



KUNDALINI SURJHEE JAPA RETREAT

WITH JUGAT GURU SINGH KHALSA
17 - 22 JANUARY 2012

FRASER'S HILL, MALAYSIA

Jugat Guru Singh Khalsa and Chayo Studio Malaysia invites you to a Japa Retreat in Malaysia. We will be reciting this Sacred Shabad, Kundalini Surjhee, 11,000 times. The shabad is written in the Glory of Guru Ram Das Ji and this is the Shabad which gives you the state of Consciousness of Raj Yog. This recitation gives the practitioner an understanding and experience of the flow of Raj Yog and Kundalini Energy. The Recitation of this Shabad has a deeply Rejuvenating Effect on the body through toning the inner organs of the Body.

This Japa (recitation) retreat is a deep blessing and opportunity for everyone who wants to take his yoga, spiritual and meditation practice to a new level of depth and perfection.

About Singh Sahib Jugat Guru Singh Khalsa
SS Jugat Guru Singh Khalsa is the Principal of Miri Piri Academy and part of Chardikala Jatha of Amritsar. Guru Dev Singh Khalsa, internationally renowned healer and yogi, has mentored Jugat Guru Singh Khalsa for many years as a sevadar for the Re Man Eh Bidh Yog Kamao recitation in India. This will be the second time he has led the Kundalini Surjhee meditation in Malaysia.

"Now this thing I am telling you is very important. If you recite it fixing your optical nerve gaze on the tip of your nose and repeat the shabad at the third eye point - between the eye brows and root of the nose - it will give you an experience. It is a meditative key of the entire Kundalini yoga." -Yogi Bhajan

Location: Shazhan Inn, Fraser's Hill (Pahang)
Bus leaves from Chayo Cafe at 11.30 on the 17 January and will return approx. 3pm on the 22 January.

Cost: 1300RM

Includes: deep meditation experience, twin share accommodation, meals, bus transport to and from the venue.

Please book your place before 18 December 2011 - Places are limited so book early to avoid disappointment. Last year we had yogis from Australia, Singapore, Malaysia, India and USA attend this powerful retreat.

Please go to the website www.chayostudio.com.my and download an application form to accompany your payment.

FOR BOOKINGS AND INFORMATION CHAYO STUDIO
JALAN SS6/14 KELANA JAYA (OPP GIANT)PETALING JAYA
+603 78062035 OR +60166764862 (RAJVEER)
INFO@CHAYOSTUDIO.COM.MY EMAIL
WWW.CHAYOSTUDIO.COM.MY

