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## International Kundalini Yoga Intensive for Women

### *"Listen to your True Self"*

Paros, Greece, September 4 -13, 2009

with Tarn Taran Kaur Khalsa, New Mexico and Simran Kaur Khalsa Wester, Hamburg

### *Welcome to the Kundalini Yoga Intensive for Women in Greece!*

We will be gathering on the northeastern cost of Paros, an island southeast of Athens. We are looking forward to sharing with you and other Kundalini Yoga teachers and students the depth of Yogi Bhajan's teachings for women. We have collected some wonderful lectures and meditations which we will experience together.

Yogi Bhajan was extraordinarily inspired by the strength and the grace of his own mother and grandmother. He observed them guiding his family, the relatives, and the village affairs with wisdom, clarity and grace. He studied his mother as she maintained her nobility when they walked out of their home in Pakistan and then, starting over from nothing, re-established her family in India. With courage and dignity, these two women guided him to live by the highest values and maintain compassion for others. These women were his authentic, personal examples of the depth and strength of women.

So merge these two images together: Greece and our yogic teachings for women. Picture yourself waking up for Sadhana and hearing the ocean breaking on the beach! As we chant "Wahe Guru" the sun rays are stretching over the horizon turning the sky into a playground of pastel colors. How about a walk on the sandy beach or a swim in the crystal clear Mediterranean Sea before breakfast? The details of our seminar you will find below.

We look forward to meeting you and sharing this special time with you on the ancient beaches of Greece.

Humbly,  
Tarn Taran Kaur Khalsa  
Simran Kaur Khalsa Wester

*"Once you accept your own dignity the whole world will come to you. You have to do first things first. If you do not accept your own dignity as a woman, all decorations and all facilities shall mean nothing."*

Yogi Bhajan, Women's Camp, July 1, 1996

## DETAILED INFORMATION

### TIMES

Beginning: Friday, September 4, at 5 pm at the yoga platform.

Ending: Sunday, June 13, at 7.30 with the closing circle after Sadhana.

The detailed schedule for every day is at the end of this document.

### PAROS, GREECE

We will be staying at the Okreblue Apartments which are located on the northeastern coast of Paros on the sandy beach of the Santa Maria Bay. See at the end of this document for directions for travel.

**OKREBLUE Apartments, Santa Maria Beach, 84401 Naoussa,  
Paros, Greece**

**Owner: Angelo Malamatenios, Phone: 0030-6937 00 86 77  
and Sassy: 0030-6947-922625**

[info@okreblue.gr](mailto:info@okreblue.gr)

Log on for more enticing information about this area:

<http://www.okreblue.gr>

<http://www.paros-online.com/>    <http://www.parosweb.com/>

### REGISTRATION

Please register with the attached registration form before August 20, 2009, via email to [simran.kaur@hamburg.de](mailto:simran.kaur@hamburg.de),  
or Simran Kaur Wester, Breitenfelder Str.8, 20251 Hamburg, Germany.

### REGISTRATION FEES

The cost of the Women's Intensive on Paros consists of THREE parts:

### (1) ROOM

You can choose between rooms and studios. Both have bathrooms, and the studios also have a kitchenette. Kindly indicate on your registration form what option you would like and if you have a preference with whom you would like to share your room.

Single room	35,- Euros per night
Double room	17,50 Euros per night per person
Triple room	13,50 Euros per night per person
Single studio	40,- Euros per night
Double studio	20,- Euros per night per person
Triple studio	15,- Euros per night per person
4 people studio	13,75 Euros per night per person

***NOTE: You will pay your room costs directly to Okreblue Apartments in EXACT EURO CASH at the end of your stay.***

### (2) BOARD

OKREBLUE Apartments offer a board of breakfast and dinner daily which costs 25,00 EUROS per day. You will arrange your own lunch, either in the town of Naoussa, at a restaurant of the camping place nearby or in our own apartments.

***NOTE: You will pay your board costs directly to Okreblue Apartments in EXACT EURO CASH at the end of your stay.***

### (3) SEMINAR FEE

Please transfer the seminar fee to the following account:

B. Wester,  
Account Number 884812  
Sparda Bank Hamburg, BLZ: 20690500  
IBAN: DE80 2069 0500 0000 884812  
BIC: GENODEF1S11

Early Bird Price, before July 20, 2009:	450,- Euros
Full Price, after July 20, 2009:	500,- Euros

- Payment is made in EUROS only.
- Payment is **ONLY** to be transferred to this account.
- Please register and pay before August 20, 2009
- You can contact Simran Kaur: [simran.kaur@hamburg.de](mailto:simran.kaur@hamburg.de) or telephone her +49-(0)40-460 4756 if you have any questions.

### **CANCELLATION POLICY**

There is a cancellation fee of 100,- Euros if you cancel after August 20, 2009. Cancellation must be done through one of these media:

- Via email to [simran.kaur@hamburg.de](mailto:simran.kaur@hamburg.de)
- Or a letter to: Simran Kaur Wester, Breitenfelder Str.8, 20251 Hamburg, Germany

### **PLEASE BRING THE FOLLOWING ITEMS:**

- Yoga mat / sheep skin
- Sitting pillow (optional)
- Light blanket or shawl
- Comfortable clothing
- Wind breaker
- Swim suit
- Beach blanket & beach shoes
- Walking shoes
- Sun screen
- Insect repellent
- Flashlight
- Toiletries
- Journal and Pen
- Japji text
- Camera (many beautiful sites)

The weather in September on Paros is nice and warm during the day, with a sometimes strong breeze, however it can be somewhat cooler in the evenings, so bring a warm sweater, too, and a wind breaker.

