



## HEALING THE WOUNDS OF LIFE Workshop

11.05.-13.05.2012

AMAR DAS Kundaliniyoga Zentrum

„Virtually, all of us have been wounded (physically, emotionally, on an energetic level), 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, however, we find that we are blocked by fears and lack of self worth. Sometimes we try to prove we are worthy, but nothing ever seems to be enough.“ *(Sat Santokh Singh Khalsa)*

Sat Santokh is a leader in the field of transformational social change workshops and the application of yogic technology into living in the world while caring about it deeply. Being the former manager of the band „Grateful Dead“, he is now a 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.

### **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
- \* Begin the process of releasing and healing these negative self-images
- \* Learn how to begin to trust and open yourself to the flow of life's abundance
- \* Develop a vision of yourself as a healthy worthy human being- open to receiving life's abundance

### **Workshop Details:**

**-OPEN for everybody who is interested-**

#### Timing:

Fr 11.05.2012: 7pm-9.30pm

Sa 12.05.2012: 9am-6pm

So 03.05.2012: 9am-4pm

#### Costs:

295 Euro (Pre-registration Price, if pre-registered and payed by April 30th)

320 Euro (if registered and payed after April 30)

#### Payment transfer:

Erste Bank; BLZ 20111; Kontonummer: 28347456900

Dr. Daniela Häusler; Verwendungszweck „Sat Santokh 0512“

#### Location:

AMAR DAS Kundaliniyoga Zentrum

Kleine Stadtgutgasse 3/Eingang Ecke Aloisgasse

1020 Wien (U1, U2, oder Schnellbahn: PRATERSTERN, Ausgang Heinestrasse)

*Registration and Infos:* Japmeet Kaur (Daniela Häusler) [daniela.haeusler@meduniwien.ac.at](mailto:daniela.haeusler@meduniwien.ac.at); 0043-676-5588993