

Thursday March 25th 6:30 pm - 8:30 pm TH2KAU

Sound Immersion

Join Devinder Kaur for a sound immersion. Tune into the sacred sounds of the universe. For all who are interested in bringing the beauty of sound and mantra into their daily lives or to deepen an existing practice. You will explore several powerful Kundalini Yoga Mantras and the deep meditative vibration of the Gong. Come experience the joy of sound and learn to integrate these tools into your yoga, meditation and pranayama practice and teachings.

Saturday March 27th 1:00 pm - 3:00 pm SA3KAU

The Miracle Mantra of Guru Ram Das

For hundreds of years yogis have chanted mantras for their effects and results. This unique meditation experience uses the Guru Ram Das mantra. This mantra invokes the guidance, love and protection of Guru Ram Das. It opens the Fourth Chakra, the Heart Center, and allows you to feel and effortlessly radiate universal love. Learn how to chant this mantra, understand its history, meanings and effects and leave being able to teach its healing and transformational effects to others.

Sunday March 28th 4:30 pm - 6:30 pm SU4KAU

Living Your Life with Grace through Kundalini Yoga

Kundalini Yoga and meditation are effective ways to help manage stress and restore our sense of well being mentally and physically. In this workshop we will use the Kundalini yoga tools of kriya, mantra, meditation and the vibration of the Gong to explore and experience reducing stress in your life so you can live with peace, vitality and face life's challenges with confidence and grace.



Devinder Kaur

Devinder Kaur's journey into sound and music began at age 5 with classical piano lessons with the Royal Conservatory of Music. During her school years she studied the piano and deepened her understanding and appreciation for music, sound and its vibration. After graduation from University, Devinder started a business career which resulted in her moving across Canada from Victoria, BC, to Ottawa, Ontario, where she now lives with her husband.

www.pranashanti.com



TMT

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