

PROGRAMME DAY 3



Sadhana 05:00-07:30 CEST

H Aquarian Sadhana : Japji & Yoga - Harsimran Kaur, Meditation - Hansujot Singh

Bhog Ceremony - Gurdwara programme 07:30-08:30 CEST

W Bhog Ceremony and conclusion of the Sahej Path followed by full Gurdwara programme, led by members of the Sangat in the Guru Ram Das Aquarian Academy in Boizenburg, Germany.

Breakfast Time 08:30-09:30 CEST

Morning Workshops 10:00-12:00 CEST

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| R The Path of the Goddess
Puran Sukh | B How to Serve Yourself
& the Business World with KY
Sat Kirtan Kaur & Guru Gian Singh | V Healthy Breast Yoga
MammAlive (Sahiba) |
| O TRUE LOVE : Ajai Alai Awakening
opening the 4 chambers of the heart | I Happy Hormones - Train Your
Happiness - Jiwan Shakti Kaur | Pu Humility is relaxing
Avtar Kaur |
| Y Awakening the Inner Healer
Lakhmi Chand Singh | | |

Lunch Time 12:00-13:30 CEST

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| Y Open Q&A Session with 3HO Europe | I VIRTUAL BAZAAR | V YOGI TEA LOUNGE |
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Afternoon Workshops 13:30-15:30 CEST

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| R Tree of Potential: Revisioning
the Future - Murari Kaur | G Guru Nanak - a humble way to an
ecologic lifestyle - Jaideep Singh | V Lucid dreaming - Astral Traveling
Andrea Bhavdeep & Nam Hari Singh |
| O Celestial Communication to Soothe
Your Heart - Adarsh Kaur | B Humility and Potency in a man
Kirpal Singh | Pu The Womb as Transformer
for Change - Charan Kamal Kaur |
| Y Understanding Medical Science &
Research on Yoga - Sat Bir Singh | I The power of gong
Vikrampal Singh | Pi MANTRA CHOIR One voice,
One world, One heart.
Siri Sadhana Kaur |

Break Time 15:30-15:45 CEST

Afternoon Yoga 15:45-17.00 CEST

H Jagjeet Prem Singh with healing meditation Anand Kirtan and family

All Camp Meditation 17:00-17:20 CEST

H Anand Kirtan and family

Dinner Time 17:30-19:00 CEST

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| R Open Sharing Session
Red Tent (women) | B Open Sharing Session
Blue Hut (men) | V YOGI TEA LOUNGE
Gurdwara Programme |
| O Open Sharing Session
Rainbow Tent (LGBTQAI+) | I VIRTUAL BAZAAR | W The spiritual path of simplicity
Sukhdev Kaur and Angad Kaur |

Evening concert 19:00-20:00 CEST

H JAP

Closing Ceremony 20:00-20:30 CEST

Zoom Rooms

