

WHITE TANTRIC YOGA®

A one day
meditation
workshop



About White Tantric Yoga® And Meditation

Our minds release 1000 thoughts per wink of an eye. Some of these thoughts get lost in the unconscious, and some get stuck in the subconscious and affect the conscious mind. These thoughts become feelings, emotions, desires, multi-realities or fantasies. Instead of mastering our mind, often our mind and thoughts direct or distract us, which can result in impulsive decisions, poor communication and self-imposed stress.

White Tantric Yoga® enables you to break through these subconscious blocks, so you can have a more enjoyable life. In the shortest time, you can experience release from a lot of the burden you carry in your mind.

When you see and act on each moment with clarity, you can gain a deeper understanding of yourself and your life can change. Your mind, body, and soul can act together as one. This is the path to personal freedom and awareness, and will bring more success to every area of your life.

What to Expect

White Tantric Yoga® is done in pairs as a group meditation. You sit facing a partner and follow instructions for meditation given on video by the Mahan Tantric, Yogi Bhajan. A representative of the Mahan Tantric will be present to facilitate White Tantric Yoga®.

Each workshop consists of between six and eight kriyas. A kriya is a meditation incorporating one or all of the following:

- a yoga posture (asana)
- a breathing technique (pranayam)
- a mental focus
- and/or a mantra
- a hand position (mudra)

Sometimes the kriyas are accompanied by music. These kriyas vary in length up to sixty-two minutes. There are breaks in between each kriya.

The environment is peaceful, and the atmosphere is friendly, supportive, and uplifting. A vegetarian lunch is provided.

White Tantric Yoga® is a registered trademark of Humanology and Health Science Inc.
For further information: www.whitetantricyoga.com

WTY brings me face to face with my essence, opens my heart to worlds that I could not feel, and to visions my eyes can't see.

—GK, Cambridge MA

White Tantric Yoga® was amazing and profoundly affected me. I do indeed feel quite different, and amazing things, both subtle and grand, have continually been happening. My mind seems clearer and my elevated spirit is maintaining. My experience since that day has cemented my resolve to continue to make Kundalini Yoga and White Tantric Yoga® a part of my life forever.

—CM, New York City

There were so many stories about the intensity and lengths of the meditations, I had a lot of fear as to whether I would be able to keep up. It turned out to be one of the best experiences of my life. The group energy helped me through the challenges. Can't wait to do another.

—DM, Houma, LA



Let Your Spirit Soar

White Tantra Yoga London 2012

Saturday
21st January 2012

VENUE:

Kensington Town Hall,
The Town Hall, Hornton Street,
London W8 7NX

Start Time: 8.30am
Finish Time: 6.30pm

ENQUIRIES
07940 729 964

(Lines open 7-9pm)

Email: WTyogaUK@yahoo.co.uk

DIRECTIONS

Underground: Circle or District Line to High Street Kensington.

Local Bus Routes: 9, 10, 27, 28, 49, 52, 70, 328, C1.

Car: Public car park immediately below the Town Hall.

BOOKING

Price: £100 per person, payment by PayPal / Bank Transfer / Cheque, or £130 pp CASH on the door. Please register early to allow for food counts. Registration opens 1st November 2011.

PAYMENTS

1. Online: www.paypal.co.uk/uk

WTY address: wtogauk@yahoo.co.uk. For more info go to - www.kundaliniyoga.org.uk >White Tantric Yoga Page.

2. Bank transfer: for the bank transfer form please go to - www.kundaliniyoga.com/whitetantricyoga

3. Cheque: detach and fill in the form overleaf, and post form and cheque to - Jasbir Kaur, White Tantric Yoga, PO Box 4504, SOUGH, SL3 3FY.

Disclaimer: We cannot cater to special dietary needs. We are not responsible for personal or stall items.

Receipts: Up to 3 days before WTY, grace us the time to deal with everyone, we shall register your name. BRING YOUR PRINTED RECEIPTS - NECESSARY FOR ACCESS

Accommodation suggestions: Youth Hostel: Holland Walk, Kensington W8 7QU 0845 371 9122 hollandpark@yahoo.org.uk

White Tantra Yoga London 2012

Saturday 21st January 2012

PAYMENT BY CHEQUE

Cheque payable to: **White Tantric Yoga**

Amount:

Name on Cheque:

Email:



The beauty of
White Tantric Yoga®
is that it is subtle,
it is exalting and it
works to give you
the mastery of life.

