

# Sat Nam News

## January 2011

- ❖ *Happy New Year!*
- ❖ *Congratulations to all the graduating Teachers of Level 1 Teacher Training & Certification Programme who completed their last module in December (see photo below). We are excited about the many new teachers in Malaysia. Look out for more details on Level 1 teacher training for the later part of 2011 coming out soon.*
- ❖ *This month we have a special guest Siri Ram Singh from New York City coming to spend 6 weeks at Chayo Studio. He will teach Sat Nam Rasayan Healing, Kundalini Yoga, workshops, and community outreach programs. In January he will teach a Meditation Workshop and a 4 Week Sat Nam Rasayan course. This is the first time Sat Nam Rasayan will be taught at Chayo Studio!*
- ❖ *Gurusant from Germany returns from India to teach Module I Intro to the Gong: her 4 hour workshop on 15 Jan will give an overview of the history of the gong, gong meditation & relaxation, and opportunity to play it. Gurusant will also teach a weekly Gong Meditation & Relaxation class while Mark is away in India.*
- ❖ *Mark will be away until mid-February in India, doing his retreat in Ashtanga, so in January there will be a Gong Meditation & Relaxation class on Thu at 7.30 pm and the 9 am Saturday morning class will be cancelled.*

### JANUARY 2011 EVENTS

**15 Jan (Sat)**

**2 pm – 6 pm**

**Intro to the Gong Module I**

with Gurusant Kaur (Germany)

RM108/RM98 members



**26 Jan – 16 Feb (Wed)**

**7.30-8.45 pm 4 Weeks**

**Introduction to Sat Nam Rasayan**

**(Healing) 4 Week Course**

with Siri Ram (New York)

RM188/RM178 members

Dates: 26/1, 2/2, 9/2, 16/2

**29 Jan (Sat)**

**3.30-5.30 pm**

**Meditation & Shunia: Zeroing the Mind Workshop**

with Siri Ram (New York)

RM70/RM65 members



Chayo Studio Class of 2010  
Yoga Teacher Training Level 1

**“The greatest mantra of this age is keep up.”**

- Yogi Bhajan

### **FEB '11 UPCOMING...**

- ❖ Living Your Radiance Kundalini Yoga Workshop with Therapeutic Grade Essential Oil with Han Ni Choong (Kuldeep) from Penang; how essential Oils work in the yogi's life

### **MARCH UPCOMING...**

- ❖ Intensive with Sunder Singh Khalsa from USA 11-13 March at Chayo Studio
- ❖ Yoga Business Seminar with Sunder Singh Khalsa on 14 March