



Sierra Kundalini Yoga Women's Camp September 21-23, 2007



Once you have the spirit of Woman in you, nothing can touch you. The advantage of being a woman is living in the self because the nature of a woman is the entire Universal Nature. Mother Nature is at your beck and call. –Yogi Bhajan

Join fellow Yoginis in an inspirational Autumn Equinox celebration of nature's elements through exercise, meditation and chanting. Reconnect with the Tattvas of Mother earth, wind, water, fire, and sky, in the pristine natural environment on the peak of Donner Summit in the Sierra Nevada Mountains.

Highlights of Women's Camp 2007:

- ❖ Kundalini Yoga as taught by Yogi Bhajan
- ❖ Daily Sadhana
- ❖ Hiking & Outdoor Meditation
- ❖ Naad Yoga, Kirtan (Music) and Chanting
- ❖ 3HO Lifestyle & Teachings
- ❖ Yogi Bhajan's Lecture and Discussion
- ❖ Yogic wisdom for Women, including Pregnancy & Mothering
- ❖ Sat Nam Rasayan (the Healing Path of Kundalini Yoga)



Yogi Bhajan believed that through the empowerment and upliftment of women, the consciousness of the world would shift, bringing in the New Age of Aquarius. He created Women's Camp as a training place for women to secure their true power of the SELF. Women's Camp focuses on all the different aspects of a woman to create a WHOLE woman. visit www.3ho.org and click on "3HO Women" to learn more!

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REGISTER EARLY!
\$275 includes food, lodging, and classes

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