—Yogi Bhajan

www.whitetantricyoga.com

WHITE TANTRIC YOGA®

A one-day meditation workshop

How it Works

Envision the energy of the universe as both parallel and perpendicular in nature, like a cloth woven together. As a cloth becomes stronger when it is stretched on the diagonal, so the White Tantric Yoga® diagonal, or 'Z' energy is stronger. This energy, when directed by the Mahan Tantric, cuts through the blocks that are stuck in the subconscious mind.

Using the diagonal energy, the Mahan Tantric, Yogi Bhajan, connects his subtle body to the subtle bodies of the participants through the course facilitator. This works the same way as a worldwide telephone system that relies on satellites and electromagnetic energy in order to connect two parties.

White Tantric Yoga® should not be confused with black or red tantric. Those forms of yoga also transform energy, but in a different way and for different purposes. Black tantric directs the energy to manipulate other human beings and red tantric directs the energy solely for sexual purposes.

About The Mahan Tantric

Yogi Bhajan became Master of Kundalini Yoga® at the age of 16 in his native India. He came to the West in 1968. The authority to be the Mahan Tantric, Master of White Tantric Yoga®, was bestowed on him in 1971. The practice of White Tantric Yoga®, as with most sacred Eastern wisdom, had previously been a tradition passed on from teacher to student in a mystical and selective way. As a pioneer of this age, Yogi Bhajan decided to open the experience of White Tantric Yoga® to anyone who wanted to commit to the discipline. In 1971 in Los Angeles, for the first time in history, White Tantric Yoga® was taught publicly.

Until 1986, Yogi Bhajan traveled throughout the world presenting as many as thirty workshops each year to thousands of students. In 1987, using his unique abilities as Master, together with modern technology, he began to present White Tantric Yoga® as a video-taped series which has the same effect as when he was physically present. He said the tapes would continue to have the same effect when he was no longer in his physical body. This has proven true, and in fact since his passing from his physical body in October, 2004, thousands of students have confirmed that their White Tantric Yoga® experience is one of being in his presence.

Until 1986, Yogi Bhajan traveled throughout the world presenting as many as thirty workshops each year to thousands of students. In 1987, using his unique abilities as Master, together with modern technology, he began to present White Tantric Yoga® as a video-taped series which has the same effect as when he was physically present. He said the tapes would continue to have the same effect when he was no longer in his physical body. This has proven true, and in fact since his passing from his physical body in October, 2004, thousands of students have confirmed that their White Tantric Yoga® experience is one of being in his presence.

Who Can Participate

There are no prerequisites for participating in White Tantric Yoga®. Beginners will tune into their internal energies and enjoy a deep and sometimes challenging meditative experience. More advanced meditation practitioners will deepen their experience and make new inroads to their spiritual awareness.

How to Prepare and What to Bring:

- Come to the workshop ready to meditate, having done some yoga or stretching exercises.
- Wear loose comfortable white clothing. White combines all the colors and enhances your magnetic field and auric strength.
- Wear a white cotton head covering which *fully covers the head* and will stay on securely during the kriyas.
- Please bring a blanket or sheepskin to sit on and a light blanket to cover yourself with during relaxation periods.
- White Tantric Yoga® is a cleansing process. Water will be provided during the day or you may bring your own.

Note: Please be mindful that the White Tantric Yoga® space is limited; bring only what's listed above, and try to consolidate as much as possible.

Note: Photos and Videos are prohibited at White Tantric Yoga®. Photo/Video equipment is not allowed at the workshop.

WHITE TANTRIC YOGA®

SCHEDULE 2012

January

21 London, UK
28 Moscow, Russia

February

4 Hamburg, Germany
11 Stockholm, Sweden
18 Austin TX
25 Phoenix AZ

March

3 Oakland CA
10 Millis MA
18 Rome, Italy
24 Madrid, Spain
31 Los Angeles CA

April

7 Miami FL
14 New York NY
21 Chicago IL

May

5 Toronto, Canada
12 Portland OR
19 Mexico City, Mexico
26 Asuncion, Paraguay

June

19, 20, 21 *Summer Solstice*
Espanola NM

August

4, 5, 6
3HO Europe Yoga Festival
France

September

15 Guadalajara, Mexico
22 Sydney, Australia
29 Sao Paulo, Brazil

October

6 Montreal, Canada
13 Frankfurt, Germany
20 Knoxville TN
28 Milan, Italy

November

3 Herndon VA
10 Los Angeles CA
17 New York NY
24 Espanola NM

December

1 Vancouver, Canada
8 Buenos Aires, Argentina
21, 22, 23 *Winter Solstice*
Lake Wales FL