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understand THROUGH  
**COMPASSION,**  
OR YOU WILL MISUNDERSTAND  
THE **TIMES.**

YOGI BHAJAN

*Fourth Sutra for the Aquarian Age*

**SLOVENIAN KUNDALINI YOGA FESTIVAL 2018**  
**19–21 October 2018, Ljubljana**

## Friday, 19 October 2018

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17:00–17:20

**Opening of the Festival / Jaideep Kaur (Edita Kurent)**

17:30–19:45

**Expressing Compassion / Kundalini yoga / Prabunam Kaur (Anastasia Preložnik)**

When we see tears of someone facing pain and tragedy, and feel the pressure of their anger and despair, we ask ourselves how to act in a way that our compassion may support and elevate. Compassion does not mean giving advice, it does not mean giving help. Treat people at their level of consciousness.

20:00–21:00

**Evening of mantra chanting / Ana Rozman, Antonietta Pezzano, Urša Mužič and musicians**

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## Saturday, 20 October 2018

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5:00–7:30

**Sadhana for the Aquarian Age / Tomaž Žerovnik**

9:00–11:00

**Tuning to our original frequency and expressing compassion / Kundalini yoga / Dunia Mladenić**

Our electromagnetic fields vibrate at unique frequencies. Yogi Bhajan described two frequencies to consider in order to live in happiness and prosperity. The frequency reflecting the uniqueness of our soul, and the frequency of the rhythm of life. When we remove obstacles and tune into our original frequency, we make way for compassion to flow through us naturally.

11:30–13:30

**Compassion starts with self-compassion / Kundalini yoga & self-coaching / Adi Shakti Kaur (Suzana B. Agostini)**

Capacity to act compassionately means experiencing life and acting from an open heart. To be able to express compassion and be supportive, we are called to first develop positive self-attitude, a positive attitude to our own life. Positive self-attitude can be improved, changed and developed by practicing a combination of Kundalini yoga and simple self-coaching techniques introduced at the workshop.

12:30–13:30

**Sopurkh Workshop / Naad yoga / Prabunam Kaur (Anastasia Preložnik)**

Overlapping WS\*

Women chant Shabad Sopurkh as a prayer for their sons, their father, and husband. It also invites masculine energy into our lives.

13:45–14:45

**Lunch break**

15:00–17:00

**Don't diet, meditate: Secrets to good shape lie in self-compassion / Kundalini yoga / Pavan Atma Kaur (Maja Lešnik)**

Secrets to slimness lie in self-compassion and in directing our focus within, to our thoughts, feelings and tastes, aromas and food textures. How to awaken something so innate – but often forgotten? To awaken what brings peace and harmony, that which leads into light. The word »compassion« is becoming increasingly popular, while the practice of compassion dates back into antiquity. We will explain compassion and how it applies to yoga, correct self-attitude, attitude to food and lifestyle.

17:30–19:30

**Tides of passion / Shakti Dance®- the yoga of dance / Siri Amrit Kaur (Nataša Tovirac)**

In the heart of Shakti Dance® lies the practice that cultivates a free, organic and creative expression of our being through dance. Passion and dance are a fiery duo of each soul. The fire of life and vitality and gentleness and grace of water, bathe us by making us see our true inner beauty, and the balance we feel in equilibrium of high and low tides of our emotions through dancing. The power of the loving part of us enables us to blend with everything, fearlessly. With dancing, the natural Shakti flow runs through into a more conscious, loving and peaceful life.

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17:30–19:30  
Parallel WS\*

**Anti-stress yoga massage** / Kundalini yoga / *Shabadras Kaur (Marta Lovše)*  
Massage in pairs. Experience liberation from stress.

20:00–21:00

**Journey through compassion with Gongs** / Gongs / *Radha Jiwan Kaur (Tea Smonker)*

## Sunday, 21 October 2018

5:00–7:30

**Sadhana for the Aquarian Age** / *Katja Rostohar*

9:00–11:00

**Kundalini yoga WS for inquisitive and aspiring beginners** / Kundalini yoga / *Ram Pritam Kaur (Urša Mužič)*  
If kundalini yoga as taught by Yogi Bhajan is like an ocean or a universe, it is difficult to decide where to begin. As fresh Kundalini yoga teacher with daily practice I will guide you to the gateway into the science of Kundalini yoga by introducing the fundamental techniques and teachings of this ancient yogic technology. We will learn (about) kriyas and mantras that send us into wellbeing and remove numbness, exhaustion and dullness of the body and soul, and do meditations, pranayamas and mudras, excellent cleansers of our overburdened and overfilled sub consciousness and the unconscious, enabling us to act more consciously, creatively, lovingly and in devotion.

11:30–13:30

**I have self co-passion, therefore I dance** / Shakti Dance®- the yoga of dance / *Tarandeep Kaur (Ana Rozman)*  
In times when a lot is required from us on so many levels, self-compassion is key. Do I know how to rest when the body tells me it is tired? Do I know how to console myself when I ache? Am I able to forgive myself when I make a mistake? Dancing teaches me self-tenderness. It teaches me how to communicate with myself. The workshop is therefore dedicated to learning how to express self-compassion through dance.

11:30–13:30  
Parallel WS

**Feet as mirrors of our body and soul** / Reflex foot massage / *Gobind Hari Kaur (Ana Korošec)*  
In search of inner connections between body organs and feet points through intuitive foot massage. We will investigate how massage helps us come into deeper contact with ourselves, learn about the symbolism of the body and messages it is sending us, and how we can help ourselves when facing different health problems such as colds, weak immune system, and stress.

13:45–14:45

**Lunch break**

15:00–17:00

**Sat Nam Rasayan** / Kundalini yoga / *Sukhraj Kaur (Patricia Majer)*  
Sat Nam Rasayan is expression of compassion manifested though shunia. Nothing happens without shunia. With Yogi Bhajan's blessings, we may practice Sat Nam Rasayan without being in the state of shunia. We have the opportunity for gradual immersion into deeper meditation, while using the power of shunia for a healing process.

17:30

**Closing of the festival** / *Prabunam Kaur (Anastasia Preložnik)*

\*WS will be held if sufficient number of practitioners apply.



**Location:** Cityyoga center, address: Ulica Jožeta Jame 12, Ljubljana Šentvid, [www.cityyoga.org](http://www.cityyoga.org)

**Participation fee:** pre-registration until 30 Sept. 2018: **108 €** (free gift: book »Teachings of Yogi Bhajan«)  
From 1 October 2018: **125 €**, price for couples: **180 €**  
Price per workshop: **20 €**, gong bath: **10 €**  
Friday only: **25 €**, Saturday full day: **60 €**, Sunday full day: **50 €**

**Apply at:** [drustvo.kundalini@gmail.com](mailto:drustvo.kundalini@gmail.com), please insert subject: *'application for festival'*

**Payment:** to the bank account: ZDRUŽENJE UČITELJEV KUNDALINI JOGE SLOVENIJE  
address: Grošljeva ulica 8, 1000 Ljubljana, IBAN: **SI56 0510 0801 3157 751**, Abanka d. d.

**More info:** +386 41 874 301 (Marta)

*The organiser reserves the right to make changes to the programme*

[www.drustvo-kundalini.si](http://www.drustvo-kundalini.si)

