deborah Murphy (Dyal Kaur)
626-836-5998 moonfelldown@gmail.com

STUDIO CITY

Cheryl D Planert (Guru Zail)
818-704-8572 homeheal@jps.net

Margreth Knirsch (Smitir Kaur)

3233639167 mknirsch@hotmail.com

TEMECULA

De Janda
951-699-0968

Atma Kaur Khalsa

951-698-9422 atmak@objectrad.com

TEMPLE CITY

Lenore Rothman (Wahe Guru Kaur)
323-788-7936 dancingwiththeinfinite@gmail.com

TOPANGA

Allyson Rice (Kudrat Kaur)
310-967-1336 allyson@thetotalhuman.com

UKIAH

Isis Ward
707-472-0451 isisward@earthlink.net

UPLAND

Innerworks Wellness Center
909-985-3389 iwwc@verizon.net

VALENCIA

Lisa Weill (Sat Satya K)
661-753-9583 weills@comcast.net

VENICE

Frederick Fulmer (Siri Sat Singh)
310-827-5144 info@yogatimepilates.com

Yogatimepilates Studio

310-827-5144 info@yogatimepilates.net

VENTURA

Sopurkh Kaur Cirricione (Sopurkh Kaur)
805-642-6309 sopurkhkaur@sbcglobal.net

WEST HILLS

Kristen Eykel (Simran Kaur)
818-887-6460 pisces5@sbcglobal.net

Satya Kaur Vanderkloot (Satya Kaur)

818-999-4633 satyasnr@earthlink.net

Yoga By The Sea - The Soul Center

818-999-4633 satyasnr@earthlink.net

WEST HOLLYWOOD

Simran K Khalsa (Simran K Khalsa)
323-654-6652 simrankaur@msn.com

WILLITS

Susan Grimes (YogiSuzi)
707-459-4075 yogisuzi@hotmail.com

WOODLAND HILLS

Hannah Kozak
818-883-2630 hannahkozak@earthlink.net

Michael Mason (Ram Das Singh)

818-348-8986 momboman52@yahoo.com

COLORADO**BOULDER**

Guru Nam K Khalsa
303-442-7925 gurunamkk@cs.com

Harhajan S Khalsa

303-554-9026 khalsa@us.ibm.com

Hardarshan K Khalsa

303-554-9026 hardarshankhalsa@hotmail.com

Mary Catherine Blogin (Meher Kaur)

303-459-0185 catherineblogin@yahoo.com

CARBONDALE

Jolie Ramo (Jyoti)
970-704-1464 joliesopris.net

CRESTONE

Sue Beck-Retuta (Karta Purkh)
719-256-4036 retuta@crestonehac.com

DENVER

Caroline Constantine
303-873-1433 artistryofbeing@yahoo.com

Drusilla E Welborn (Sat Sangeet Kaur)

303-698-2555 dewellborn@juno.com

Marrana Michelle Davis (Guru Nam K)

303-887-9542 marranad@yahoo.com

Megan Meek (Sat Meher Kaur)

720-270-4137 meganmeek@comcast.net

Shannon Earthtree

720-427-9042 shannon@earthtree.net

Victoria Gray Kartapurkh (Kartapurkh)

720-938-2616 victoria-gray@comcast.net

DILLON

Pauline Child (Sat Purkh)
9704688554 thechildfamily@aol.com

GRAND JUNCTION

Akai K Khalsa Wieting
970-948-6548 akaleia@paragonsuccess.com

GUNNISON

Janice Wedmore Pulaski (Atma K)
970-209-9723 rolfergunny@yahoo.com

LONGMONT

Susan Fouts (Shivraj Kaur)
303-678-1760 sfouts@hotmail.com

PARKER

Tana Pittman (Tera Kaur)
303-840-1039 boombalena@aol.com

RIDGWAY

Chipeta Yoga Studio And Spa
970-626-9720 kimah@chipeta.com

CONNECTICUT**FAIRFIELD**

Teddi Barenholtz Pt Ms Ryt (Sat Jot)
203-254-1311 yogabilitation@aol.com

Yogabilitation

203-400-1311 yogabilitation@aol.com

GREENWICH

Eileen Karn
203-531-6503 ekarn@optonline.net

GRISWOLD

Donna M. Siluk, Ph.D. (Prakash Kaur)
860-376-3986 dsiluk@hotmail.com

HADDAM

Janet Karp (Jiwan Kaur)
860-345-8209 janetkarp@sbcglobal.net

MANCHESTER

Mary Ann McCandless (Sarab Nam K)
860-643-0313 maryannmc@msn.com

NEWTOWN
Chris Smith (Balwant S)
508-429-5651 ctsmith@tcco.com

NORFOLK
Linda Pizzica Linda Pizzica
860-542-5894 lpizzica@aol.com

ROCKFALL
Robin Carlson (Ram Rattan Kaur)
860-301-4200 shamote@aol.com

W HARTFORD
Richard Buckson
860-231-1557 anebroadhurst@aol.com

FLORIDA
ALTAMONTE SPRINGS
Mahan Kalpa S Khalsa
407-831-2625 rkhalasa@cfl.rr.com
Ram Rang K Khalsa
407-831-2625 rkhalasa@cfl.rr.com
Rebecca Aiello-Zays (Raghubir Kaur Khalsa)
407-462-4097 razayas00@yahoo.com

AVENTURA
Amrita Kaur Gust (Amrita Kaur)
954-983-5127 worldcar@bellsouth.net
Dianne Baldwin (Arjan Kaur)
954-922-1308

Julia Ray (Chandra Kaur)
305-610-3221 juliaray@usa.net

AVENTURA/HOLLYWOOD
Jiwan Kaur Mordecai (Jiwan Kaur)
954-445-6775 jiwan yoga@yahoo.com

Siri Chand Kaur Walsh (Rosa Walsh)
786-417-6717 sirichandyoga@aol.com

BOCA RATON
Evelyn Louise Schira (Louise)
561-542-2206 eschira@aol.com

Siri Adi Kaur Georgette Levinson (Siri Adi Kaur)
561/703 1778 siriadikaur@yahoo.com

CAPE CANAVERAL
Joyce A Evans (Nam Hari K)
321-799-4974 rivers97@rocketmail.com

CLEARWATER
Gail Gegus - Dutton (Updesh K)
727-441-2459 gdutton1@tqampabay.rr.com

Martha Arruda (Dyal K)
727-542-5440 marruda@tampabay.rr.com

CORAL GABLES
Deborah Baker (Gurbani Kaur)
305-665-9582 dbaker@mainsail.com.com

Prana Yoga Miami
305-5679812 info@pranayogamiami.com

CORAL SPRINGS
Alberte Tavernier (Tej Kaur)
954-752-1113 albertet@bellsouth.net

Deva K Khalsa
954-345-6006 deva@khalsa.com

Kris Glassman (Aradhana K)
654-755-0907 greenthumb1212@aol.com

HALLANDALE
Prana Academy
954-457-5558 juliaray@usa.net

HERNANDO
Elena Werksman (Guru Purkh)
352-560-7478 teamwerks@hotmail.com

HOLLYWOOD
Jesus Caballero
954-699-7199 ixuxu69@hotmail.com

KISSIMMEE
Araceli M. Hincapie (Guru Simrit K)
407-847-9109 hincapia@aol.com

LAKE MARY
John Stewart (Jiwan Shakti S Khalsa)
407-227-4111 jiwanshakti@earthlink.net

Linda Pizzica (Pavitar Kaur)
407-771-4284 lpizzica@aol.com

MIAMI
Ardas Kaur Shoemaker (Laura Shoemaker)
917-749-7066 laurashoemaker8@gmail.com

Sada Simran Kaur (Anette Uziel)
305-609-8358 clioespart@aol.com

MIAMI BEACH
Anastasia Levinson (Siri Adi Kaur)
305-318-8616 siriadi@vitalitywellness.com

Andrew Levinson, MD (Dr Amrit Singh)
305-466-1100 info@vitalitywellness.com

Ganesha Singh Shapiro (Michael)
305-534-0127 ganesha712@yahoo.com

Odelinda Espada (Indra Kaur)
305-607-3846 ode99@hotmail.com

Siri Rishi Kaur Shepherd (Alexandra)
305-534-0127 siri_rishi10@yahoo.com

OCOOE
Sujeil J Gerena
407-298-7995 sjgerena@aol.com

ORLANDO
Ginny Hillman (Siri Didar K)
407-649-7670 ginhillman@aol.com

Sat Santokh Kaur Khalsa (Julie Smoot)
321-948-2722 satsantokh1008@yahoo.com

PALM HARBOR/CLEARWATER
Shirley 'Shire' Eastin (Sat Santokh K)
727-709-1660 smeastin@tampabay.rr.com

PARKLAND
Lynn Kahn (Jagat Guru)
954-341-3409 yoga4everlk@aol.com
Life And Business Coach - Life Strategies,
Finance

PEMBROKE PINES
Linda Saary (Inder Kaur)
954-303-0390 inderkaur@bellsouth.net

PENSACOLA
Anna Sophia
850-477-2525 heavenslight@cox.net

Stacey Vann (Stacey Reeves)
630-416-7526 or 850-572-6562 (in FL)
staceyreves@msn.com

PORT CHARLOTTE
Denise J Smith
941-624-6357 nicoy@earthlink.net

SARASOTA
Donna Paganello (Devta Kaur)
941-504-2262 dpaganello@hotmail.com

SEBASTIAN
Terry Seegers (Sat K)
772-388-2843 terryleeseegers@yahoo.com

SPRING HILL
Elza Jeannette Short (Guru Ganesha Kaur)
352-666-9382 shortatika@bellsouth.net

