

1st Belgian Kundalini Yoga Festival Program

Saturday September 18

| | Plenary Activity | session 1 | session 2 | session 3 | session 4 | session 5 | session 6 |
|---------------------------|--|---|--|---|--|---|--|
| 5:30 am | Sadhana | | | | | | |
| 8:00 am | Breakfast | | | | | | |
| 9:00 AM - 10:30 AM | Choose your workshop | Integrity Awareness Circle - Integrity Team | Expressing your True Self: Kundalini Yoga meets SoulCollage® - Kevalnam | Finding your fundamental tone and first steps in Gong playing - Nirmal Karam Singh | Tune in, and sparkle out from the Heart - Liselotte Dereeper | Sound Healing and Breath of Life - Dihapeng | You Can Meditate ! Kundalini meditation techniques to balance the mind and nourish body and soul - Fiona Crossley / Nav Jiwan Kaur |
| 11:00 AM - 12:30 PM | Choose your workshop | Woman's Circle - Hari Avtar & Mantra Amrita | Kundalini Yoga + Whole Body Focusing - Gian Atma | | Karam Kriya workshop - or What's the Fuss about Numbers? - Ekjotee | Conquering addiction - Livjot | Self-care, Self-act, Safe-I - Siri Sant K |
| 12:45 PM - 13:30 PM | Lunch - Snack | | | | | | |
| 13:45 PM - 15:15 PM | Choose your workshop | Be in the Flow of Life - Arjan Livprem | High Five Kundalini Yoga - Sita Kaur | Becoming the New You - Sébastien Doore | Integrating breathwork into our daily lives: a shortcut to another dimension of consciousness - Siri Amandev | Holy Ma - Lauren | Soul Sound Healing Gong Bath - Nav Jiwan Kaur |
| 15:30 PM - 17:00 PM | All camp yogaclass - Amarjit Singh | | | | | | |
| 17:00 PM | Tunnel of Love | | | | | | |
| 17:15 PM | Dinner | | | | | | |
| 18:30 PM | Healing Meditation & Concert | | | | | | |
| 20:00 PM | Closing | | | | | | |