**SRI LANKA KUNDLAINI YOGA FESTIVAL SRI YOGA SHALA 2020**

**Overview of Dates, Themes and Activities**

**7-9 March: Sadhana, Registration, and Arrival**

All are welcome to early morning Sadhana (spiritual practice) 5-7am daily (FREE) then **Registration will be open from7am-6pm**.Yummy, fresh, local vegan food will be served throughout the day at Durga Vegan Café.

Choose from over 30 workshops/classes over 3 days offering opportunities for self-knowledge, transformation and healing, focusing on various aspects of [**Kundalini Yoga and the teachings of Yogi Bhajan®**.](https://www.3ho.org/summer-solstice/experience/kundalini-yoga/)  Class descriptions and teachers will be available online in the timetable.

**7 March: Theme LOVE**

This day we will celebrate LOVE, in all its forms, including workshops on Self Love, Self Care, Healing, Sacred Meditations and Kriyas to Heal the Wounds of Love and How to Play Gong Workshop. Apart from our usual teachers we have senior international teachers, Tonie Nooyens (EU) and Savitri (Bali) to lead us through this blessed day.

**8 March: Theme SEVA/SERVE**

This day we will develop the Grace to SERVE. We learn about Karma Yoga, Community, Selfless Service, Seva and how to develop GRACE. We will end with a Cacao Ceremony, Ecstatic Dance and deep Gong Bath. Apart from our usual teachers we have Senior International Teachers Tonie Nooyens (EU) and Savitri (Bali) to lead us all.

**9 March: Theme EXCEL**

This day looks at how to create balance, thrive and Excel when we want to “have it all”. As yogi’s, we strive for balance while being fully alive and present to life. Someone that excels in the realm of living and being. To keep up this dance of life, we need to Replenish and Recalibrate ourselves. During our last day together we will Recharge, Rejuvenate and Excel. Apart from our usual teachers we have Senior International Teachers Tonie Nooyens (EU) and Savitri (Bali) to lead us through this blessed day.