TALLAHASSEE
Deborah Mcfatter (Gian Kaur)
850-383-1899 spiritrising999@aol.com

TAMPA
Jiwan Shakti Kaur Page (Jiwan Shakti Kaur)
813-929-4880 wolfsister_harmony@yahoo.com

Virginia Ortiz
813-494-3256 espacionahata@yahoo.com

GEORGIA
ALPHARETTA
Adriana Cadavid (Hari Simran K)
678-297-0656 a.cadavid@comcast.net

ATHENS
Ande Burke (Harsimran)
706-742-2387 aburke@peoplepc.com

ATLANTA
Atma Kaur (Atma)
770-739-9959 MBARATZ@COMCAST.NET
Dawn Billett (Sat Sangeet K)
404-216-8497 justbreathe_101@hotmail.com
Mary Jane Nations (Patwant K)
404-237-8472 mjnations@mindspring.com

Nzingha Ali
770-823-8351 nzinghaaa@yahoo.com

Rama Singh (Martin Baratz)
770-739-9959 MBARATZ@COMCAST.NET

Sat Mohinder S Khalsa
770-640-8140 satmo@excite.com

Sat Mohine K Khalsa
770-640-8140 satmo@excite.com

Sedef Dion
770-314-0661 sedefd@aol.com

Siri Kirtan K Fluck
404-233-8775 yoga_atlanta@yahoo.com

AUGUSTA
Mahan Kaur Kappel (Mahan Kaur Khalsa)
706-955-2752 mahankaur@yahoo.com

DECATUR
Ann Ritter (Hari K)
404-370-0839 yoga_lady@earthlink.net

DUNWOODY
Gurusahay S Khalsa
770-399-6424 yogateacher@bellsouth.net

Mukta K Khalsa
770-512-0558 yogateacher@bellsouth.net

GAINESVILLE
Beatrice Gingles (Ad Such K)
770-534-2127 bgingles@bellsouth.net

MARIETTA
Sandra Naidu (Devमुख)
770-984-9247 ishnaidu@yahoo.com

ROSWELL
Livtar K Khalsa
770-993-6633 livtar3@charter.net

Livtar S Khalsa
770-993-6633 livtar3@charter.net

ST. SIMONS ISLAND
Rebecca Anglin
912-634-0051 caseyanglin@adelphia.net

HAWAII
KAILUA
Romey Sealy (Ravi Har Kaur)
310-383-7572 raviharyoga@yahoo.com

IDAHO
IDAHO FALLS
Fletcher Wilkins (Fateh Singh)
208-552-6815 youngsoldier33@hotmail.com

ILLINOIS
CHICAGO
Amber Alm
219-629-5255 amber.alm@wcom.com

Audrey Weitzman
773-794-1874 audrey813@sbcglobal.net

Brian Pace (Thubten Chokyu)
773-330-9575 pace_perry@yahoo.com

Hari Dev S Beck (Larry Beck)
312-922-4699 haridev@shaktakaur.com

Kaitiin Drury
773-262-8592 japaneselindsay@hotmail.com

Lauren Daniel (Bhajan Kaur One)
773-436-5903 bhajan_kaur@sbcglobal.net

Mary Joyce Cometa (Meher Bani K)
773-656-7090 mcometa@msn.com

Patty Sugruve (Dukh Niwaran K)
773-989-7562 dnk@radianceyoga.com

Shabad K Khalsa
773-975-9754 shabadkaur@spiritrisingyoga.com

Shakta Kezios (Susan P. Kezios)
312-922-4699 shakta@shaktakaur.com

Shiva S Khalsa
773-975-9754 shivasingh@spiritrisingyoga.com

Tara Kaur (Sarah Ford)
773-550-0952 dancesculptor@hotmail.com

Tracy Pitts (Suchas Kaur)
312-213-0397 suchas@comcast.net

Victoria Otto (Santosh Kaur)
312-751-9686 waubi@yahoo.com

COAL CITY
Lou Ann Carpenter (Kudrat Kaur)
815-634-2853 carpfam@sbcglobal.net

Pathwayoga
815-634-2853 carpfam@sbcglobal.net
Nationwide Retreats, Weeklong & Weekend.

CRYSTAL LAKE
Sonya Peterson (Upma Kaur)
815-479-6023 upma_kaur@yahoo.com

ELMHURST
Jean Tracy (Arjan Kaur)
630834-4538 drjeantracy@sbcglobal.net

EVANSTON
Joyce Doppelt (Savitree Kaur)
312-371-2828 jdoppelt@comcast.net

MEDINAH
Thomas Secco (Karamjot Singh)
8472261569 karamjot.singh@sbcglobal.net

MORTON GROVE
Gudrun Kasperek
847-692-3749 gkasperek@ameritech.net

NAPERVILLE
Gayle Bartlett
630-810-1306 bartlett3300@sbcglobal.net

Universal Spirit Yoga
630-416-7526 staceyreves@msn.com

RIVERSIDE
Christie Nina Levy (Prabhjot)
7084470223 omilade@aol.com

SKOKIE
Juliane Mankowski
847-581-0989 julianman@ameritech.net

INDIANA
BLOOMINGTON
Mahan Kalpa Singh Mahern (Paul Mahern)
812-320-2437 mahankalpa@aol.com

Midland Yoga Center
812-336-4428 mahankalpa@aol.com

INDIANAPOLIS
Karla Becker (Sat Bachan Kaur)
317-205-9225 sat_bachan_kaur@karlayoga.com

JASPER
Philip Barth (Arjan Singh)
812-481-9573 phil@firehorseyoga.com

SOUTH BEND
Javaughn Fernanders (Sirinder Kaur)
574-289-060 javaughn@isp.com

IOWA
FORT DODGE
Kathy Fritchen (Manjit Kaur)
515-269-9278 naturals2@hotmail.com

IOWA CITY
Steven Ziebell (Guru Prakash)
319-330-0027 cmdzie@yahoo.com

WEBSTER CITY
Catherine Nedved (Devi Kaur)
515-543-5703 maxned@wccta.net

KANSAS
OLATHE
John La Plante (Dev Atma S)
913-782-5136 kcyoga@comcast.net

KENTUCKY
COLD SPRING
Patricia Schultz (Varanjeet Kaur)
859-781-6505 patwildlife@aol.com

FLORENCE
Catherine Skyrn (Guru Prem K)
859-384-4476 cskyrn@fuse.net

WALTON
Peggy Munson (Shabd Simran Kaur)
(859) 485-6441 pmunson@fuse.net

LOUISIANA**HOUMA**

Meredith Wright (Kundalini Yoga Center of Houma)

985-872-4081 satnamhoumayoga@msn.com

Peter George (Satwant Singh)

985-859-9958 satnamhoumayoga@msn.com

NEW ORLEANS

Sharon Pelleria (Simrat Kaur)

504-905-4768 bluestarstudio@bellsouth.net

MAINE**ISLAND FALLS**

Donna Davidge (Amrita)

888-235-2395 amrita@mindspring.com

KENNEBUNK

Abbe Anderson (Jagat K)

207-985-8142 abbedoesindia@yahoo.com

PORTLAND

Diane Warming (Kartar Kaur)

207-615-5405 kartar@kcyoga.net

Kundalini Community Yoga

207-615-5405 kartar@kcyoga.net

WELLS

Christine Tomaszewski (Jagat Kaur)

207-646-3349 jagat@maine.rr.com

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MARYLAND**ANNAPOLIS**

Denise B. Lapidis (Kirpal K)

410-570-2878 denise@divinelightyoga.com

Eric Brown (Hari Simran S)

240-383-9891 yogihari@hotmail.com

Sylvia Pabon Andraca (Sat Guru Kaur)

410-280-1938 satgurukaur@yahoo.com

BALTIMORE

Alexia Savold (Sat Hari Kaur)

828-712-1090 alexiadolce@hotmail.com

Bhagti S Khalsa L.Ac.

410-340-6128 idoyoga@khalsa.com

BETHESDA

Nancy Nahm (Siri Deva K)

301-365-0997 nancynahm@aol.com

CABIN JOHN

Dana Verkouteren (Devi Dyal Kaur)

301-320-6010 verkouteren@starpower.net

GAITHERSBURG

Natalya Baulina

301-990-1787

MASSACHUSETTS**ACTON**

Linda Roberge (Kirin Kaur)

978-263-2465 firoberge@yahoo.com

AMHERST

Karen Eddings

413-230-3446 kareneddings@mac.com

ARLINGTON

Bir Kaur (Patricia) Moore (Bir Kaur)

781-646-0709 trishm@aol.com

BOSTON

Jean Stewart (Nirmal K)

617-731-9696 jean.stewart@tufts.edu

BOYLSTON

Sara Baker (Savitri Kaur)

508-869-0080 sarabaker4mk@aol.com

BRAINTREE

Gurutma Kaur Khalsa

508-376-8149

BRIGHTON/LEXINGTON

Olga Boston (Baba Kaur)

781 258 7635 olkon@yahoo.com

CAMBRIDGE

Amarjit Khalsa

617-254-1317 amarjitkhalsa@msn.com

CHICOPEE

Amrit Kaur Gallela (Lucinda)

413-592-6275 lgallela@charter.net

FALMOUTH

Kim Michaelis (Guru Hari Kaur)

508-457-1318 kim_michaelis@yahoo.com

Susan Rowitz

508-564-5060 suziquew@aol.com

FOXBORO

Susan Stanley (Devta Kaur)

508-561-4229 susanmorgaine@comcast.net

FRANKLIN

Kaye Khalsa (Prem Pyar Kaur)

508 520-4515

GREENFIELD

Dharam Khalsa

413773-8021 cherdikalalah@yahoo.com

Lori Regienus (Sat Kartar K)

413-772-6876 lorreg@comcast.net

IPSWICH

Carolyn Hintlian (Deva Kaur)

