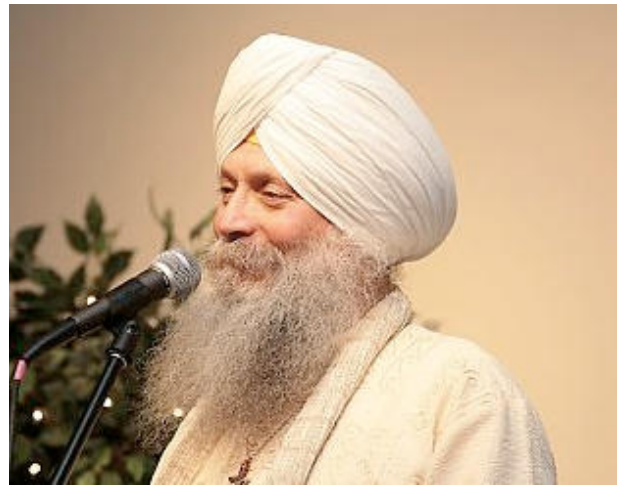


Self Worth Kundalini Yoga Weekend Workshop With Sat Santokh

Healing the Wounds of Life

7 PM, Friday, May 15
through
4 PM, Sunday, May 17
Hargobind Sadan Ashram
San Leandro, California



Please note special reduced rate for this workshop. The usual cost for these workshops is \$300 (if paid in advance), however, as the process part of these workshops will be led by teachers that Sat Santokh has been training for the past year, rather than Sat Santokh, the cost for this workshop will be \$200, if paid by May 1st, after which it will be \$225.

Virtually all of us have been wounded, whether it was once or twice, occasionally, or regularly. For most of us, these wounds impact our lives in profound and subtle ways. We want to live our lives as radiant examples of how to live on the planet. We want to become aware of, and develop an ongoing connection with our higher selves. But we find that we are blocked by fears of lack of self worth. Sometimes we try to prove we are worthy, but nothing ever seems to be enough.

Sat Santokh is a leader in the field of transformational social change workshops, and the application of yogic technology to living in the world while caring about it deeply. A former manager of the Grateful Dead, he is the senior Kundalini Yoga teacher in the San Francisco Bay Area. After leading workshops for over thirty-five years, he has spent the last ten years working on developing an understanding of the nature of self worth issues and how to effectively address them.

Tools and Techniques - In the Self Worth Workshop, we will develop tools and techniques based on Kundalini Yoga to deal with:

- Feelings of self-doubt and "not good enough"
- Questioning whether you have something to offer that could contribute to or be an example to others
- Seeing a clear goal or vision for your life but fearing that you will not be able to manifest it,
- Comparing yourself with others and their achievements -
- Competition
- Basing your self-worth on achievements

The Process: In this workshop, you will be able to:

- Acknowledge the wounds and scars you have received to your sense of self
- Identify the resulting impact on your life
- Become clear on what negative self images you are carrying
- Release these negative self-images

You will leave with a:

- Clear vision of yourself as a healthy worthy human being
- Regular daily practice to help maintain that image
- A community through which to give and receive support

Training in Leading Self Worth Workshops – For those who wish to learn how to lead Self Worth workshops, this workshop would become the first in a series of three, in which you will learn how to lead these Self Worth Workshops on your own or in teams. For more information about these trainings, please see: www.satsantokh.com

Cost: \$200, if pre-registered by May 1st, \$225 afterwards, and at the door – includes room and board at the ashram. Work exchange or sliding scale may be available, depending on the situation. Check with Sat Santokh

To register, send check made to: SS Khalsa, 421 Sybil Ave, San Leandro, CA 94577, or, to register via credit card (small extra charge), see: www.satsantokh.com

Location: Hargobind Sadan (the ashram) at 421 Sybil in San Leandro

For further information, Ravi Har Kaur, selfworthworkshops@gmail.com, 510 688-1508