

WORKSHOPS

A small selection of the workshops of the festival:

SUBTLE BODY SOUL FOOD

with Shiv Charan Singh, Portugal

HEALING THROUGH THE SUBTLE BODY

with Gurudev Singh, Rome

THE SUBTLE FLOW OF MOON ENERGY THROUGH A WOMAN'S BODY

with Hariang Kaur, Enschede and Guruhans Kaur, Paris

PERSONAL MASTERY AND THE 9 TREASURES OF THE SUBTLE BODY

with Sada Sat Kaur and Sada Sat Singh, Italy



20 YEARS OF MEDITATION – GURU TEG BAHADUR

with Karta Singh, France

MASTERING CALMNESS AND TRANQUILITY - RELAX AND SHINE

with Devinderjit Kaur, Hamburg

THE ONE VOICE MANTRA CHOIR

with Gurudass Kaur, Herndon, Virginia

RIDING WAVES OF SUBTLETY

Shakti Dance with Avtar Kaur, Rome

GATKA AND INTUITIVE ARCHERY

with Nanakdev Singh, Berlin

DIVINE ALIGNMENT - POSTURE CORRECTION

with Nav Jiwan Kaur, Madrid

BHANGARA

with Sat Atma Singh, Barcelona

HEALING THE WOUNDS OF LIFE

with Sat Santokh Singh, San Francisco

and of course also this time: the famous ROCKOUT NIGHT!

Please send the following membership application to:

European 3HO Foundation, Eppendorfer Weg 213, 20253 Hamburg, Germany, P +49 40 32848377, F +49 40 32848388, info@3ho-europe.org

Name.....

Address.....

Tel..... Fax..... Email..... @.....

Amount paid..... Date..... Signature.....

For family membership please also fill in the following: Age and number of children 1. 2. 3. 4.

Form of payment (please tick): Bank Transfer () or Credit Card ()

Rooms and dormitories

Please send all room/dormitory requests to sevakaur@hotmail.com. Please indicate your registration number, what type of room/dorm you want and who you would like to share your room/dorm with. On receiving your room request, you will be notified as soon as possible whether the room you wish is available. Room requests are only valid upon receipt of your prepayment. Please do not prepay the additional room price as this should be paid at the Festival registration. Rooms or beds can only be rented for the full duration of the Festival. Sheets and pillows are included in the price of the rooms, but please bring your own towels. The prices of beds in the dormitories and dormitory rooms are the same for adults and children.

Surcharge for rooms and beds for the full 8 day period

	Price / Room	Price / Bed
Bed in large Dormitory (50 Beds)	–	EUR 75
Bed in smaller Dormitory Rooms (4-6 Beds)	–	EUR 110
Hariang / Kariang 2-bed rooms	EUR 440	EUR 220
Hariang / Kariang 3-bed rooms	EUR 495	EUR 165
Hariang / Kariang 4-bed rooms	EUR 560	EUR 140
Hariang / Kariang 5-bed rooms	EUR 625	EUR 125
Chateau 1-bed rooms	EUR 565	–
Chateau 2-bed rooms	EUR 565	EUR 282.50
Chateau 3-bed rooms	EUR 690	EUR 230
Chateau 4-bed rooms	EUR 830	EUR 207.50

Membership payment Payment can be made online (Master Card or Visa) or by bank transfer in Euros. No Post-Checks please. All bank charges must be paid by the sender. Bank Transfer payment should be made in favor of: **European 3HO Foundation, ABN Amro Bank, Leidseplein, Amsterdam, Netherlands, Account number: 40.59.22.574, IBAN: NL16ABNA0405922574, BIC: ABNANL2A. Payment on Site** You can also pay your membership fee at the Yoga Festival. Cash in Euros and Master Card / VISA will be accepted. Please register as soon as you arrive even if you have prepaid.

Volunteer jobs at the Yoga Festival A limited number of discounts are given for work exchange done at the Yoga Festival (on the membership prices, not on additional room cost) which are available for the more demanding jobs. Please send your request to: info@3ho-europe.org, fax +49 40 328 48388.