978-815-9502 diettalk@aol.com

Ingrid F Miles (Arjan K)

978-884-3061 ingridmiles@yoga401k.com

Joan K. Arsenault (Hari Atma Kaur)

978-356-8074 thewellbeing@comcast.net

MEDWAY

Sandra Faist (Jot Kaur)

508-533-2307 sjfaisty@comcast.net

MILLIS

Alaine Amaral (Rai Kaur)

508-376-2415 relaxed@verizon.net

Dawn Skop (Sat Mitar)

508-376-2722 d.skop@comcast.net

Jot S Khalsa

508-376-8162 jotkhalsa@comcast.net

Sarb Sarang Kaur Stone (Sharon M Stone)

508-376-4680 william_stone@hms.harvard.edu

Siri Karm Singh Khalsa

617-710-9292 sirikarm@boslang.com

Siri Sevak K Khalsa

508-376-1207 sirisevak@juno.com

Conscious Pregnancy, Movement Arts, Healing

Therapy

Harbhajan Kaur Khalsa

508-376-8650 harbhajan@comcast.net

Jai Kaur (Annmaria San Antonio)

781-259-0864 asanajai@verizon.net

MILTON

Caroline Wagner

617-696-3911

NANTUCKET

Joan Alison Stockman (Jiwan K)

508-325-0126 stockman@nantucket.net

NATICK

Claudia Miriam Duchene (Ravi Dass Kaur)

508-725-7228 cduchene2@comcast.net

Nancy Watson (Stya Kaur)

508-651-2559 rosewat4@aol.com

Roberta Stack

508-6537531 rstackdc@verizon.net

South Natick Kundalini Yoga

508-651-2559 rosewat4@aol.com

NEWTON

Debra Arippol

617-244-9445 lotuspetal51@hotmail.com

Marian Reynolds (Guru Ditta Kaur)

617-332-3675 marianatr@verizon.net

Ravi Nam K Khalsa (Diane Miller)

617-916-9440 ravinamk@khalsa.com

NORTHAMPTON

Larry Takki (Karta Purkh S)

413-586-6677 ltblues@comcast.net

NORWOOD

Alyssa Semple (Mukhya Kaur)

781-255-9938 asemple@meditech.com

PLYMOUTH

Ann Archambault (Ananda K)

508-208-8884 annarchambault@yahoo.com

RANDOLPH

Rosemarie Goldman (Ravi Har K)

781-961-2336 rosemarigoldman@comcast.net

RAYNHAM

Bright Morning Star Center For Healing

508-823-9410 genteessence@yahoo.com

ROCHESTER

Anne Bramhall (Prabhjot K)

508-763-2236 yogibram@comcast.net

SAGAMORE BEACH

Linda Sheldon (Simran K)

508-888-6954 simran@bigplanet.com

SOMERVILLE

Joanne Baldassari (Sat Mander Kaur)

617-492-6336 joanneb108@verizon.net

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Kim Valeri (Amrit K)

978-927-0099 kvaleri@yogaspirtstudios.com

TAUNTON

Christine Ivy Baker (Pavan Kaur)

508-824-5907 genteessence@yahoo.com

WALTHAM

Jennie Gryczka (Guru Sahai)

7818910968 jlgryczka@comcast.net

WELLESLEY

Karen Folland (Siri Karam K)

781-235-8356 eksaf@verizon.net

WESTON

Elizabeth Kraft (Jot Prakash)

781-431-7463 krafts@comcast.net

WORCESTER

Steven J Power (Parmatma S)

508-753-8963 stevenpower@msn.com

MICHIGAN**ANN ARBOR**

M. Victoria Duranona (Rajwant Kaur)

734-372-6734 victoria@

kundaliniyogaofmichigan.com

BIRMINGHAM

Yc Yoga For Life Center

248-593-5583 ycnature@pacbell.net

Yvette Cobb (Bachan Kaur)

248-593-5583 ycnature@pacbell.net

ROCHESTER HILLS

Hossein Javaherian

248-340-9736 java@ieee.org

ROYAL OAK

Dale Prentiss (Sat Shabd Singh)

248-545-6545 dalep@core.com

TROY

Valerie Weir (Kulbir Kaur)

248-346-2014 shaktival@aol.com

MINNESOTA**DULUTH**

Leanne Zeppa (Hari Arti K)

218-343-1729 Yoga826@yahoo.com

Virginia M May (Siri Sadhana Kaur)

218-724-4817 mayjar@chartermi.net

HOPKINS

Mary Buss

9522388500 mbuss01@earthlink.net

MENDOTA HEIGHTS

Joyce Paxton (Sat Narayan Kaur)

651-353-1428 joyce.paxton@yahoo.com

Kelsey Lumpkin (Nirmal Kaur)

651-353-1429 nirmal725@yahoo.com

MINNEAPOLIS

Catherine Liska, Inner-Lotus (Siri Sat Kaur)

612-623-3742 catherine_liska@yahoo.com

John Bohumil (Gurusha Singh)

612-203-8343 gurusha.singh@gmail.com

Judy Wachner (Jai Kaur)

612-729-8036 jwachner@msn.com

Lorry Alexander (Nam Kirin Kaur)

612-929-3032 alexanderlp@msn.com

Michael Hellwich (Ajai Singh)

651-206-9762 ajaisingh@khalsa.com

Patricia Nieman (Gurbani Kaur)

612-205-5186 pattynieman@hotmail.com

Gong, Meditation, Breathwalk

Robin Gulenchyn (Rai Kaur)

612-220-4026 robinscarlett@yahoo.com

Sue Arneson

612-926-4328 sla@visi.com

MOORHEAD

Laurie J Baker (Ranbir)

218-477-0319 ljbaker@gomoorhead.com

New Leaf Studio

218-477-0319 ljbaker@gomoorhead.com

MOOSE LAKE

Adi Shakti Kaur (Louise Kneeland)

218-485-0417 louise@ravened.net

NORTHFIELD

Mary Lou Werner (Mahan K)

507-645-9423 mahankaur1113@hotmail.com

ST. PAUL

Closed Eyes Yoga

651-690-1402 sbevans@closedeyesyoga.com

Elizabeth Davies (Nirbhe Kaur)

651-207-5728 nirbhe@kundalini-tantra.com

Erika Peterson

612-596-6337 erikap7@hotmail.com

Sue Eckmaahs (Liv Kaur)

651-487-9127 eckmaahs@msn.com

Susan Evans (Simran Kaur)

651-690-3258 sbevans@closedeyesyoga.com

MISSOURI**KANSAS CITY**

3HO Kundalini Yoga Center

816-561-5337 kpurkakhalsa@kc.rr.com

Bob Chisholm (Akal Singh)

LAS VEGAS
Janet Latina (Siri Gopal)
702-222-0599 jmlatina@interact.ccsd.net

RENO
Linda Azar (Amar Atma kaur)
775 747 7685 holbox@sbcglobal.net
Sylvie Moonjaj (Siri Jodha Kaur)
775-830-9454 mooniejay@gmail.com
Valerie Laertini
775-771-4388 artofwellbeing@gmail.com

NEW HAMPSHIRE
EXETER
Anjali Quinn (Mom)
603-772-1791 infinityyoga@verizon.net

HOLLIS
Hanna Distefano (Ram Das Kaur)
603-880-7888 distefan@rcn.com

KEENE
Jeanne McCliment (Prabu Parkash K)
603-358-5097 mccliment@monad.net
Yc Yoga For Life Center, Birmingham Mi 48009

LYNDEBOROUGH
Dana Marangi (Nirankar Kaur)
603-654-7862 nirankar@tds.net
Susan Brown (Sat Dharam Kaur)
603-654-6115 susanqbrown@tds.net

MILFORD
Sharon Densmore (Guru Jagat Kaur)
603-673-7914 sharondensmore@netzero.com

PETERBOROUGH
Hari Kirin Kaur Hanley (Joan Hanley)
603-924-3403 joanhanley@mac.com

WILTON
Kundalini Yoga Studio & Art Gallery
603-654-8155 susanqbrown@tds.net

NEW JERSEY
ASBURY PARK
Erin Guire (Sangeet Kaur)
732-361-7809 eguire@yahoo.com

BORDENTOWN
Bordentown Holistic Center L.L.C.
609-468-5200 mwkfbw@msn.com

Mike Ward
609-468-5200 mwkfbw@msn.com

CRESSKILL
Teri Aued (Ajai K)
201-816-1441 doyyoga08@aol.com

LEONIA
Mercedes Garcia
201-585-9163 mercyt@aol.com

MARLTON
Geraldine Nogaki (Guru Chittar)
609-760-0190 gnogaki@gmail.com

MONTCCLAIR
Sharon Castelli (Krishan Prakash)
973-783-2712 sharon.wellbeing@gmail.com

MOUNT LAUREL
Sat Bachan Kaur (Belle Moffa)
856-727-0376 info@studioforyoga.com

PITTSBORO
Mary C. Rowson (Guru Rai Kaur)
856-358-3168 solurspot@aol.com

PRINCETON
Stephen Miller
609-240-5738 sosearth@mac.com

SHORT HILLS
Patricia O'gorman (Abnashi Kaur)
973-376-2634 trishogorman@gmail.com
Reina M Tendler (Sat Nam K)
908-337-7744 Sunmoonrayna@comcast.net

SUMMIT
Jane Bentley
908-522-0279 janebentley8@yahoo.com

TRENTON
Sir Om Singh
609-989-1595 encompasswellness@earthlink.net

net
Specialty: People Living W/ Hiv And/Or In Recovery

NEW MEXICO
ABIQUIU
Gian Kaur (Patricia)
505-685-4603 pat@convivial.com
Prabhu Jot Hess (Melinda)
505-685-4603 mah@convivial.com

