

Portland Workshops with Shakta

August 23-25, 2019



Local Host Guru Surya Kaur | 541-510-1754 | GuruSuryaKaur@gmail.com

Friday August 23

5:30 pm to 6:30 pm - Sacred mantra chant *Guru Guru Wahe Guru* (no charge)

7:00 pm to 8:30 pm - Healing Power of Gong and Mantra

Out of the Gong came all music, all sounds and all words. The Gong impacts the body by releasing blocks, reducing tension and stimulating circulation. Your mind will have no defense to the Gong after 90 seconds!

Location: 7700 NE Alameda, Portland, 97213. \$20 in advance / \$25 at the door.

Saturday August 24

10:00 am - 11:30 am

Breathwalk with Shakta

Many wisdom traditions use walking as a meditation to calm the mind, connect to nature and for healing. Learn how to shift from '*Simple Anxiety to Inner Calm*' with just one Breathwalk!

Location: Laurelhurst Park - SE Oak St & SE 35th Ave Entrance. Sidewalk chalk guides you to our meeting spot! \$20 a single Breathwalk / \$30 for two (Sunday)

Sunday August 25

10:00 am - 11:30 am

Breathwalk 2

Breathwalk *Rejuvenate Your Energy Reserves* - this will change your mood, your energy level, your mind and your feelings. Come rejuvenate simply by synchronizing your walking steps with your breath, sound & meditation!

Location: Laurelhurst Park - SE Oak St & SE 35th Ave Entrance. Sidewalk chalk guides your way.

Saturday August 24

2 pm to 4 pm

LGTBQIA Yoga

LGTBQIA Yoga for Love & Acceptance with Kundalini Yoga, Chanting & the Gong. There are countless manifestations of the Creator... each of which is a perfect manifestation of the Creator's intention. This workshop will let you experience your own perfection.

Location: Chakra Blossom Sanctuary - 1130 SW Maplecree Dr. - Portland - 97219. \$25 adv/\$30 door.

Sunday August 25

2 pm to 4 pm

Breathwalk Instructors Reunion!

Especially designed for those who need a 'refresher' on how to teach Breathwalk! Join Shakta over lunch for a summary of 'best' practices. Receive new tools to help you share Breathwalk more effectively and easily.

Location: Hoda's - 3401 SE Belmont St. - Portland - 97214. \$20 adv / \$25 door (includes appetizer; rest of meal on your own!)



Shakta Kaur - Kundalini Yoga in the Loop

www.ShaktaKaur.com - (312) 922-4699

410 S Michigan Ave Suite 514 - Chicago, IL 60605

Register at www.ShaktaKaur.com or call 312-922-4699