

# WHITE TANTRIC YOGA®

A one-day  
meditation  
workshop



## Munich: Sa 10.10.2009

Bürgerhaus Garching, Rathausplatz 3, 85748 Garching

09:00 until about 19:00 – access at 08:30

Your registration helps us to organize

Hamburg 06.02.2010 Saseler Parkweg 3

Frankfurt 09.10.2010 Siegener Str. 22

### White Tantric Yoga Meditation

Our minds release 1000 thoughts per wink of an eye. Some of these thoughts get lost in the unconscious, and some get stuck in the subconscious and affect the conscious mind. These thoughts become feelings, emotions, desires, multi-realities of fantasies. Instead of mastering our mind, often our minds and thoughts direct us, which can cause impulsive decisions, poor communication and self-imposed stress. White Tantric Yoga enables you to break through these subconscious blocks, so you can have a more joyful life. In the shortest time you can experience release from a lot of the burden you carry in your mind. Your mind, body and soul act together as one. This is the path to your freedom, awareness and success.

### The course

White Tantric Yoga is done in pairs as a group meditation. You sit facing a partner and follow instructions for meditations given on videotape by the Mahan Tantric Yogi Bhajan.

A representative of the Mahan Tantric will be present to facilitate White Tantric Yoga.

Each workshop consists of six, seven or eight kriyas. A kriya is a meditation with

\* a yoga posture (asana) \* a breath technique (pranayama) \* a mental focus

\* a hand position (mudra) \* and/or a mantra

These kriyas vary in length from 31 to 62 minutes, with breaks between the kriyas.

The environment is peaceful, the atmosphere is friendly, supportive and uplifting.

A tasty vegetarian lunch with a tantraburger is provided.

### How it works

Envision the energy of the universe as both parallel and perpendicular in nature, like a cloth woven together. As a cloth becomes stronger, when it is stretched on the diagonal, so is the diagonal or „Z“ energy of the White Tantric Yoga stronger. This energy cuts through blocks in the subconscious mind, when directed by the Mahan Tantric. Using the diagonal energy, Yogi Bhajan connects his subtle body to the subtle bodies of the participants through the course facilitator. This works the same way as a worldwide telephone system that relies on satellites and electromagnetic energy in order to connect two partners.

White Tantric Yoga is part of a spiritual discipline and should not be confused with black or red Tantra.

### Who can participate?

There are no prerequisites for participating in White Tantric Yoga. Beginners will tune into their internal energies and enjoy a deep and sometimes challenging meditative experience.

More advanced meditation practitioners will deepen their experience and make new inroads to their spiritual awareness.

*„White Tantric Yoga brings me face to face with my essence, opens my heart to worlds that I could not feel, and to visions my eyes can't see.*

GK, Cambridge

*„White Tantric Yoga was amazing and profoundly affected me. I do indeed feel quite different, and amazing things, both subtle and ground, have continually been happening. My mind seems clearer and my elevated spirit is maintaining. My experience since that day has cemented my resolve to continue to make Kundalini Yoga and White Tantric Yoga a part of my life forever.“*

CM, New York

*„There were so many stories about the intensity and lengths of the meditations. I had a lot of fear as to whether I would be able to keep up. It turned out to be one of the best experiences of my life. The group energy helped me through the challenges. Can't wait to do another.“*

DM, Los Angeles



### The Mahan Tantric

Yogi Bhajan became master of Kundalini Yoga at the age of 16. In 1968 he came from India to the West. The authority to be the Mahan Tantric was bestowed on him in 1971. The practice of White Tantric Yoga, like most secret Eastern wisdom, had previously been a tradition passed on from teacher to student in a mystical and selective way. As a pioneer of this age, Yogi Bhajan decided to open the experience of White Tantric Yoga to anyone who wanted to commit to the discipline. In 1971 was White Tantric Yoga for the first time in history taught publicly.

Until 1986, Yogi Bhajan traveled throughout the world presenting as many as thirty workshops each year to thousands of students. In 1987, using his unique abilities as a Master, he began to present White Tantric Yoga as a video-taped series which has the same effect as when he was physically present. This has also proven true after October 2004 by thousands of students.

*„Individual consciousness will refine you, group consciousness will expand you, and universal consciousness will redeem you to infinity.“*

Yogi Bhajan

[whitetantricyoga.com](http://whitetantricyoga.com)



## WHITE TANTRIC WORLDWIDE 2009

### June

05 Tel Aviv

23-25 Summer Solstice

Espanola NM

### August

European Yoga Festival  
01-03. Mur de Sologne

### September

12 Belo Horizonte, Brazil

19 Guadalajara, Mexico

### October

03 Knoxville TN

10 Munich

17 Herndon VA

24 Minneapolis

### November

01 Milano

07 New York NY

14 Los Angeles CA

21 Vancouver, Canada

28 Espanola NM

### December

05 Santiago, Chile

21-23. Winter Solstice  
Lake Wales FL

### 2010

### February

06 Hamburg

### July

European Yoga Festival  
Mur de Sologne

### October

09 Frankfurt

### The preparation

Wear loose comfortable white clothing and a white head covering to protect you and to magnify your experience. Please bring a blanket or sheepskin or a pillow to sit comfortably on the wood floor. Water for the cleansing process will be provided – you can also bring your own water bottle .

### White Tantric Warmup / White Tantric Yoga / Final meeting

**Friday, October 9th 2009:** 18:30 - 20:30 , White Tantric Warmup with Venus Kriyas (exercises similar to Tantric ). Everyone, who is interested, is welcome.  
location : Kundalini Yoga center, Kaiserstraße 13, 80801 Munich, Info: [www.k-yoga.de](http://www.k-yoga.de),

**Saturday, October 10th 2009:** 9:00 – until about 19:00 , White Tantric Yoga  
location : Bürgerhaus Garching, Rathausplatz 3, 85748 Garching at Munich  
Please be there 30 minutes before the start for the warmup exercises.

**Sunday, October 11th 2009:** 10:00 Uhr, final White Tantric Yoga meeting with the White Tantric Yoga facilitator.  
location :Kundalini Yoga center, Kaiserstraße 13, 80801 Munich, Info: [www.k-yoga.de](http://www.k-yoga.de)

### Prices for the White Tantric Yoga Workshop

Euro 120,- (regular price)  
Euro 110,- (reduced for 3HO and / or Kundalini Yoga center Munich members)  
Euro 90,- (students & participants without work)  
Euro 160,- (married couples)

ONLY CASH PAYMENT IS POSSIBLE. **Please bring your 3HO- or Kundalini Yoga center Munich membership cards for the reduced price !** The price includes the White Tantric Warmup evening, a tasty vegetarian lunch and the final meeting.

### Location of White Tantric Yoga 10.10.2009

**Bürgerhaus Garching, Rathausplatz 3, 85748 Garching at Munich**  
U-Bahn U6 - stop Garching (not Garching Hochbrück or Forschungszentrum)  
by car: see map at [www.k-yoga.de](http://www.k-yoga.de) or [www.kundalini-yoga-muenchen.de](http://www.kundalini-yoga-muenchen.de)

### Information and registration : We look forward to welcome you

3 H Organisation Germany – Kundalini Yoga Munich,  
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