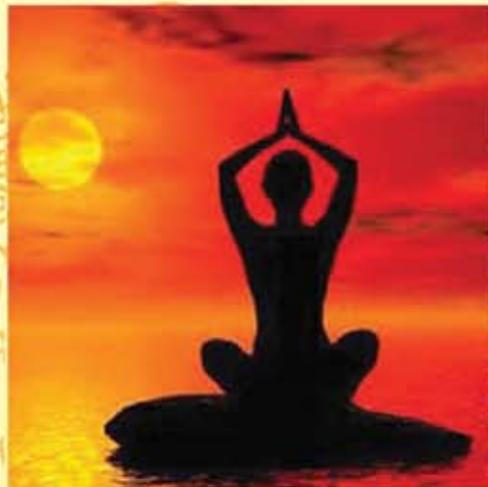


Morning Sadhana



**Sunday February 1, 5:00am-7:30am
with Kartar Khalsa & Haridev Kaur**

In the early morning hours there is great potential to uplift the Self and find our inner light and intuition through meditation. As the cold of winter has begun to settle within us, join us on Sunday, February 1 at 5am for 2.5 hours of what has been called the mother of all kriyas, So Darshan Chakra Kriya.

Find your light within and let it warm you through this powerful practice.

So Darshan Chakra Kriya provides multidimensional benefits to those who practice it. It helps build the intuitive self and cut through all barriers within. It helps to clear the trash out of the subconscious while using the Kundalini to provide the necessary vitality to combat the negative effects of the subconscious mind. Kartar Singh and Haridev Kaur will lead the group in some warmups before starting this powerful practice for 2.5 hours.

Venture out in the quiet cold early morning hours to the light and warmth of community to engage in this powerful revitalizing practice.

FREE Community Event