

THURSDAY 24th OCT

3pm - Arrivals. Check In. Catch up and connect.

630-730pm - DINNER

8-930pm – Day 39 Festival Meditation with LIVE NAAD SESSION

with Deg Satya, Jap Singh, Manshant Kaur, Jatinder Singh, Taranpreet Singh & Damanjit Singh and more

FRIDAY 25th

500 -730am - LIVE SADHANA

730- 800am - Ardas & Hukam

8-930am BREAKFAST

10-1130am- TEACHERS MEETING

10-12am - INTRODUCTION TO KUNDALINI YOGA, FESTIVAL & 40th Day Meditation

with Kamalpreet

Join Kamalpreet from Thailand/Germany for an introductory workshop on the basics of Kundalini Yoga, designed to enrich your festival experience. Yogi Bhajan, who introduced Kundalini Yoga to the West, once said, “Experience is going directly into your heart.” This means you don’t need to understand everything intellectually—just stay open and embrace the science of Kundalini Yoga as it unfolds. Simply be present and trust the process.

This workshop is a wonderful opportunity to meet and connect with your lovely community. Together, we will explore our true selves within a Kriya to awaken intuition and illuminate the light within our souls. Let’s share this radiance with everyone and become witnesses to the beauty and truth that exists within us all. Exactly a great foundation to end this session with the Festival Meditation, “Recognize the other is you“

12- 130pm - LUNCH

2-330pm - NATURE WALK - THE ART OF DEEPLY LISTENING – Dadirri and Suniai

with Devpreet, Kiran Jot, Metab Suroop

In Aboriginal culture, the idea of spirituality is not limited to just human beings but includes all living beings and even non-living things like rocks, mountains, and rivers. This perspective emphasizes the importance of harmony and balance between all parts of creation, as they are all connected and dependent on each other. Our greatest learning happens when we take ourselves into the bush and spend time with our family. When we still ourselves and sit quietly, we are given more knowledge—conscious and unconscious—than we ever thought possible.

The Aboriginal people call this Dadirri; in Kundalini, we say Suniai. They both mean the same thing: deeply listening. The art of deeply listening is a state of being. It is a state in which we are fully awake and tune into the myriad of sensory inputs, allowing us to spontaneously act in harmony with the very flow of life in each moment.

Join the festival's first nature walk to experience this wisdom. What a beautiful way to start your festival experience! As we walk together, we’ll immerse ourselves in the sights and sounds of the environment,

fostering a deeper connection to the land and each other. By embracing this practice of deep listening, we not only honour the teachings of those who came before us but also cultivate a sense of peace and awareness that enriches our journey through the festival and beyond.

4-5pm - WELCOME TO COUNTRY

with Local Aboriginal Elders

5- 6pm - OFFICAL FESTIVAL OPENING / RECOGNISE THE OTHER IS YOU

with Devpreet, Mahanraj, Siri Bhagvati & Musicians

630- 8pm DINNER

830 – 10pm - FRIDAY NIGHT WORKSHOPS

AWAKEN THE INNER HEALER WITHIN / Sat Nam Rasayan / Experience Shuniya-Zero Point

with Guru Devi

In Sanskrit “Sat Nam Rasayan” SNR means “deep relaxation in the Divine Name” or “oneself rising to the essence of True Identity” (Sat Nam). SNR is a traditional art of healing exclusively based on self-awareness. The specific aspect of self-awareness, which is the fundamental principle of SNR is the capacity to feel then heal, through the projective neutral mind. Those who ask to be healed can experience the natural meditative mind of a yogi and achieve the possibility to enhance one’s own meditative space and the ability to contain what happens.

The origins of this ancient technique which has been transmitted for centuries in silence from master to disciple, are unknown. What we do know, is it was directly given to Gur Dev Singh from Master Yogi Bhajan in the late 1970’s.

Join Guru Devi as she guides and encourages you to remember your own inherent healing power, so you can be a part of the global shift of reawakening to help self and heal the people of the world.

Collaborators / Gopalpreet & Teg Sundri

SHAKTI RISING / Reflections: One Heart, Many Mirrors

with Prema

A transformative cacao ceremony designed to foster deep heart connections and self-awareness. Central to this gathering is the sacred cacao, a plant medicine revered for its heart-opening properties.

Participants will be guided through a series of introspective and communal practices, allowing the cacao to work its magic.

This cacao ceremony features live music, creating a rich, immersive soundscape that enhances the journey. Through call and response songs, we create a sense of unity and collective resonance. These interactive songs serve as a mirror, reflecting our innermost emotions and thoughts, and creating a harmonious community atmosphere.

