



“Artemis” watercolor by Lisa Hunt

Warrior Women’s Weekend

Saturday, August 21 – 8:30 a.m. – 4:30 p.m.
and Sunday, August 22 – 8:30 a.m. – 11:30 a.m.

To Register: **508-376-4525**

Join us for a celebration of the Feminine. Immerse yourself in the teachings in the company of women and discover something new. On Saturday rejuvenate with Kundalini Yoga as taught by Yogi Bhajan; expand your creative self through an art project; relax with meditation, the Gong, lunch and a mindfulness walk. Attend a Full Moon Gong meditation workshop that evening for a discounted fee of \$10. On Sunday we will rise during the ambrosial hours and participate in Sadhana with an option to participate in Gurdwara (Sikh worship) as the ashram concludes an Akhand Path (continuous reading of the Sikh scriptures) followed by a light breakfast. We will depart at 8:30 a.m. to reconnect with Mother Earth and our inner stillness as we share a hike and an optional swim (so bring your suits) with a closing circle. All are welcome to join the ashram for langar (vegetarian lunch) after.

Tuition is \$149 pre-registered by August 8 and \$165 thereafter and includes lunch on Saturday and a light breakfast served Sunday.

Facilitated by: Adi Shakti Kaur, Guruatma Kaur, Hari Dass Kaur
and Savitri Kaur



Location: Yoga at the Ashram
368 Village Street, Millis, MA 02054

Contact: **508-376-4525**
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