ALBUQUERQUE
Hari Kaur Sheppard
505-459-9860 violets@swcp.com
Sue Triplett (Guru Fateh Kaur)
505-268-8654 triplett_s@aps.edu

CLIFF
Alexandria Hollister (Dharm Kaur)
505-535-4410 silvercityyoga@yahoo.com

CORRALES
Joann Danella (Guru Jiwan Kaur)
505-898-6866 aldenella@msn.com

EL PRADO
Jeffrey Hawkins (Jas Want S)
(985) 264-6845 hawkinshome8@msn.com

ESPANOLA
Aradhana Singh Khalsa
505-747-1350 ask@compu-quote.net
Bhajan Kaur Denker (Bhajan Kaur)
812-360-1416 bhajankaur@3ho.com
Bir K Khalsa
505-753-8077 birkhalsa@newmexico.com
Dev Suroop K Khalsa
505-753-8823 anahad@cybermesa.com
Deva Khalsa
505-747-3323 deva@thecleanse.com
Ek Ong Kaar K Khalsa
505-747-9703 eok@sikhnet.com
Espanola Advanced Center For Healing
505-747-3368 bodybasics@valornet.com
Guru Ram Das Center for Medicine & Humanology
800-326-1322 healthnow@grdcenter.org
Guru Terath K Khalsa
505-753-6241 gthkalsa_2000@yahoo.com
Guru Charan S Khalsa
505-747-2721 yogamaster@aol.com
Gurudatta S Khalsa
505-747-9119 gurudatta@comcast.net
Teaching Beginners And Intermediates
Guruka K Khalsa
505-747-1900 gurukakaur@3ho.org
Guruka S Khalsa
505-747-1900 guruka@sikhnet.com
Gurumeet Kaur Khalsa (Create Inner Peace)
505-753-6866 gurumeet@valornet.com
Guruneil Khalsa (Khalsa Goodman (legal last name))
505-747-0979 guruneil@newmexico.com
Guruprem Kaur Khalsa
505-747-9329 guruprem@newmexico.com
Kartar Khalsa (Dr. Kartar)
505-747-3323 kartar@thecleanse.com
Kirpal S Khalsa
505-927-3619 kirpals@kiit.com
Lori Garcia
505-747-7142 bodybasics@valornet.com
Nam K Khalsa
505-927-3480 namkaur@3ho.org
Panch Nishan K Khalsa (Megan McGurran)
505-310-3492 panchnishan@sikhdharm.org
Ravi K Khalsa
505-753-5003 ahs@sikhnet.com
Sarab Nam K Khalsa
505-747-1350 snk@compu-quote.net
Sarab Nam Kaur Khalsa

505-747-1350 snk@compu-quote.net
Sat Bachan K Khalsa (Tlp Coaching)
505-753-1168 satbachan@ninetreasures.com
Sat Kartar K Khalsa (Michele Thiri)
505-747-8020 satkartarkaur@yahoo.com
Sat Siri K Khalsa
505-753-5640 drsatsiri@newmexico.com
Satsundri Kaur Khalsa
505-927-8718 satsundri@hotmail.com
Shanti Shanti K Khalsa
505-753-4692 healthnow@grdcenter.org
Simran Singh Stuelpnagel
505-231-4278 simransingh@kiit.com
Siri Atma S Khalsa
505-927-3480 drsiriatma@yogicreality.com
Siri Guru Nam K Khalsa
505-753-1850 sirigurunamkaur@hotmail.com
Siri Kar Kaur Khalsa
505-310-5182 skk@khalsa.com
Tarn Taran K Khalsa
505-367-1309 ttk@3ho.org
LOS ALAMOS, CHIMAYO
Claudette Chavez
505-351-1341 cctrujillo@lanl.gov

SANTA CRUZ
Gurukirn K Khalsa
505-753-5824 gurukirn@kiit.com
Shanti Baker (Khalsa)
505-927-0707 shanti@kiit.com

SANTA FE
Alex Williams (Guru Ganesha K)
505-988-4359 alexandrakwilliams@hotmail.com
Alexis McNaughton (Sat Nirmal)
505-992-0225 amcn99@yahoo.com
Bessy Berman (Beant K)
505-983-1873 bessyb@comcast.net
Dr Sat Kaur Khalsa (Dr. Sat K)
505-986-1876 khalsask@aol.com
Guruchander S Khalsa
505-982-6369 gcsk@valornet.com
Jot K Khalsa
505-927-0271 jotkaur@newmexico.com
Kirn K Khalsa
505-982-6369 gcsk@valornet.com
Margie Montoya (Sat Jagat Kaur)
505-920-4928 montoyam5@aol.com
Nodiah Brent-Luxt
505-983-6635 lux@cybermesa.com
Pamela Gregg Flax (Gurujot Kaur)
505-690-8048 pamelagregg@earthlink.net
Pritpal K Khalsa
505-747-1119 pritpal@cybermesa.com
Shakti Whole Life Center
505-982-6369 kirnkhalsa@valornet.com

SILVER CITY
A Daily Practice
505-388-2425 silvercityyoga@yahoo.com
Jeannie Miller
505-534-4409 jeannieamiller@qwest.net
Marilynn Freeman (Harbhajan Kaur)
505-534-1333 riversoul@earthlink.net

TAOS
Deborah Roberts
505-758-1627 debsatnam@yahoo.com

NEW YORK
BEACON
Carrie Ward Kelly (Dass Kaur)
845-401-8198 cwkyoga@yahoo.com
Susan Osberg
845-831-1832 susanosberg@mac.com

BRONX
Margaret Marto (Hari Dev Kaur)
718-409-0460 pmarto@westchestermed.com

Rachel Maldonado (Hari Das Kaur)
718-824-7362 haridas@att.net
Shivanter Singh (John Barczak)
845-321-0221 johnbarczak@hotmail.com

BRONX/RIVERDALE
Pamela Markley
718-601-6838 pamelamarkley@optonline.net

BROOKLYN
Brandy Mitchell (Harjinder Kaur)
212-353-6081 kundalini.brandy@gmail.com
Claire Hallereau (Sarabjot Kaur)
646-468-8645 challereau@gmail.com
Deborah Keppo (Partap Kaur)
718-788-6388 deborahkeppo@earthlink.net
Gloria Llompart (Sat Siri Kaur)
718-788-6130 satsiri@juno.com
Gurusurya Khalsa
718-369-6674 gurusurya@juno.com
Healthy Happy Yoga
646-413-3102 kate@healthyhappyyoga.com
Jennifer Greenlees (Amarjit Kaur)
347-743-0980 jennyonthego@hotmail.com
Kate Lynch (Keval)
646-413-3102 kate@healthyhappyyoga.com
Philippa Woolley (Ram Rang K)
718-599-5661 felipa@stabledanceyoga.com
Samarrah Fine (Maharaj Kaur)
917-370-1504 sbfine@gmail.com
Sat Jagat Khalsa
718-369-6674 sjsgrd@juno.com
Sat Kirn Kaur Khalsa
718-788-0557 satkirin@gmail.com
Sirivishnu S Khalsa
718-768-0557 vishnunyc@yahoo.com
Susan Jacobs
917-626-5999 susanjacobs460@yahoo.com

BUFFALO
Siri Narayan K Khalsa Fuda
716-885-7371 sirinarayan@aol.com

CHATHAM
Patricia Bowden-Luccardi (Padmani)
518-392-2317 patricialuccardi@hotmail.com

CHAUTAUQUA
Subagh Singh Khalsa
716-357-3404 subaghk@gmail.com

CITY ISLAND
Ann Ward (Updesh Kaur)
718-885-2132 spirit29@optonline.net

CORNING
Tim Sallade (Ang Sang Wahe Guru)
607-227-2354 tsallade@stny.rr.com

EAST QUOGUE
Het Vlinder Huis Nirbhao Terchunian
6312583489 nirbhao2@yahoo.com
Marianne Terchunian (Nirbhao)
631-258-3489 mdussel@optonline.net

ELMHURST
Michiko Takatani
917-579-2783 goddgeneration@hotmail.com

FAIRPORT
Baldev Kaur Khalsa
585-425-0107 bkknss@rit.edu
Sat Dharm Singh Khalsa
585-425-1064 satdharmsingh@yahoo.com

FOREST HILLS
Alyce Wittenstein (Sandesh K)
718-520-0354 yoga@wittenstein.com
Francesca Caputo (Hardev Kaur)
718-575-4045 fmcharmony@aol.com
Beginner, Gentle, Pre-Natal & Post-Natal Yoga
Hara Century (Hari Arti K)
718-261-5465 hcentury@pipeline.com

GLENS FALLS
Danielle Lyons (Japa Kaur)