Heart connection processes are interwoven throughout the ceremony, offering moments of deep personal reflection and shared vulnerability. Participants will be guided to see their own hearts reflected in the eyes of others, experiencing profound insights and emotional connections. This sacred witnessing helps dismantle barriers, revealing the common humanity and shared love within the group.

One Heart, Many Mirrors is more than just a ceremony; it is a journey into the depths of the soul, where the boundaries between self and other dissolve, and where every heart beats as one.

Collaborator's & musicians : Anatelyah - Jai Satya , Shunya Bell.

SATURDAY 26th Oct

5 – 730am - LIVE SADHANA
730 – 8am - Ardas & Hukam

8-930am BREAKFAST

10-1145am - WORKSHOPS

EMBARCE GRACE: A JOURNEY TO SELF AWARENESS
with Mahanraj

In this workshop Mahanraj invites you to explore the profound connections we share, embracing both the light and shadow within ourselves. Through a dynamic Kundalini yoga practice—whether you're a newcomer or a seasoned practitioner—encouraging you to deepen your self-awareness and strengthen your connection to the world around you.

As you embark on this journey toward recognizing the oneness that binds us all, you'll learn to see others' behaviours as reflections of their relationship with themselves. This awareness empowers you to respond with grace and authenticity. Together, we'll explore how to live from the heart centre, fostering tolerance and building deeper connections within our community. Join Mahanraj to embrace the grace of self-acceptance and interconnectedness!

THE GROUNDED, LOVING, STEADY SELF
with Siri Bhagvati

Join Billie / Siri Bhagvati for a transformative session where we'll explore connecting with our bodies through tenderness and self-care. This workshop will guide you in creating signals of safety, allowing you to experience a profound sense of presence with all aspects of your Self and opening to self-compassion and healing. We'll incorporate grounding mudras, breathwork, movement, and mantras focused on the heart. By connecting with our grounded, loving, and steady Self, we reconnect with truth, trust, and flow.

12-130pm LUNCH

2-330pm - AFTERNOON WORKSHOPS

THE LOTUS OF THE HEART in MINE & THINE
with Manshant Kaur & Musicians

Using potent Venus kriyas, movement and live music chanting, the Heart Centre opens. Join hearts and hands, and hands and hearts, to uplift yourself and each other in a beautiful expression of the transformative power of yoga for connection.

Musicians : Jatinder Singh (tabla) & Jap Singh (acoustic guitar & voice)

MEN'S SHED - Beyond Me (For all those who identify as male)

Explore the tools of kundalini yoga to mindfully pause and evaluate observed social behaviours, chaos, and crisis. To be delivered from incomprehension to understanding that there is a world beyond you. A world in which you can be in the change.

Get a PLAN B. Transform ME to WE.

430- 6pm - SATURDAY AFTERNOON WORKSHOPS CONT.

Self-regulate to Co- regulate. How to stop Self Abandoning in our Longing to Belong

with Har Kiret

You've heard of the fight and flight reflexes, but what about flop and fake?

Flop and fake (also known as fawn) are two of the other responses in the polyvagal system, a theory about how our nervous systems adapt to stress and the environment.

Fake/fawn is a people-pleasing response, and flop means you just lie there unable to drum up motivation.

Moving from patterns of protection into patterns of connection

If we can recognise our internal states, then we can support ourselves accordingly. We can take action to get back to an emotionally regulated place (feeling grounded, connected to our highest self, open-hearted, and relational.)

Moving up the poly-vagal ladder (vagus nerve) we will learn to inhabit the felt sense of your body, a doorway into presence and opens the door of compassion to ourselves and others.

ASANDANCE – Landscape of the heart

with Jap Singh & Musicians

Open up to the vast landscape of the heart. A class where we move, we vibrate and sing. Asanadance is a unique technique which integrates yoga asanas, mantras, relaxation and meditation in an holistic and profound practice. Live the joyful experience of aligning yourself with your pulse, the pulse of others and the cosmos, to end immersed in the frequency of the Naad.

Collaborator/ Jatinder / Manshant & Musicians

CELESTIAL COMMUNICATION & VENUS KRIYA - Connection, Mantra, and Moving Meditation

with Kylie White Snake

You will explore moving meditation listening, vibrating, and expressing mantra with mudras and movement. The movements use the upper body, focusing on the heart, throat, third eye and crown chakras. Anyone can practice these enjoyable meditations and they are beautiful to practice solo and with a partner. We will practice meditations both ways.