## **FOOD**

Food will be Greek vegetarian cuisine. Breakfast will be porridge, fruit, greek yoghurt, bread, honey and tea. Dinner will be fresh vegetable salad, Greek vegetarian specialities, and desert. Please contact Simran Kaur ([simran.kaur@hamburg.de](mailto:simran.kaur@hamburg.de)) by August 20 if you have specific dietary needs. We will do our best to fulfill these special requests.

## **TRAVEL INFORMATION**

- Fly to Athens
  - Fly from Athens to Paros on Olympic Airline - OR
  - Ferry boat from either Piraeus or Rafina to Paros

If you plan to take the ferry boat, arrive in Athens around noon, buy your ferry ticket at the airport (or beforehand through [www.danae.gr](http://www.danae.gr)), then take the shuttle bus to Piraeus or Rafina (one hour drive). Ferry boat tickets must be purchased before embarking.

Information on when the ferries go you can find here: [www.danae.gr](http://www.danae.gr).

The ferry boat ride is between 3  $\frac{1}{2}$  and 6 hours, depending on the ferry boat type. You can also fly from Paros to Athens with Olympic Airlines.

## **DIRECTIONS TO OKREBLUE APARTMENTS**

The Okreblue Apartments are located on the Santa Maria Beach, close to Naoussa. You can either take a cab from the port or airport (20 - 25 Euros) to the apartments or rent a car. Check taxi price before beginning your taxi ride.

Drive through Naoussa towards Santa Maria Camping place, but before the camping place (when a laguna is to your left side) turn right between some houses unto a narrow dirt road and continue until you arrive on the other side at the beach, there it is.

The Okreblue Apartment owners are Sassy and Angelo Malamatenios. You can reach them on their mobile phones (see below) if you need assistance upon arrival. You can ask them to send a taxi to the airport or port to fetch you when you arrive.

**OKREBLUE Apartments, Santa Maria Beach, Naoussa, Paros**  
**Owner: Angelo Malamatenios, Phone: 0030-6937 00 86 77**  
**and Sassy: 0030-6947-922625**  
[info@okreblue.gr](mailto:info@okreblue.gr) or [info@okreblue.com](mailto:info@okreblue.com)

Check the websites listed above for details or connect with Simran Kaur ([simran.kaur@hamburg.de](mailto:simran.kaur@hamburg.de)).

### **TRAVEL WITH OTHER PARTICIPANTS**

As soon as you register, you will receive the list of participants who have registered so far, in order to allow you to connect to them and maybe travel together. Simran Kaur and Tarn Taran Kaur will travel on September 3, leaving from Athens to Paros with Olympic Airways at 3.05 pm.

### **SCHEDULE for the Kundalini Yoga Intensive for Women on Paros, Greece**

The program at this intensive seminar for women offers a balance of Kundalini Yoga and Meditation, study of Yogi Bhajan's teachings for women, chanting, Nonviolent Communication techniques, sharing, dancing and free time.

<b>Morning Program</b>	
5.00 - 7.30 AM	Sadhana on the beach
7:30 - 8.30 AM	Free time
8:30 AM	Breakfast
10:00 AM	Workshop time
<b>Afternoon/ Evening</b>	
1:00 - 4:00 PM	Free time
4:30 - 6:00 PM	Workshop Time
6:00 PM	Dinner
7:00 - 9:00 PM	Evening program

## QUESTIONS AND ANSWERS

**How do I get from Athens to Paros?**

Plane

Ferry, leaving from Rafina or Piraeus (take a shuttle from the airport to these ports)

**How do I get from Paros to the Apartments?**

Taxis are available at the Paros airport or at the Paros ferry dock. One way taxi ride will cost 20 - 25 EUROS Best is to order a taxi before you arrive. You can ask Angelos to order a taxi for you: Angelos Malamatenios: Phone: 0030-6937 00 86 77 or Sassy: 0030-6947-922625, [info@okreblue.gr](mailto:info@okreblue.gr)

Or rent a car.

**How can I arrange lunch?**

Fruits, vegetables, Greek cheese, olives, crackers, bread and other kinds of food can be purchased at the market in Naoussa or at the Minimarket at the camping place nearby. There are good restaurants also in town. Some people purchase food and store in their kitchenette.

**Are there laundry facilities at the Apartments?**

There is a Laundromat in Naoussa

**Are there medical facilities or pharmacies near the apartments?**

In Naoussa. First Aid kit at Okreblue Apartments.

**How can I rent a car?**

Through your travel agency or at the airport or port of Paros.

**Can I bring my children to this Intensive for Women?**

You can bring your children but bring someone to attend to them during course time.

**How can someone reach me if there is an emergency?**

Contact Angelos Malamatenios Phone: 0030-6937 00 86 77 or Sassy: 0030-6947-922625

[info@okreblue.gr](mailto:info@okreblue.gr)

**Can I arrive earlier or stay later at the Apartments? Who should I contact before my arrival?**

You can come as early as you like and stay as long as you like - please contact Angelos Malamatenios in this case and book your room in advance: Angelos Malamatenios: Phone: 0030-6937 00 86 77 or Sassy: 0030-6947-922625, [info@okreblue.gr](mailto:info@okreblue.gr)

**Will we have transportation in an emergency?**

Simran Kaur will rent a car, so supplies can be obtained from town or you can be transported in case of an emergency.

**Where can we purchase lunch?**

There is a small shop in the camping facility nearby which carries many items of daily supplies. There are plenty of shops and restaurants in Naoussa and the villages around.

**Who can assist me with additional questions?**

You can contact Simran Kaur with all your concerns via email [simran.kaur@hamburg.de](mailto:simran.kaur@hamburg.de), phone: +49-40-4604756