518-792-9134 elyons3@nycap.rr.com
HUNTINGTON STATION
Wendy Shlensky (Sadhana Kaur)
631-427-0378 wshlensky@alumni.brandeis.edu
ITHACA
Jai Hari K Meyerhoff (Linda)
607-273-2821- jaihari@twcny.rr.com
Caryn Sheckler (Sahej Kaur)
607-387-7911 csheckler@msn.com
KATONAH
Rai Kaur (Robin Miller)
914-232-3473 info@goldentempleyoga.com
LONG ISLAND
April Bernardi (Nirankar K)
631-427-1175 goldenyogini@aol.com
MANHATTAN
Michele Risa (Guru Dass Kaur)
212-889-4986 mrisa@beyondbodyyoga.com
Siri Sat Kaur Paoli (Siri Sat Kaur)
212-886-9873 sirisatk@yahoo.com
NEW YORK
Alyssa Kapelas (Alyssa)
917-439-6288 ak228@yahoo.com
Angelika Saidel (Hari Gopal Kaur)
212-481-1213 angelikasaidel@yahoo.com
Benjamin Forrest
212-755-0812 bforrest41@hotmail.com
Dages Keates (Bir Singh Kaur)
917-566-3093 dages@alokhealth.com
Dana Nicholson (Yogini Kundalini)
917-583-2236 yogini@yoginikundalini.com
Deborah Bos (Guru Sant K)
212-662-2323 deborahbos@msn.com
Golden Bridge New York City
212-343-8191 hari@goldenbridgeyogaync.com
Hari K Khalsa (Hari K Khalsa)
617-733-6758 reachhari@reachhari.com
Irene Narissi McLaughlin (Hans Mukh)
212-684-4196 narissi@earthlink.net
Jeri Kadison
201-836-1969 jericomplete@aol.com
Katie Agresta (Sat Sangat K)
212-724-1083 katieagresta@mindspring.com
Teaches Unique Happy Yogi Classes-Renew To Be New
Kundalini Yoga East
212-982-5959 satjivankaur@earthlink.net
Linda Shields (Amar Kaur)
917-837-3652 lm.shields7@verizon.net
Michele Shenker
917-650-4338 micheleshenker@yahoo.com
Michelle Papachristou
212-279-9334 lolaandfb@yahoo.com
Prenatal, Children's Yoga, Healthy Breast Program
Nidhi Adhiya-Huba
212-674-5796 yoganyc@hotmail.com
Patricia Mosca (Devi Dyal K)
212-996-4845 patmosca16@aol.com
Ravi Hari Kaur (Janice Bourdage)
212-725-1992 yogadiva@aol.com
Ruth Rosenbaum
212-581-7061 ruthina@worldnet.att.net
Sat Jivan Kaur Khalsa
212-995-0571 satjivankaur@earthlink.net
Sat Jivan Singh Khalsa
212-995-0571 sjk@khalsalaw.com
Sokhna Heathyre Mabin (Sat Kirtan)
917-627-4859 kalamazon@hotmail.com
RICHMOND HILL
Simrit K Khalsa
718-847-8030
ROCHESTER
Randy Mcdonald (Sotantar S)

585-266-5461 satnam4all@msn.com
ROSENDALE
Natesh Reed
845-532-9170 gurusgrace@hvi.net
RYE
Oliva Audiffred (Daljeet K)
914-646-3121 oli10580@aol.com
SAG HARBOR
Megan Chaskey (Dev Saroop K)
631-725-9220 mchaskey@ross.org
SLATE HILL
Samantha Paige-Graeber (Ardas Kaur)
845-355-8015 star44@frontiernet.net
Specializing In Vibrational Energy Healing.
SOUTH SETAUKET
Darlene Attard (Sat Kirpal Kaur)
631-585-7915 darlattard@hotmail.com
WEBSTER
Paul Knight (Patwant S)
800-929-5102 coldlaser@msn.com
Life In Balance Yoga & Meditation
NORTH CAROLINA
ASHEVILLE
Sierra Hollister (Ong Kar K)
828-689-4190 sierra@sundancepower.com
BURLINGTON
Jennifer Setzer
336-266-1980 carolinayogini@hotmail.com
Steve Cann
336-229-1452 csteeve@cadence.com
CHARLOTTE
Akiba Kiiesmira
704-525-4767 kiiesmira@yahoo.com
Gail Goforth (Sat Siri Kaur)
704-364-4663 gailgoforth@bellsouth.net
Robin Farnstrom (Hariang Kaur)
704-358-9751 robinlf@bellsouth.net
DURHAM
Keval Kaur Khalsa (Carol Childs)
919-419-2403 kevalk@earthlink.net
RALEIGH
Robin Peacock (Kalyan Singh)
919-838-0825 robinpeacock@nc.rr.com
WINSTON SALEM
Leon Pollack (Jot Singh)
336-923-4338 lpollack39@yahoo.com
OHIO
CINCINNATI
Jacqueline Steinbeck (Amar K)
513-871-0838 jacquelines@fuse.net
Roger Edwards (Gurudhan S)
513-871-0838 jacquelines@fuse.net
CLEVELAND
Linda Kirby
216-481-7332 assortedbeings@yahoo.com
COLUMBUS
Sat Kartar Kaur Beetham-Ford (Deborah Beetham-Ford)
614-353-YOGA art4love@aol.com
TOLEDO
Maria Magdalena Saucedo (Magdalena Saucedo Hernandez)
919-304-9896 mcruz@buckeye-express.com
OKLAHOMA
DRUMRIGHT
Gwen Ingram (Gwen)
918-606-1556 gwen@yogaideas.com
NORMAN
Lisa Jones-Parra (Sat Purusha Kaur)
405-321-1804 infinityyoga@cox.net
Madonna Noble
405-579-3571 cell 405-514-0479 mnoble2@cox.net
OREGON
ASHLAND
Daniel Tabachnick (Gurucharan S)

541-552-1098 danieltabachnick@charter.net
EUGENE
Annski Williams (Simrat K)
541-343-7825 annskiw@yahoo.com
Ardas K Khalsa
ardask@aol.com
Dev Saroop Singh Khalsa (Dev Saroop Singh)
541-334-6657 devsaroops@aol.com
Gurumukh Khalsa
541-521-2840 gurumukh@kiit.com
Harinder K P Hennesy
541-345-4952 harinder@darkwing.uoregon.edu
Jiwan Shakti Khalsa
541-334-6657 jskaus@earthlink.net
Joan Davis (Jai Kartar K)
541-344-8332 radiant@efn.org
Ravitej Khalsa
541-344-7645 ravitej@naad.com
Sat Purkha S Khalsa
541-338-4902 spsk@att.net
Viriam Khalsa
541-344-6496 viriam.s.khalsa@co.lane.or.us
JACKSONVILLE
Louise Lavergne (Pritam Hari Kaur)
541-899-0707 louise@joyfull-yoga.com
PORTLAND
Ajeet K Wise (Ajeet K)
503-233-0922 ajeetkaur@hotmail.com
Amy McBride (Har Dev Kaur)
503-247-8192 kundalini_ama@yahoo.com
Avtar Kaur (Siobhan MacMahon)
703-390-2961 siobhanmacmahon@yahoo.com
Charlotte Bloebaum (Ram K)
macksnama2001@yahoo.com
Hari Dass S Khalsa
503-238-1032 haridass@aracnet.com
Holy K Khalsa
503-774-7228 holykaur@SpiritOne.com
Jas Pal Singh (Bill Jones)
971-409-1975 jaspalbill@yahoo.com
Rion Lyle (Rion the Lion)
503-449-9578 rionlyle@gmail.com
Siddiq Salter
610-246-2346 siddiqsalter@hotmail.com
Siri Singh (Dan Fisher)
503-236-3832 yogisirisingh@yahoo.com
The Yoga Farm
503-233-4588 yogafarm@gmail.com
Yoga Farm
503-233-4588 yogafarm@gmail.com
PENNSYLVANIA
DILLSBURG
Ann Marie Knoebel (Ann Marie)
717-253-2231 snowbird726@earthlink.net
HARRISBURG/CAMP HILL
BJ McNeillie (Guru Jagat K)
717-975-3985 bjmcneille@ezonline.net
HORSCHAM
Loreli Voltmer (Siri Atma Kaur)
lorelia4@comcast.net
HUNKER
Nirbhao Kaur (Stacey McBeth)
724-755-0577 begoodyoga@yahoo.com
LANCASTER
Christine Cappabianca
717-285-3711 iris2mudra@comcast.net
MORRISVILLE
Patricia Tarbuck
215-428-6886
NEW BRIGHTON
Angad Kaur Walker (Pamela J. Walker)
7246309927 angadkaurw@aol.com

NEW CUMBERLAND
Siri Neel Kaur Khalsa
717-774-2654 siri.neel@verizon.net
NEW HOPE
Jessica Roazzi
646-221-8481 jessroazzi@yahoo.com
PHILADELPHIA
Lynn Smith Klein (Sukhdev Kaur)
215-840-3567 lynn@satnamyoga.com
PITTSBURGH
Moni Wesner (Mukhtiar Kaur)
412-731-7393 mukhtiar86@aol.com
READING
Guru Amrit Kaur Khalsa (Sandy Paton)
610-929-4306 hangonlady@aol.com
YARDLEY
Mahan Rishi S Khalsa
215-321-0305 meditation_pathways@compuserve.com
Nirbha K Khalsa
215-321-0305 meditation_pathways@compuserve.com
PUERTO RICO
GUAYNABO
Ana Rivera (Amrita)
787-397-0625 flowreiki@yahoo.com
SAN JUAN
Aury Beltran
787-364-5838 aurybel@aol.com
TRUJILLO ALTO
Dorothy Blackstock (Adarsh Kaur)
787-993-1537 Luvmylab2@aol.com
RHODE ISLAND
EAST GREENWICH
Margaret Trezza (Amrit K)
401-885-6484 margaret@meditationandmotion.com
NEWPORT
Reinette Fournier (Suraj Kaur)
401-846-6452 reinette@cox.net
PAWTUCKET
Gene Armstrong (Devi Dyal Kaur)
401-722-3230 devidyalkk@yahoo.com
PROVIDENCE
Beth Kiley Kinder (Sat Siri Kaur)
401-751-5719 satsirikaur@cox.net
Sat Kartar K Khalsa
508-376-6206 satkartarkaur@khalsa.com
SOUTH CAROLINA
COLUMBIA
Nicki Musick (Anahata K)
803-765-2159 anahat@earthlink.net
MT PLEASANT
Susan Pannier-Cass (Santokh K)
843-971-5154 spcrossi@aol.com
TENNESSEE
CROSSVILLE
Janice Gessler Bond (Abnashi Kaur)
931-484-6923 jagken@aol.com
KNOXVILLE
Rai K Khalsa
865-579-0582 vmd3ho@comcast.net
Rai S Khalsa
865-579-0582 vmd3ho@comcast.net
TEXAS
AUSTIN
Amy Joy Smith (Satya Kaur)
512-589-3284 ajsmith@austin.rr.com
Barbara Watson (Guru Sandesh Kaur)
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design