3HO Europe Membership Information

The 3HO European Yoga Festival is an activity of 3HO Europe, a cultural association founded to promote the teachings of Kundalini Yoga in Europe. Participation in the Yoga Festival, as the annual gathering of 3HO Europe, is included in the membership fee of 3HO Europe as well as the Sat Nam News, the bi-annual newsletter for 3HO Europe, and full access to the membership news on the 3HO Europe website at www.3ho-europe.org. The membership is valid from July 1st, 2009 until July 1st, 2010, including all workshops, White Tantric Yoga, camping and meals for the duration of the Yoga Festival 2009. Rooms at the Festival are administered separately. Membership can be canceled with membership dues refunded, if you apply in writing (to info@3ho-europe.org) by July 15th, 2009.

Membership prices for European 3HO Foundation

Any membership subscribed and paid before July 1st, 2009 will receive a 10% discount.

PRICES	before July 1st	after July 1st
Single Adult	EUR 400.50	EUR 445
Couple	EUR 751.50	EUR 835
Student*	EUR 346.50	EUR 385
Teenagers 13-18	EUR 238.50	EUR 265
Children 2-12 **	EUR 135	EUR 150

* student ID required, must be 26 years or younger

** (under 2 go under the parent(s) membership), in case of fam. with more than 3 children, only the 3 eldest children are calculated in the total price

