

warm Golden Milk, chatting with friends, and shopping. Evenings also delighted us with a potpourri of international talent, including a spirited belly dancer from Barcelona, a children's program, and an entrancing version of *Long Time Sun* by the Togo drummers. For three days, White Tantric Yoga dominated the Yoga Festival program, a major workout on all levels, especially the subtle.

The song that was played the most at the festival this year was written by Yogi Bhanjan, "*Let There Be Peace.*" On the final morning we heard it one last time, the words and tune lingering in the air and in our hearts, as another Yoga Festival drew to a close. ●●●

Sardar Singh has served as general coordinator for the European Yoga Festival for the past ten years. He resides near Oslo, Norway, where he teaches Kundalini Yoga and serves as programmer and technical consultant for a Norwegian energy company. In his free time he is an avid skier and Beethoven fan.

Log onto www.yogafestival.org for more photos and information about this international 3HO Event.



one student's story...

Nirankar Singh from London attended his first 3HO European Yoga Festival in 2004.

"I find my first opportunity to serve in the kitchen. Preparing for the evening meal we've got 300 kilograms (660 pounds) of onions to chop—plenty of time for singing mantras and learning how to say, "Thank You!" and "You're Welcome!" in five European languages.

I've been told that mental attitude is everything; if you tell yourself you can't do something, it's likely you won't be able to do it, and the opposite is also true. A long time ago I told myself that I could not do an hour of Sat Kriya, and on the first afternoon of White

Tantric Yoga we were given the opportunity to do just that. I'd like to say "I" got through it but I didn't. My hands stayed up and my navel pumped for an hour but it wasn't me that did it. I was busy resenting the whole situation. Something greater than me was in control.

We have such incredible potential. The festival is a microcosm of a yogic society; an opportunity to participate in the creation of something greater than ourselves, to give and share in a supportive environment, and to be inspired by a great wealth of experience and commitment freely given. It is clear that this festival is the seed of a hope for the future."