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advertising and sales

Amrit Kaur Khalsa
505-367-1382
ATadvertising@kiit.com

customer service

aquariantimes@kiit.com

editorial submissions

gurutera@kiit.com

letters to the editor

siriramk@kiit.com

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FINDING ONENESS

THROUGH SIMRAN AND SEVA

Excerpts from a lecture by Yogi Bhajan given on May 1, 1975 in Los Angeles

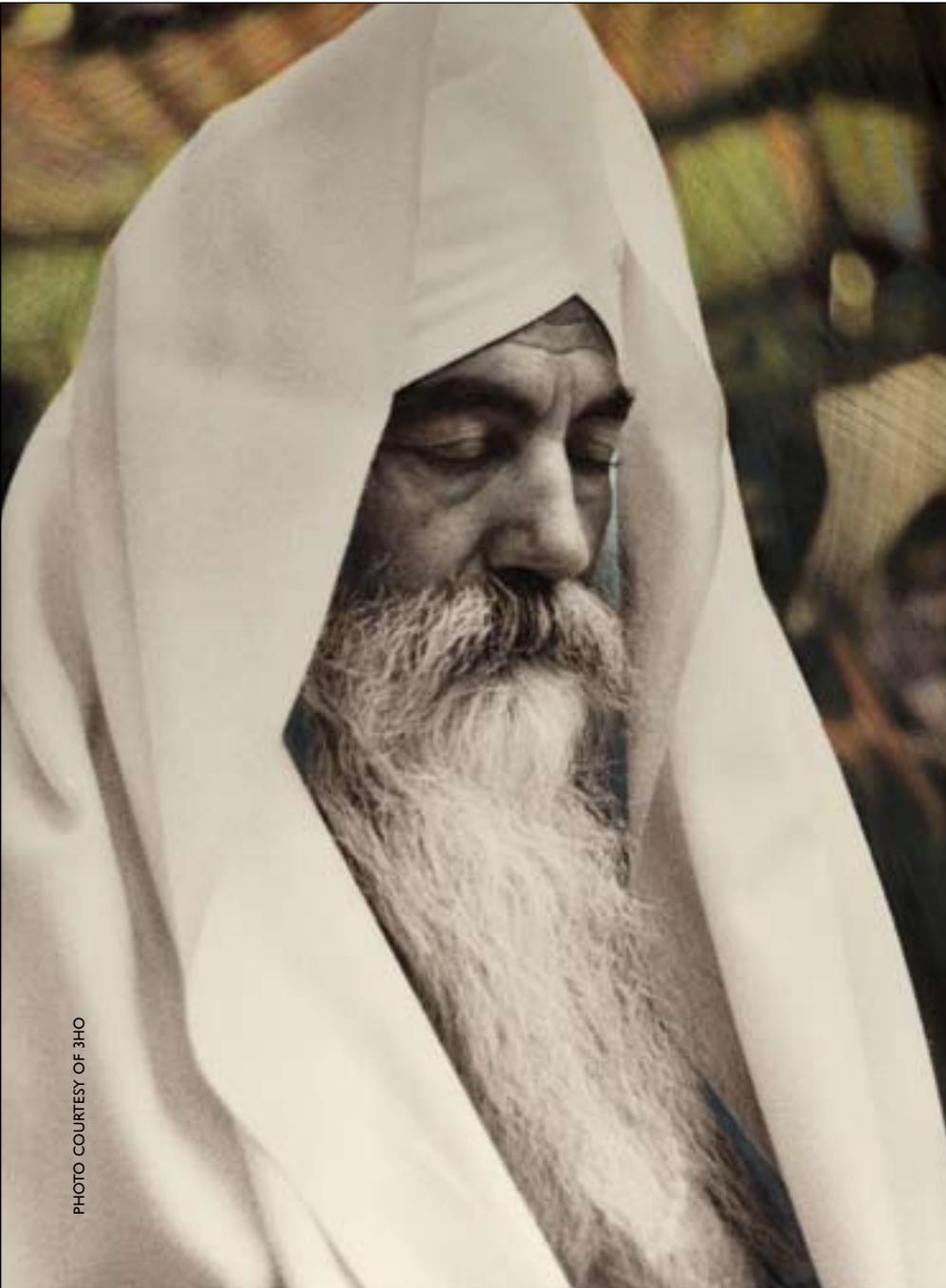


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Simran is the direction from the outside to the inside, to go into the deepest of the inside.

The greatest beauty in the science of yoga is how the mind works. Intellect gives a thought, and you run after the thoughtwave, or you stop. If you stop, think about each thoughtwave, and correct the channel of it, you will never be in trouble. Don't correct yourself, your ethics, your morals, your 'yes,' or your 'no.' If you have to correct something, correct the thoughtwave. All yogas teach you to think to the root of the thought, and eliminate it in deep meditation. This may be *a* process, but *the* process to correct thoughtwaves was given by Guru Nanak¹—*simran*.²

1 The first of the ten Sikh Gurus, a saint and minstrel, the founder of the Sikh lifestyle, and composer of *Japji Sahib*

2 The constant remembrance of God by chanting His Name with each breath

One is only that one whose inner self and outer self experience the same thing at the same moment for the same oneness.

Sikh Dharma³ is based on two pillars, *simran*, and *seva*.⁴ *Simran* is meditation in the form to correct the thought form. *Seva* is service. You can always win everyone with *seva*.

There is a beautiful story of a little kingdom in the foothills of the Himalayas, a very precise community. The king of the adjoining country became greedy and attacked this kingdom. People fought with great bravery but they lost the war. When the victorious force came in, people showed such a discipline, such a training of mind, and gave so much to help the forces to establish themselves, that the enemy forgot they were the victors. Instead, they thought they were the guest army, coming to another country. Instead of declaring the king to be a subject of the victorious king, they met like brothers and friendship was established. It is a recorded human history—that good manners serve you even in defeat.

Good manners, good personality, and goodness is good everywhere, and the way one can achieve goodness is by practicing the science of *simran*. Raising consciousness through the chakras⁵ to the ultimate chakra is the science of Kundalini Yoga, and exactly the science of *simran*—correcting the thoughtwave of the individual psyche. It's a complete and total root science of yoga.

The process of life is commitment and experience: *simran* and *seva*. Nobody can correct his state of mind without making the mind commit or experience. You have an obligation to your 'you' within you. It demands that you provide it with the experience. Without it, you are not satisfied. You talk to your 'you' all the time: you receive direction, flirt with it, lie to it, and you know you are not doing the right thing. Then you come out before the world and as a very honest person. It is fascinating that in our wisdom we don't have wisdom to see how we function. This is *maya*.⁶ Everyone directs himself and receives direction. Worry is conflict between you and your 'you.' Doubt is from a tremendous split between you and your 'you.' When you deny your 'you' within you, you deny a lot of things to yourself, and your scene is not together—because you are never together with your own 'you.'

3 The youngest of the major world religions, founded by Guru Nanak and based on belief in one God, conscious living, equality of mankind, and respect for all religions

4 Selfless service

5 Eight energy centers of the human being; seven correspond to nerve plexes in the physical body, and the eighth corresponds to the aura or electromagnetic field

6 The illusion of the reality of sensory experience of one's self and the world

This 'you' within you talks to you, suggests to you, receives satisfaction from you, and takes a new promise from you every day. You feed it every moment. That is why Guru Nanak gave the greatest mystical science of the word—*simran*, to change the direction and have mastery over the intellect.

Problems come from the fact that the self has not satisfied itself... within you. One who has found himself has found the whole world...

Vibration is nothing but the total sum of the experience of the thoughts. Experience is *seva*. *Simran* will raise your consciousness. Kundalini and consciousness are not two things. *Simran* raises you to be more aware, widens your horizon. You see better, see more...and you will serve...

If you go on the top of the mountain and see the beauty around, it is natural for you to want to share... Man cannot be without sharing himself. Problem is he wants to share with somebody else, not within himself...

We have to deal with two personalities, inner personality in destiny, and outer personality in time. If personality in time is delivered to its destiny, one has achieved liberation. If not, then it's a continuous cycle of time, come and go—*aavaa gavan*. The theory of *aavaa gavan* is soul has to reach its destination. It has come from Infinity; it must end in Infinity—the Oneness of God. To get into the oneness of God, person has to learn to be one. One is only that one whose inner self and outer self experience the same thing at the same moment for the same oneness. This can only happen when you have gone above action and reaction, to the stage received in experience through the power of *simran*...

In *simran*, action, reaction, and direction is known, destiny is reached... Intellect is the pilot of inner self; intelligence is the pilot of outer self... Outer self controls because it's what you represent to the world. Awareness is when you represent what you want to represent... Man is known by his action. Commitment is the action of inner self to support the outer self... It surpasses truth, because commitment is truth, and achievement is the experience of your own commitment.

Therefore, unity of the being is unity of the inside and outside. *Simran* is the direction from the outside to the inside, to go into the deepest of the inside, to trigger it so the entire outside may correspond. The science of *simran* is nothing but to have immense power of *seva*, of service, and through service you win the world. There is no other way known to the man.

MY JOURNEY WITH KUNDALINI YOGA

BACK TO ITS ORIGIN IN THE EAST, KUNDALINI YOGA TOUCHES HEARTS AND MINDS IN INDIA

By Amandeep Singh

There is usually a point of time in everyone's life when an incident or occurrence creates a significant change. The significant change in my life was brought about by Yogi Bhajan when I first read his book, *The Teachings of Yogi Bhajan*. This book not only brought Yogi Bhajan into my life but also the vast science of Kundalini Yoga.