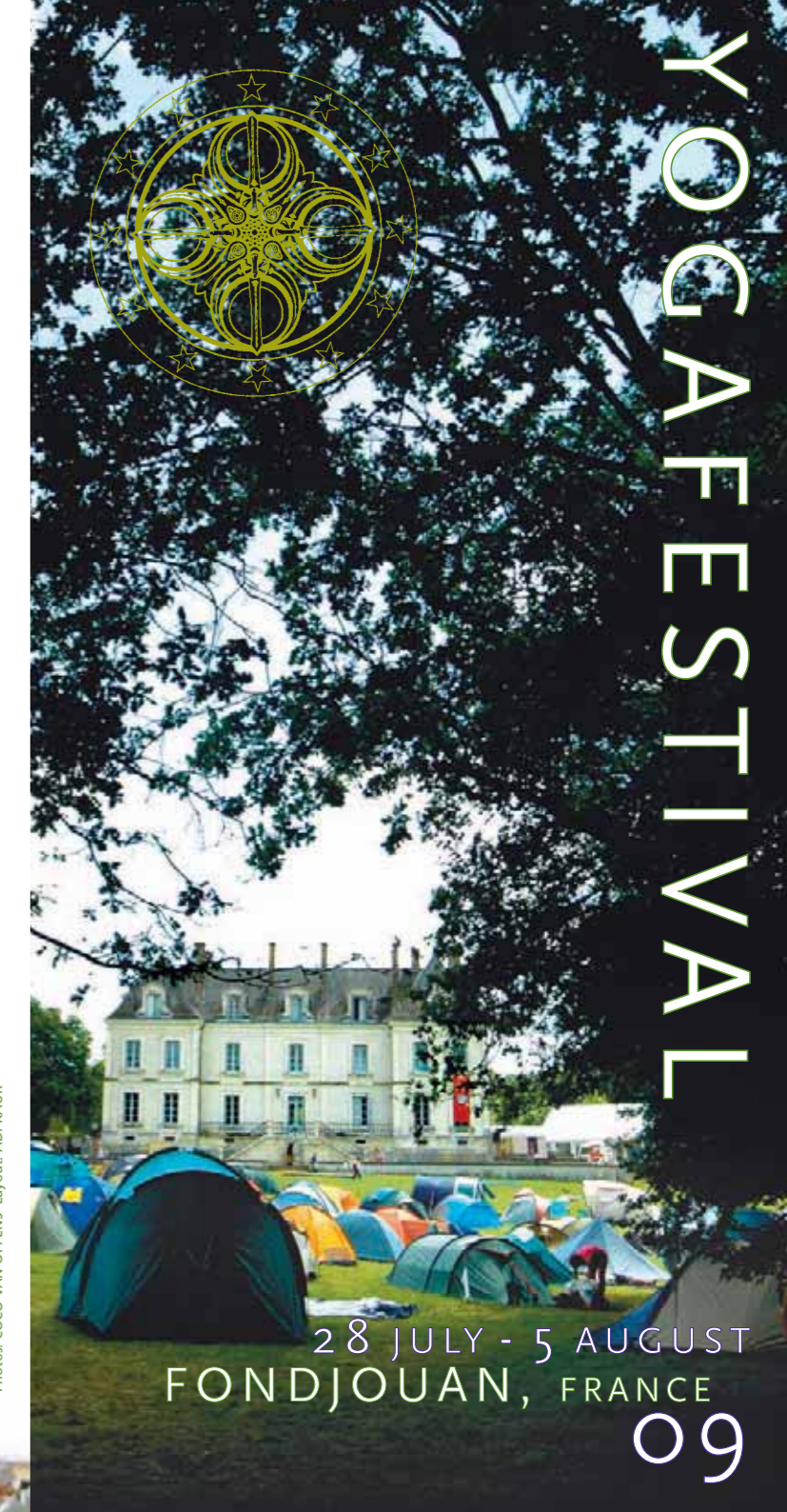
Information

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UK KYTA-UK, info@kundaliniyoga.org.uk, +44 (0)7952 697 550
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YOGA FESTIVAL

Photos: COCO VAN OPPENS Layout: ADI KAUR



28 JULY - 5 AUGUST
 FONDJOUAN, FRANCE
 09





2009: MASTERY OF THE SUBTLE BODY

Tuesday, July 28 - Wednesday, August 5

YOGI BHAJAN, Master of KUNDALINI YOGA and WHITE TANTRIC YOGA, taught that a human being consists of ten 'bodies'. Beyond our familiar physical body, there are other, more etheric bodies that deal with our feelings, mind, karma, projection and protection. These bodies go through many processes and transformations, and each one offers us a potential for growth. For ten years, each Yoga Festival focuses on one of the different bodies. This year we will work on the NINTH BODY, the SUBTLE BODY.

Yogi Bhanan says about this: "It is the subtle beauty which attracts wealth and prosperity. It is the subtle beauty which is always in you till death. When that subtle energy starts flowing, then God starts working for you. Do you understand that? If today you have decided that you are not happy, remember you are not relating to your own subtle self. Spiritual communication and spiritual strength all over the world will only relate to you if you relay the message through your subtle self, because subtle self has a common center of knowledge and activity. That's why the soul leaves the physical body inside the subtle body."



What happens at the Yoga Festival?

More than 1500 people from as many as 20 different countries come together for 8 days on the grounds of a country estate in the Loire Valley in France, to practice KUNDALINI YOGA, WHITE TANTRIC YOGA and other activities related to the teachings of Yogi Bhanan. Each year the Festival highlights a specific aspect of yoga, but it also provides special attention to newcomers who have little or no experience of yoga practice. THE DAY STARTS EARLY with yoga and meditation in a big meadow as the sun slowly rises. Breakfast is simple vegetable soup and some oranges and bananas; this is part of an ancient purifying diet to facilitate the yoga. After breakfast the camp breaks up into language groups, called Missels. In these little communities we create the group consciousness of the festival through special exercises and meditations, sharing information and getting to know each other. A period of doing KARMA YOGA, the selfless action that organises and maintains this festival, is also part of the Missel meeting. Later in the morning, there are a variety of workshops to choose from. In the afternoon, there is a large all camp yoga workshop, with translation into the different languages. Dinner is the second part of the diet: mung beans and rice, hot sauce, carrots and salad. Afterwards there is free time for social and family activities as well as a bazaar, study groups, and sports. Also at this time there will be an opportunity to have a treatment from one of the spiritual healers, massage-therapists or chiropractors who attend the festival. If this is your first time, there will be a basic introductory course to Kundalini Yoga and the Yoga Festival, in your own language, at the same time as the evening yoga class. THE HIGHLIGHT OF THE FESTIVAL is a THREE-DAY WHITE TANTRIC YOGA session. White Tantric Yoga is a very powerful and spiritually purifying yoga, where couples sit in long lines and practice Kundalini Yoga mantras, mudras (hand postures) and breathing exercises. Another part of the festival is the CHILDREN'S CAMP for ages 2 to 12. Adults are welcome to participate in this camp for one day as part of their Karma Yoga experience. There is also a program for TEENAGERS, complete with workshops and outings. The Yoga Festival is a lot of fun, but also provides a challenge. The optimum purifying and transforming effects will happen if you allow yourself to remain on the diet and stay in the energy of the site for the whole eight days.

