



EVENING
FOR
WOMEN

7 pm

Every Full Moon evening

FULL MOON MEDITATION

The women of the community gather every month at RAJ YOG NIVAS—the dwelling place of the royal path of yoga—to bond together in the meditative space, to stabilize our psyches, and honor each other. Join with your sisters and be part of creating peace and prosperity, and fulfillment for yourself, your family, and the community.

Also, following the meditation:

LADIES SITTING WITH THE MASTER SERIES
A VIDEO CLASS with Yogi Bhajan FOR WOMEN

For many years Yogi Bhajan taught in the summer under the blue skies of New Mexico to women from all over the world at Khalsa Women's Training Camp. These lectures are captured on video. They are a wealth of priceless teachings for women. After the meditation, we will experience one of these classes, sitting with the Master, Yogi Bhajan.

Cost for the evening: \$10

Raj Yog Nivas • 2662 W. 4th Avenue • 732-YOGA

www.khalsaladiescamp.com • yogawest.ca

Note that the 7 pm yoga class that evening is replaced by this gathering.