Kundalini Yoga can be used by anyone for their own upliftment. As a Sikh, it became a catalyst for my own spiritual fulfillment.

My first experiences with Yogi Bhajan were in the subtle realm. He would come into my dreams, guiding me at various points of my life. The guidance became even brighter when we began to communicate through writing letters.

A quote from one of Yogi Bhajan's letter to me, "... become a great teacher and change people's consciousness by your own vastness and compassion. Study, earn, and learn. Depend on God, and spread the teachings of the Guru..." was what inspired me to take the first step towards teaching Kundalini Yoga.

It had always been my desire to share these teachings in the Punjabi language, especially in India. With Guru's grace, this desire materialized when I was given the opportunity by Sant Baba Ram Singh Ji Nanaksarwale,¹ to teach during his retreat.

The month of Magh is the 11th month in the Sikh calendar, running from mid-January to mid-February. It is the month of spiritual upliftment. *Siri Guru Granth Sahib*² says, "In the month of Magh, let your cleansing bath be the dust of the company of the Holy."

Every year at this time there is a special 21-day intensive sadhana³ in the Ek Ongkaar Ashram Nanaksar Shingra,⁴ practiced by the devotees of the Nanaksar Sampardah.⁵ The mission of the Nanaksar Sampardah is to create awareness of Shabd Guru⁶ as the ever-lasting Guru of the Sikhs. This mission traces its origins to Bhai Daya Singh Ji, who was one of the Panj Piaras.⁷ Currently, it is led by Sant Baba Ram Singh Ji.

This year I was able to take part in the 21-day retreat. The basic requirement is that all participants take *Amrit*, the Sikh baptism. During the retreat the participants are totally immersed in reciting Gurbani,⁸ singing kirtan,⁹ and meditating. I planned to observe si-



lence but Baba Ji told me to open the silence for one and one half hours every day to teach Kundalini Yoga to the participants.

We began the first yoga session with the chant *Ong Namu Guru Dev Namu*.¹⁰ I felt a blissful light flowing through me, and an ocean flowed down my cheeks. This was the joy I had yearned for.

As the days passed, we practiced different *kriyas*¹¹ and meditations. The participants began enjoying it so much they would be there before the scheduled time, waiting. We allocated ten minutes after each session for questions and answers. In doing this we broadened our knowledge—discussing yoga theories and sharing our personal experiences.

One participant told me he experienced *Shuniya*.¹² Another expressed with tears how he felt the presence of a strange type of energy around him. Each participant had something to share at the end of the sessions.

At the end of the retreat, Baba Ji honored each one of us. Being impressed with my efforts in teaching yoga, he took me into his arms and declared that I shall henceforth be known as "Swami Ji." I was honored to receive such a title. My feeling at that moment is beyond expression.

This is just the beginning. I believe there is more to come. After all, Guru Ram Das¹³ is the Lord of Miracles.

Yogi Bhajan did not link Kundalini Yoga to Sikhism only. He gave it as a technology for everyone, including those who do not have a religious preference.

Amandeep Singh teaches Kundalini Yoga in India, Malaysia, and Singapore. He is a certified teacher trainer, as well as a healer and counselor. He can be reached at 65-9621-0275 or satjug108@hotmail.com.

¹⁰ Opening chant used in every Kundalini Yoga class meaning, "I bow to the Divine teacher within"

¹¹ Combination of posture, mudra, mantra, breathing, and rhythm; literally means completed action; a kriya can be one exercise or a specific sequence of exercises

¹² A state of stillness where the ego is neutralized and the Universe flows through you

¹³ The 4th Sikh Guru, the embodiment of compassion, humility, integrity and service, known for his healing power as "The Lord of Miracles"

1 A learned sage and the current leader of Nanaksar Sampardah (see footnote #5)

2 Revered as the living Guru for Sikhs, a volume containing the sacred words of many enlightened beings who wrote while in a state of union (yoga) with God; source of spiritual wisdom and guidance

3 Daily spiritual practice

4 An ashram near the village of Shingra in the state of Haryana, India

5 A Sikh lineage tracing its origins back to the days of Guru Gobind Singh who was born in 1666.

6 The Guru or teacher in the form of sound and rhythm which removes the fabrications of the ego

7 The first five initiated Sikhs, during the Baisakhi celebrations of 1699, who volunteered to give up their lives as a sign of their faith and love for their Guru

8 Sacred language based on the power of the sound current

9 Sacred music

RELEASING STRESS FROM THE MIND WITH JAAP SAHIB

Sat Kirin Kaur Khalsa's CDs bring us the powerful sound current of Guru Gobind Singh

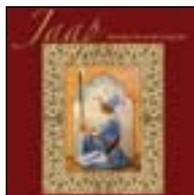
By Barbara M. Montgomery

The blessing of her teacher, Yogi Bhajan, and the transformative experience of *Jaap Sahib*¹ have inspired Sat Kirin Kaur to produce three powerful CDs: *Chatara Chakara Vartee*, *Mangala Charan*, and the most recent release, *Jaap*.

"*Jaap Sahib* is said to have the ability to overpower your negative mind," Sat Kirin says. "Entering the sound current of *Jaap Sahib* is a profoundly transformative experience. The perfection of Divinity in human form, exemplified by the life of Guru Gobind Singh,² is embodied in the *chands*³ of *Jaap Sahib*." Each CD focuses on one or more of these *chands*, interspersed with the voice of Yogi Bhajan, Master of Kundalini Yoga.

Sat Kirin opens her latest CD, *Jaap*, with *Gobinday Mukanday*, a recitation of the divine qualities of the Creator as described by Guru Gobind Singh. *Gobinday Mukanday* is said to transform ignorance into wisdom and act as a profound purifier for both hemispheres of the brain.

Ajai Alai, the second selection, moves us to realize our true power. *Ajai Alai* reminds us that our true nature is invincible, indestructible, fearless, unborn, and imperishable. This



chant is said to work on conquering the deepest depression and self-delusion.

Chatara Chakara Vartee, the first CD of the series, speaks directly to the heart. These words acknowledge that God is ever-present in all life. This leaves no room for fear. It brings forth the power of the inner sacred warrior.

Mangala Charan, the second CD, opens the listener to an experience of the breadth of Infinity.

The three CDs of the *Jaap Sahib* series fill the mind with spiritual energy. Through these chants, one's mind bows to the spiritual strength and profound devotion embodied by the 10th Master, Guru Gobind Singh. All three CDs are available from www.spiritvoyage.com and www.a-healing.com.

1 Sikh prayer written by Guru Gobind Singh in praise of God

2 The tenth Sikh Guru, known for his royal courage and radiance

3 A *chand* is a small section

Barbara M. Montgomery is a Spanish/Australian journalist and writer.

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Prosperity Paths



The Art of Giving Back



flow of life

Excerpts from a lecture
by Yogi Bhanan
June 28, 1998
Española, New Mexico

The time from the old times to new times is a flow of time, which is the flow of life. Life is being totally misunderstood these days to the point that emotions, commotions, fantasies, and thoughtlessness make people forget who they are. But the reality is that the time which is coming before us demands the nearness of God and the human as one unit. We have to understand that God lives in us, not outside us. So, under the old faculty of simplicity, life is very simple. But now the way life is very complicated, which is very disturbing to many people. *Karmee aapo appanee ke nerai ke door*—how lovely, pleasant, and near you are to God depends upon you, with your *karm*, your actions. For every action there is an equal and opposite reaction. This is Newton's Third Law, and this is a science of *aavaa gavan*—come and go. It depends on every characteristic of your life, not only your character but your environment, your prosperity, and how you act....

There comes a man in his misfortune, he missed the fortune because he has acted wrong. Acting wrong is ill will, it is insecurity, putting people down, showing your authority, messing around with people, and creating conflict. Acting right is being sweet, mannerful, absolutely grateful, and working in harmony. It is understanding others as an equal part, not as low or small or high or exploiting them and doing those kinds of things....



The first duty is that the *karm* (action), should be inviting. Secondly, if the inviting *karm* has all the rational logic to reach for settlement, for harmony, for working together, for being together, for getting it together, the other person will feel confident. And only then will the third step happen—there will be heart-to-heart talk. Once you establish heart-to-heart talk, then the head will go for it. And when the head goes for it, prosperity has to come, because prosperity, at that time, is a moment of gain, a gesture given by Mother Nature. Normally, we don't trust each other, we want to grab, and we just make life a mess. When our thoughts are to make our earth very strong, we are definitely forgetting that we have weak heavens.

Heavens and Earth have to be in balance with us. Our prayers, our dedication, our giving, our serving—all have to be as equally good as our earning. If an area is a bad area, the first thing people do is to put iron bars on the windows and the doors, and double lock them for security. Similarly, there is a spiritual security. If you are not radiant, and you are not shining, and you are not sweet, and your manners are not gracious, when you only know what *you* know and you don't bother about anybody else, then the whole Universe will bother you. Because you will be out of the loop, you will never be part of it...

We are now entering another fourteen years¹ to follow the path where our game will be over. We are going to start play-

1 Referring to the 2nd and 3rd of the three 7-year segments of time in the 21-year cusp period beginning in November 1991, leading up to the Aquarian Age

ing a new game, the game of love. The game of love means to identify ourselves as Infinite, not as the individual. That's the difference, the huge difference you have to understand today. *Jinee naam dhiaai-aa*—those who have meditated and identified their identity as Infinity; *gay masakat ghaal*—who have done this hard work; *Nanak te mukh ujalay*—their faces are bright and beautiful; *Kaytee chuttee naal*—their account is all clear; they have a pathway straight and free.

