



2003 CALENDAR OF EVENTS

SOLSTICE SADHANA CELEBRATIONS 2003

Come to one of our Solstice Sadhana Celebrations and recharge your spiritual batteries. Nine full days of deep self-discovery and expansion within a spiritual community. Workshops, classes, daily group sadhana with music, mantra, meditation, and of course, Kundalini Yoga, the Yoga of Awareness! Release the burden of your subconscious mind during three days of White Tantra Yoga.

18TH ANNUAL INTERNATIONAL PEACE PRAYER DAY

Participate in a powerful interfaith celebration held in the Jemez Mountains high above Espanola, New Mexico. Program includes prayers and presentations for peace offered by interfaith groups, musicians, and humanitarians. Meet the 2003 Men and Women of Peace and the recipients of Peace Cereal Grants awarded to organizations and individuals working for a harmonious world. Enjoy live music, dancing, and an open-air bazaar. Experience the Sacred Healing walk, an ancient Native American practice honoring Mother Earth.

WOMEN'S CAMP

Yogi Bhaajan's technology for women offers an amazing wealth of knowledge for women of all walks of life. Women's Camp is a special program, designed by Yogi Bhaajan, to bring out the power and grace of a woman.

- Discover the art of conscious yogic living
- Tap into your creative source and recharge your systems
- Challenge yourself and develop your inner strength
- Reawaken your spirit in the community of your sisters

PREGNANCY TEACHER TRAINING

3HO WOMEN is happy to announce its first Pregnancy Teacher Training Course based on Yogi Bhaajan's Humanology teachings. This course will cover conscious conception, pregnancy, and birth. Our teachers offer international experience, natural birthing expertise, and updated medical perspectives. We recommend this course for women of any age who would like to teach pregnancy yoga, or are pregnant, or are planning on pregnancy in the future.

INDIA YATRA

This is a spiritual journey of self-transformation. India itself is a place that defies definition. Using daily Kundalini Yoga and meditation practices and invoking the inherent spirituality of the land, you will travel as a group through Northern India visiting ancient holy sites, the heart of which is the Golden Temple in Amritsar renowned for its healing power.

KUNDALINI YOGA TEACHER TRAINING

"MASTERS TOUCH" LEVEL ONE Designed by Yogi Bhaajan, Ph.D., Master of Kundalini Yoga, "Master's Touch" is the most comprehensive Kundalini Yoga teacher-training program available anywhere. The extensive curriculum covers all the basic technology needed to be able to teach yoga in this tradition.

"MASTERS TOUCH" LEVEL TWO This course delves into the different aspects of our relationships: our relationship to the self, our relationship to the Infinite, relationships of women to women, men to men, the polarities of men and women, and the student/teacher relationship.

KHALSA YOUTH CAMP

Khalisa Youth Camp is an outdoor adventure for youth 3 - 12 years. Campers live in tents or cabins, with early morning yoga, meditation/chanting and Gurdwara (Sikh devotional services). Daily hiking, martial arts, crafts, swimming, and other classes build confidence, and early development of leadership skills. Programs are available for one, two, or three weeks.

KHALSA TEEN WILDERNESS TOUR

Ten wonderful days of camping in the beautiful land of New Mexico and Colorado, including fun and strategic paintball games; the challenge and thrill of rock climbing; the exhilaration of speeding down single track on a mountain bike, and the grand vistas and heights of the Rocky Mountains. For girls and boys ages 13-18.

3HO, the Healthy Happy Holy Organization, is an international non-profit organization dedicated to developing individual excellence and serving humanity through the teachings, technology, and lifestyle of Kundalini Yoga as taught by Yogi Bhaajan, Ph.D.

Today, the 3HO Foundation has spread over the world across all political, social, and religious borders. 3HO offers Kundalini Yoga, meditation, and conscious living classes in every major city in the United States, Canada, Mexico, Central and South America, Europe, Africa, Australia, Russia, and Southeast Asia. The 3HO Foundation is a Non-Governmental Organization (NGO) of the United Nations with centers in 35 countries.

When Yogi Bhaajan, the Master of Kundalini Yoga, created the 3HO Foundation in 1969 he said his goal was to train teachers, not to gather disciples. 3HO now offers teacher-training courses in Kundalini Yoga throughout the world.



MASTERS TOUCH - LEVEL 2	MAY 10 - 16
JARJI COURSE	JUNE 16 - 18
KYTA TEACHERS CONFERENCE	JUNE 20
PEACE PRAYER DAY	JUNE 21
SUMMER SOLSTICE	JUNE 20 - JUNE 28
WOMEN'S CAMP	JUNE 29 - JULY 6
TEEN WILDERNESS TOUR	JUNE 29 - JULY 9
KHALSA YOUTH CAMP	JUNE 30 - JULY 20
PREGNANCY TEACHER TRAINING	JULY 6 - JULY 13
EUROPEAN YOGA FESTIVAL	JULY 31 - AUGUST 8
MASTERS TOUCH - LEVEL 1	AUGUST 17 - SEPT. 3
YOGI BHAJAN'S BIRTHDAY PARTY	AUGUST 30
WOMEN'S CAMP - GHOST RANCH	SEPTEMBER 21 - 27
INDIA YATRA	NOVEMBER
WINTER SOLSTICE	DECEMBER 19 - 25

INFO/REGISTRATION - WWW.3HO.ORG

CALL: 1-888-346-2420 or 505-753-4988 • FAX: 505-753-1999 • EMAIL: yogainfo@3ho.org • WRITE: PO Box 2337, Espanola, NM 87532