

# power in diversity

## kundalini yoga workshops with kartar singh



december 2, 2017

saturday, 10-12:30 pm  
2-4:30 pm

- \$60 by 11/22
- \$80 after 11/22

### about kartar

kartar is a certified kundalini yoga teacher and has been practicing and studying kundalini yoga since the early 70's. his greatest love in teaching is the kundalini yoga kriyas and classes of self empowerment and self realization. he is a level 1 and level 2 kundalini



yoga teacher trainer and was honored by the international kundalini yoga teachers association as teacher of the year in 2014.

 **yoga source**  
3122 west cary street suite 220  
richmond, va 23221

saturday, 10-12:30 pm

\$40

### power in diversity - thrive & lead in challenging times

the earth has changed one degree on its axis. it's magnetic field and its intersection with our magnetic fields is suddenly different. everywhere you look there is stress and the opportunity for misunderstanding; there are strident voices everywhere. yet, we intuitively grasp that we are one people. we suddenly have to walk a fine line between finding our own voice and honoring all other voices. patience, extreme listening skills, and the ability to communicate across gaps are at a premium. it is time to experience the power in diversity and to access the magic in polarity; a place where we are most likely not looking. it is retraining ourselves to look at things as this *and* that, rather than this *or* that. we will use powerful kriyas to enable ourselves to be guardian angels, lighthouses, and bridge builders to create our future together.

saturday, 2-4:30 pm

\$40

### meet the challenge outside, awaken to the magic inside

at a time when our future is increasingly unknowable and the age of acceleration is bringing us a tsunami of mega-information, globalization, and climate change, we are faced with the possibility of having to constantly reinvent ourselves. we need to be able to access, even on the fly, a space from which we can know. it is the powerful practice of kundalini yoga and high quality yogic information that can break this cycle and open the way to attract the keys to the future; and experience life as journey of the self. join us, bring your friends, tell everyone who is ready to do this work.

*open to all levels and yoga traditions. yoga alliance approved. community discounts available.*

**kartar is available for 30/60 minute private sessions on friday, 12/1. for all scheduling inquiries, contact him directly at: [kartar@kartarkhalsa.com](mailto:kartar@kartarkhalsa.com)**

register: [www.yogarichmond.com](http://www.yogarichmond.com)  
804-359-yoga (9642)