So whether you are a man or a woman, whether you are argumentative or rational, whether you are withdrawn or aggressive, that's up to you. Nobody can tell you what to do about that. But if you want a happy life, you have to become a very simple, solid, mutual, well-mannered and loving person...

It is your manners which will decide you. Cheap you act, cheap you will be. Priceless you act, infinite you will be. This is the very simple formula of life. People who indulge into the lower chakras² will never reach the higher chakras, and people who are stuck in the higher chakras and have never reached the lower chakras are called "spaced out." There has to be that balance. In this balance you have to bounce in life with joy. Your strength lies in your smiles and in your songs. We are fortunate that we have the *Shabad Guru*.³ We like to reach out for happiness and prosperity and strength and courage so that time can't take its toll.

2 Eight energy centers of the human being; seven correspond to nerve plexes in the physical body, and the eighth corresponds to the aura

3 The Guru or teacher in the form of the sound current

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Stress and the Mind

FINDING THE EASE OF STAYING PRESENT MOMENT TO MOMENT

By Darshan Kaur Khalsa

I guarantee you that I intimately understand the word “stress.” I lived with it for years and years, allowed it to control my actions, my lifestyle, my belief systems. Until one day I decided to remove it from my life completely. First I had to investigate the word itself. Even playing with it, the word “stress” can produce ripples of its meaning in the body—the “sssss” rolls on the tongue in a hissing noise, vibrating the cells with nervous energy. The sound resonates in the ears—it reminds me of a snake, hidden somewhere in the recesses of my surroundings and threatening to get me.

Stress has the energy of speed and adroitness, but it is stilted, difficult, hard, painful, overwhelming—all derivatives of fear, anger, frustration. It didn’t feel like it was easy, gentle, automatic, or flowing in any way, and it was not the feeling of ease that accompanies joy, happiness, and gratitude.

Investigating stress points to the fact that *flow*, the cardinal aspect of Presence, is missing. Stress, in essence, is a choice of the mind to not be present in the flow of life. In Presence, there is only the intention of the moment, and vibrating with the energy of that intention. There is no need to run through lists of chores, responsibilities, and Other Things To Do in an impossibly packed life. Life, like breath, flows naturally, and Presence requires that we breathe fully in the moment, turn our attention fully to the moment, and vibrate with the energy of the moment. Then, when it is time, move to the next task with that same balanced, flowing, easy energy.

So how does stress relate to prosperity? Stress is a counter-effect to the flow of prosperity—it has to be, if it comes out of fear, anger, frustration, and being overwhelmed, doesn’t it? Prosperity, like breath, flows naturally in and out. We give; we receive. We give in gratitude; we receive in gratitude. We let go; we are given to. Everything about prosperity is clear, easy, flowing, and gentle. If we are stressed about money, we are focusing our energy on its difficult aspects like making ends meet, paying bills, or getting out of debt. To turn that around we have to be willing to let go of the stress, to focus our energy on our intentions, and to vibrate in the frequency of that intention. By focusing on the moment, the bills get paid, the debt is reduced, and eventually we can enter the sphere of true prosperity—where our relationship with abundance, money, and wealth flows as easily as our breath, in and out.

This month I urge you to reevaluate your financial arena and see if there is anything you can do to move away from stress and into the realm of flow. Our prosperity meditation this issue focuses on the flow of life. Try it for 40 days and let us know your experiences with it. And please—remember that when you give, you are opening the door to receive ten times more richly. Consider starting or increasing your tithing program with Dasvandh. Your contributions help make it possible for us to send you this magazine six times a year and to continue our mission of sharing the teachings of the Siri Singh Sahib (Yogi Bhajan). Thank you!



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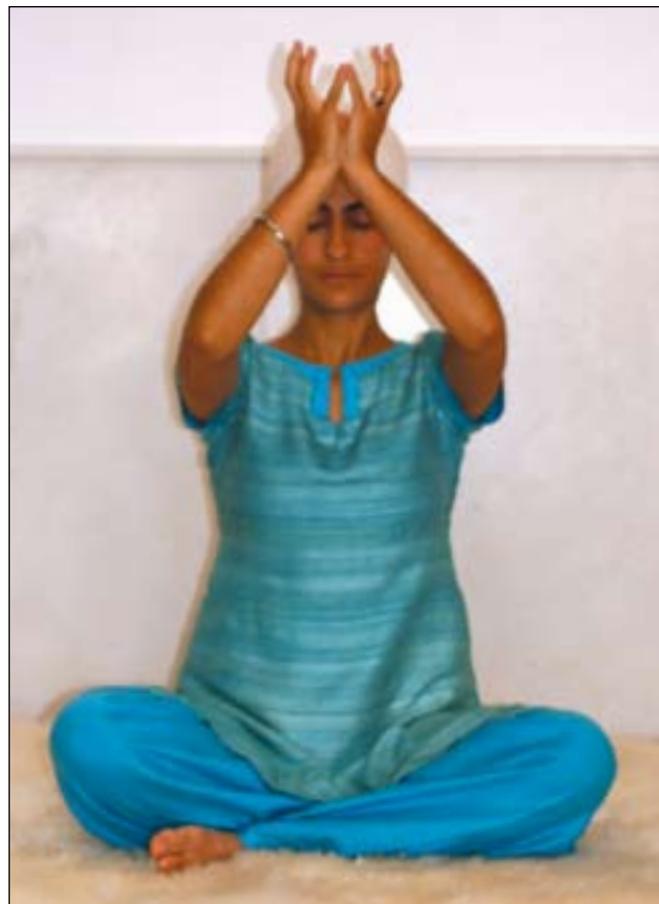
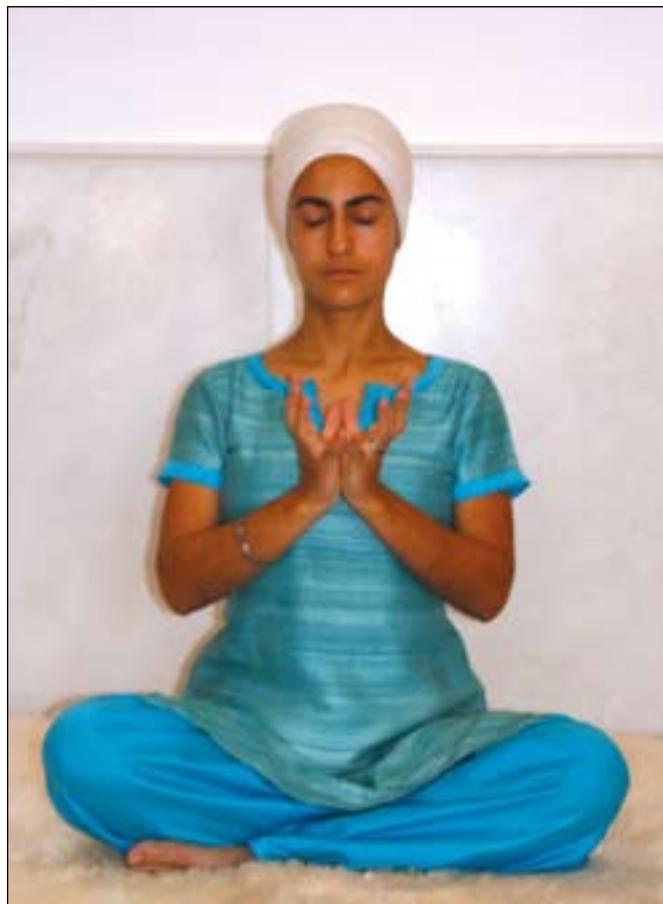
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Darshan Kaur Khalsa works for Sikh Dharma International as the Director of Fundraising and Dasvandh. She is a happy mom, a writer, musician, and entrepreneur. Her current projects include *Aquarian Wisdom: Yogi Bhajan Everyday* calendars and LinkingSpirits.com.



Lotus Prayer for Prosperity



Position: Sit in Easy Pose¹ with a straight spine. Bend the elbows down into the sides of the body. Bring the hands in front of the heart center, palms facing one another, with the fingers pointing up towards the ceiling. Spread the fingers wide apart. Make your hands into a lotus in front of your heart center by bringing together and touching the tips of the pinkies, the sides of the pads of the thumbs, and the base of the palms. The other fingers will be kept spread apart, and curved slightly to form the lotus petals.

Keeping the mudra² with the fingers pointing straight up, begin gliding your arms up in a straight line, until the hands are a little above, and a little in front of the head. Then in a continuous movement, without any abrupt stop, glide them back down to the starting position. Continue.

¹ A comfortable cross-legged sitting position

² Hand position

Eyes: Unspecified.

Mantra: *Reality, Prosperity and Ecstasy* by Nirinjan Kaur is played for 15 minutes. Then the instrumental tape *Dhuni* is played for 6 minutes. These tapes are available through www.a-healing.com.

Time: 21 minutes

To end: Inhale, exhale. Relax.

Yogi Bhajan's comments: This is a prayer for prosperity. It is the prayer of the lotus. Just listen to the lyrics of the *Prosperity* tape,³ and go into a deep prayer.

³ *Reality, Prosperity, and Ecstasy* by Nirinjan Kaur

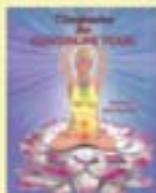
GOLDEN YOGINI



April Bernard
Kundalini Yoga Teacher



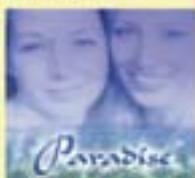
April Bernard, "Nirankar Kaur", has been teaching Kundalini Yoga for the past 5 years. She is a graduate from Kundalini Yoga East in New York. She is also certified through Goldenbridge Yoga Studio to teach "The Khulu Way" Prenatal Yoga. April is a full time Yoga Teacher who also gives workshops. For more information on upcoming events or for ordering information, go to www.goldenyogini.com



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