General Information

The beautiful site "DOMAINE DE FONDJOUAN" offers us lots of space, silent forests all around, two beautiful lakes and ample modern facilities. Not only is there plenty of camping space to put up your tent, there are also comfortable dormitories and rooms available. The address is: CHÂTEAU DE FONDJOUAN – 41230 MUR DE SOLOGNE, FRANCE. From the north by car: Take the autoroute A10 from Tours or from Paris to Blois. There you leave the highway and take D765 in the direction of Vierzon and Romorantin. At the end of the village Mur de Sologne take the last road on your right at the sign "Domaine de Fondjouan". Follow signs to Fondjouan. From the south by car: Take the autoroute D765 from Romorantin, direction Blois. At the entrance to the village Mur de Sologne take the first road on your left at the sign "Domaine de Fondjouan" after a small park. Follow signs to Fondjouan. The nearest train station is Blois, which is about a half hour from Fondjouan. Bus transport will be available from the train station to Fondjouan on Tuesday July 28th at noon, 2 pm and 4 pm. Of course it is also possible to take a (group) taxi. We need to keep to our reserved arrival and departure days. Please plan to arrive and set up on Tuesday, July 28th. If you arrive on Monday, July 27th (this is only possible for campers, not for those in rooms and dormitories) a fee of EUR 10 per adult, EUR 5 per child up to 12 years is to be paid to Mr. Simeant, who is in charge of Domaine de Fondjouan, at the "ACCEUIL". Please do not arrive before July 27th. Reasonably-priced meals for the evening of July 27th and the morning of July 28th will be available at the Fondjouan restaurant.



REGISTRATION will be open from 9:00 until 21:00 on Tuesday, July 28th (after that registration times will be posted). Please pre-register by July 1st in order to get the pre-registration discount (see 3HO Europe membership info). The PROGRAM starts Tuesday, July 28th with dinner at 3 pm and the opening ceremony at 5 pm. At 7:45 pm, at the same time as the evening yoga and healing meditation, there will be introductory classes for first-time participants. The WHITE TANTRIC YOGA course will begin Saturday, August 1st and continue through Monday, August 3rd. PEACE PRAYER DAY will be Tuesday, August 4th. The Festival concludes on Wednesday, August 5th after breakfast.



Please bring - a sheepskin or rug to do yoga on - a plastic groundsheet - at least one blanket for early morning meditation (please note that Fondjouan bed blankets cannot be used outside, but outside blankets can be rented) - both light and warm clothing and raingear - comfortable, pref. white cotton clothing for the Tantric - a cotton headcover for the Tantric (will also be on sale) - eating utensils (plates, cutlery, cups) - a torch / flashlight and medical travel kit - a tent - a sleeping bag and a pad to sleep on (unless you reserve a room/bed), - a water canteen - optional: musical instrument, camera, notebook - a money pouch or wallet to carry passport and money with you (for security reasons) - in case you bring children: raincoat, boots, sweater, warm mat, blanket, change of clothes, water canteen, walking shoes, swimsuit, swim shoes, towel, nappies (toddlers). Please label all items and put them in a sturdy backpack or carrying bag. Do not bring - drugs, alcohol, cigarettes, meat, animals, valuables and extra food