GUIDING THE SACREDNESS OF SADHANA AND PRAYER / ARDAS and HUKAM

with Jai Inder & Jai Ram

Join Jai Inder and Jai Ram as they guide and educate on the stages of Aquarian Sadhana and the importance of the Ardas and Hukam. Encompassing recitation of Japji, the song of the soul, kriya for the body and animal aspect where Kundalini sleeps, mantra meditation for the human aspect where our voices and auras are blended as one, and prayer for the subtle body and our angelic aspect, the **Aquarian Sadhana** provides a practice sequence where clarity and purification arrive beyond kriya, mantra meditation, and the supportive weaving of Ardas (prayer).

It is in the arrival of this receptive stage of the practice sequence where wisdom is revealed, where our prayer carries the highest path sealed with a **Hukam** (a Shabd/ hymn verse reading of the Siri Guru Granth Sahib) to carry us throughout our day, and to guide our journey beyond.

Bani Guru Guru Hai Bani Vich Bani Amrit Sare. The word, the Bani, is Guru, and Guru is the Bani; within the Bani, the Ambrosial Nectar is contained.

630-730pm DINNER

SATURDAY EVENING WORKSHOPS

8-9pm - OPEN MIC NIGHT

"An exciting first for this year's Kundalini Yoga Festival – an open mic hour on Saturday the 26th October between 8pm-9pm.

Hosted by **Deg Satya**, the open mic hour is the perfect platform to express yourself freely and joyously in a warm, welcoming, and spiritual space. Would you like to sing, play an instrument, share a short story, or perform a dance? Whatever you choose to share, your art can inspire others, elevate our collective experience, and make a wonderful contribution to the festival's joyful and transformative atmosphere. We invite you to share your love of music, song, or dance with us at our Festival.

To sign up for the open mic hour all you need to do is sign up when you arrive and register at the festival or during the Festival at TBAR. **Please note that registrations will close at 5pm on Saturday the 26th October** and each offering is a maximum of 10 minutes. If you have any questions or would like to register before the festival begins, please contact Deg Satya at brendalee_r@hotmail.com or come up and introduce yourself to me at the festival. We are so excited to share this very special space together."

8-10pm - JAPA - What Four?

with Linda, Liz, Sharon & Yasmin

We are four Kundalini Yoga teachers who came together in 2022 to raise some good juju on planet Earth. This involves chanting mantras with intention for 2.5 hours during significant astrological and energetic portals.

Drawing from the ecstatic roots of Kundalini Yoga and the elements of nature we have been creating deeper connections with ourselves, each other, Earth, and cosmos. In this time of transition, we are committed to finding new ways of leaning into life as we walk the path of unknowing. We have been exploring what it means to come together in circle through earth-based ceremonies and practices that bring our hearts and minds together as one.

Jap means repetition. Japa is the repetition of sacred mantras. The repetitions create psychic heat which has the power to transmute karmic and ancestral patterns. We continue to experience the power and mystery of the Japa Ceremony as a key to collective healing, transformation, and upliftment.

For the past two years we have been chanting with an online community and during our bi-yearly gatherings on the land and we now feel called to share the Japa with you.

Prepare for Transmutation!

9-10pm - NURTURE and NOURISH YOUR SOUL – Sound Bath

with Tej Sundri & Guru Devi

We, living organisms, receive sound vibrations throughout our bodies. Sound is the "nourishment" we need to live. However, in modern society, we are surrounded by artificial sounds and vibrations, which can lead to physical and mental disorders. Natural overtones calm the sympathetic nervous system, activate the parasympathetic nervous system, regulate the nervous system, activate the brain, relieve tension, and improve blood flow, among many other benefits.

Sound baths increase awareness of the mind-body connection and reduce the production of the stress hormone cortisol. This reduces stress, relaxes the body and mind, and can also help to further enhance creative energy.

SUNDAY 27th Oct

5-730am - LIVE SADHANA
730-8am - Ardas & Hukam

8-930am BREAKFAST

830-930am / JAPA INTEGRATION SESSION
with Shazza and crew

The Japa ceremony builds a lot of energy and has the potential to create all kinds of movement on physical, emotional, mental, and spiritual levels. This session is designed to create a gentle connective container to process the experience.

10-1145 am - SUNDAY MORNING WORKSHOPS

SEXUALITY, SENSUALITY SENSITIVITY & SPIRITUALITY
with Jai Inder and Jai Ram

Life is a love story, a romance with the divine, the One, fuelled by the urge to merge. On the spiritual path, sexual energy is often either denied or over-emphasised. What is a healthy relationship with this energy and how can it serve us in our relationship with ourselves, with others and with the divine?

