



WORKSHOPS A small selection...

- SAT NAM RASAYAN** with Guru Dev Singh, Rome
- LIVING YOUR POTENTIAL WITH RADIANCE** with Fred Carreo, Barcelona
- MYTH-A-DRAMA** with Satya Kaur, Portugal
- CHERDI KALAA JETHA** Amritsar
- EXCELLENCE REQUIRES TRAINING** with Shiv Charan Singh, Portugal
- GURU GOBIND SINGH: THE SPIRITUAL WARRIOR** with Karta Singh, France
- SHAKTI DANCE: MANIFESTING THE DIVINE** with Avtar Kaur, Rome
- HEALING THE WOUNDS OF LIFE** with Sat Santokh Singh, San Francisco
- THE ONE VOICE MANTRA CHOIR** with Gurudass Kaur, Virginia
- RADIANT GONG** with Nanakdev Singh, Berlin
- LEADERSHIP AND EMPOWERMENT FOR WOMEN** with Karta Kaur, London
- and of course also this time: the famous **ROCKOUT NIGHT!**

FOR MORE INFO SEE
WWW.3HO-KUNDALINI-YOGA.EU
 UNDER WORKSHOPS.

What happens at the Yoga Festival?

About 2000 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 Bhajan. 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 small 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 is 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.

If this is your first time, there will be a basic introduction 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.

Registration and Payment

We prefer preregistration online (see www.3ho-kundalini-yoga.eu, under registration). If this possibility is not available to you, please request a membership application form from: European 3HO Foundation, Heinrich-Barth-Str. 1, 20146 Hamburg, Germany, european3ho@gmail.com, Tel. +49 40 32 84 83 77. Please pay according to the description on our website with PayPal. PayPal accepts credit cards as well as bank transfer. You can also transfer the payment (all charges paid by sender) to: European 3HO Foundation, ABN Amro Bank, Leidseplein, Amsterdam, Netherlands, Account number: 40.59.22.574, IBAN: NL16ABNA0405 922574, BIC: ABNANL2A. If you have preregistered and prepaid please finalize your registration as soon as you arrive at the site. Preregistration and payment is only possible before July 20, 2010. After this date please register and pay (Visa and Master card accepted) at the site.



Information

International: European 3HO Foundation
WWW.3HO-KUNDALINI-YOGA.EU
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YOGA FESTIVAL
 27 JULY - 4 AUGUST
 FONDJOUAN, FRANCE
 2010





2010: THE YOGA OF RADIANCE

27 July - 4 August

YOGI BHANAN, 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 tenth body, the "radiant body" (the number 10 in Tantric Numerology). The radiant body is responsible for your magnetic presence and radiance. It helps you to project grace and effectiveness in all endeavours of life. The essence of the radiant body is courage and fearlessness.

"The strength of your Radiant Body brings you prosperity and success. People who against all odds can smile, who against all provocation can peacefully talk, and against all obnoxiousness can beautifully behave, are bound to be very successful. There is no such thing as defeat for them."
Yogi Bhanan

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. The membership is valid from July 1st, 2010 until July 1st, 2011, including all workshops, White Tantric Yoga, camping and meals for the duration of the Yoga Festival 2010. Membership can be cancelled with membership dues refunded, if you apply in writing to european3ho@gmail.com by July 15th 2010.

A limited number of discounts is available for the more demanding jobs at the Yoga Festival (on the membership prices, not on additional room cost). Please see www.3ho-kundalini-yoga.eu under work exchange or send your request to: european3ho@gmail.com. Any membership subscribed and paid before July 1, 2010 will receive a 10% discount.

Membership prices for European 3HO Foundation

PRICES	until 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

** in case of families with more than 3 children, only the 3 eldest children are calculated in the total price. Children under 2 years are included in the parents membership.

General Information

The Yoga Festival is basically a camping event. There is a limited amount of rooms, beds in dormitories and tents for rent available, please see www.3ho-kundalini-yoga.eu under rooms.

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 Tue. July 27th at noon, 2pm and 4pm. 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 Tue. July 27th. If you arrive on Mon. July 26th (this is only possible for campers, not for those in rooms and dormitories) a fee of 10 euros per adult, 5 euros per child under 12 years is to be paid to Mr. Simeant, who is in charge of Domaine de Fondjouan, at the "ACCEUIL". Reasonably priced meals for the evening of July 26th and the morning of July 27th will be available at the Fondjouan restaurant.

Please do not arrive before July 26th.



REGISTRATION will be open from 9am until 9pm on Tuesday, July 27th (after that registration times will be posted).

The PROGRAM starts on Tue. July 27th with dinner at 3pm and the opening ceremony at 5pm. At 7:45pm, 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 on Sat. July 31st and continue through Mon. August 2nd. PEACE PRAYER DAY will be on Tue. August 3rd. The Festival concludes on Wed. August 4th 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

