

The White Tantric Yoga Facilitator

Sumpuran Kaur

for the London White Tantric Yoga Day
Saturday 23rd January 2010



Sumpuran Kaur was raised in the 3HO lifestyle, and has distinct memories of ashram living from the age of four. Some of her memories include garlic and lemon juice fasts (not together) and fresh milk daily from the ashram goats: "Sat" and "Nam". When she was 10 she lived in Phoenix at a 'children's ashram' with 10 other 3HO kids from around the country where she went to elementary school. She remembers getting gold stars in the ashram for taking a cold shower and going to sadhana. She met her first spiritual

challenge as the only one wearing a turban in Junior High School back home in Salem, OR. When she was 12 she went to boarding school in the foothills of the Himalayas in India to learn about her adopted Sikh heritage. She returned to the USA after completing high school. In 1989 after having guided her from a distance, Yogi Bhajan took Sumpuran directly under his mentorship giving her the opportunity to study directly with him while at the same time serving 3HO in various capacities for 15 years, including being his correspondence secretary, and the Director of Women's Camp and 3HO Women. She served him until he made his journey home in 2004. Sumpuran is currently on the Board of Directors of 3HO International and lives in Millis, Massachusetts. Reflecting on what she considers a life well lived, she believes that the greatest lesson she learned from Yogi Bhajan and his teachings is that life always offers opportunities for growing and learning, and the journey is not over until it is over, and not even then.