- 2- Sexuality - Passion is the roots of all life and creativity
- 5- Sensuality - Sensory awareness facilitates the experience of relationship
- 8- Sensitivity – Allows refinement and experience of the subtle domains
- 11- Spirituality - Realigns us with our original nature of God and me me and God are one

This workshop includes teachings from Karam Kriya numerology, discussion, and personal experience through Kundalini Yoga & meditation. A workshop where the wisdom of numbers illuminates the teachings of Kundalini Yoga.

CULTIVATING AN INTUITIVE HEART - In the space of love all is possible.
with Devpreet & Musicians

We live in a world of polarities and use our mind to decide what's black and white, gay and straight, saint and sinner, right and wrong. When the 'wrong' becomes unbearable, it hurts. To stay safe, we armour our hearts in an attempt to survive as separate entity. We stop our hearts from getting involved, we worry we won't have enough, we save it for home, and this creates more separation and fear.

Yet within us lies a deeper wisdom, *the intuitive heart*, a realm that transcends finite self and takes us to infinite Self. The intuitive heart is where the quality of love always exists, allows us to feel it, to heal it. In this workshop, we will cultivate our intuitive hearts, together in love.

12-1230pm - CLOSING CEREMONY

With Devpreet, Jap Singh, Musicians, & everyone

Come together as ONE to dance, to sing and send healing to self and all.

EXTRA FESTIVAL OFFERINGS

SAT NAM RASYAN ONE ON ONES

with Guru Devi, Gopalpreet, and Tej Sundri

“Sat Nam Rasayan is the healing modality of Kundalini Yoga. Guru Devi, Annie and Robbie will be offering one on one 20min healings at the festival. We are not trying to diagnose, rather through ‘deep relaxation in the true identity’ we make space for healing to occur.

If you’d like to receive a healing or experience SNR please book at the time you arrive and register.

Sessions are by donation - \$20minimum. Cash preferred.

Times will be available from lunch time Friday and all day Saturday.

KARAM KRIYA ONE ON ONES

with Jai Ram & Jai Inder & supported by Kamalpreet

A Karam Kriya consultation offers an opportunity to bring conscious choice to the way that you as a soul are passing through time and space and to negotiate changes that serve the unfolding of your potential. “Kriya” is a completing action and “Karam” is the hidden kindness of the karma of the repeating patterns of your life which, when exhausted and transformed to dharma, can help deliver you into the fulfilment of your destiny.

To truly utilise the potential of the meeting for yourself, come to a consultation with a specific question or issue you would like to address.

Consultants: Jai Inder Kaur and Jai Ram Kaur have both been students of Karam Kriya founder Shiv Charan Singh for many years and are experienced trainers and consultants in this approach.

SADHANA

Sadhana is a sacred time to connect with the self, to experience what is present, whether it is joy, expansion, sadness or density. It is an opportunity to clear the body from accumulated toxins and the mind from psychological clutter to allow spaciousness, clarity and lightness to emerge.

The morning Sadhana runs for 2.5 hours. During this time, you will be guided through the Jajji (morning prayer), a kriya (set of exercises and postures) and the Aquarian Mantras (chanting vibrational frequencies for the age we are in). Participating in a community Sadhana creates a supportive space for one another to keep up with the practice and amplifies the energetic impact of the kriya and mantras. Whether you are a beginner, intermediate or advanced yogi the morning Sadhana is a place for everyone to go on their journey of connecting to the higher self.

HUKAM MEANING

Hukamnama Sahib / Hukam is the message from the Divine, passed from the 11th Guru (the Siri Guru Granth Sahib), and condensed into the consciousness of the group through their connection to the One in themselves. The Siri Guru Granth Sahib contains teachings for every aspect of and combination of the human psyche and condition. It is delivered in the form of the words of bhagats and sages of Hindu, Muslim traditions, and the 10 Sikh Gurus. The command, or Hukam, is the way the sanghat receives daily messages from the Infinite and is a sacred act itself. In the Kundalini Yoga tradition, it is given after sadhana. In Sikhism, it is delivered in the Amrit Vela each day.

ARDAS MEANING

Ardas is a prayer. It is a petition of remembrance of the Soul before the One. It is a way to remember those who sacrificed their lives, stood firm in times of darkness, to deliver and protect the teachings of higher consciousness. It is a prayer for the total wellbeing of the sanghat, and to offer thanks to the Universal Spirit for the gift of these tools and way of life. We also offer prayer for those who have none to rely on, who are ill, who need comfort- we can give their names to the organiser of the sadhana space to be included in our collective prayer each morning.