



Saturday, June 14

Awaken & Experience the Guru within You

Time: 10:00 a.m. - 12:15 p.m.

Taught by: MSS Hari Dharam Kaur Khalsa

Location: SDI Shelter

Each one of us embodies the Guru, though we are often unaware of our own divinity as we go through life. In this class, we will explore sacred shabads for self-healing and self-discovery that show we are spiritual beings here for a human experience.

Sunday, June 15

Sunday Morning Gurdwara

Time: 10:00 a.m. – 12:00 p.m.

Location: Tantric Shelter Gurdwara

Join us for this inspirational time to immerse yourself in the Sound Current of the Guru's Bani and in the group consciousness of the Sangat (community). All are welcome. Whether it is your first gurdwara experience or you are a long time Sikh, it is a wonderful opportunity for a meditative time.

Minister Gathering

Time: 2:00 p.m. - 3:30 p.m.

Facilitated by SS Dr. Sat Kaur Khalsa, Secretary of Religion & SS Dr. Shanti Shanti Kaur Khalsa, Assistant Secretary of Religion
Location: SDI Shelter

The Minister Gathering for Summer Solstice 2025 will focus on the concept of *Shuniya* or stillness, which we will explore through group discussion and experiential meditation. Please join us for this year's Minister Gathering!

Monday, June 16

Refine Your Voice with Kauri Kriya

Time: 10:00 a.m. - 12:15 p.m.

Taught by SS Satkirin Kaur Khalsa

Location: SDI Shelter

This vigorous vocal workout, taught by the 5th Sikh Guru, Guru Arjan Dev, strengthens the voice and the vocal range for all in the Sadh Sangat.

In Kundalini Yoga, singing the word patterns of Shabad Guru is a most powerful meditation for the human. Our goal is to refine one's vocal ability to capture the *Naad* and lead the group in melodic harmonious meditation. This is to embellish group meditation, the most effective tool of transformation within this Aquarian Age.

Between the "1" and the "0" lies the Unknown Super Self

Time: 2:00 p.m. - 3:30 p.m.

Taught by MSS Kirtan Singh Khalsa

Location: Main Stage

Through *Pranayam*, *Pratayahar* and Mool Mantra, we discover the interplay between our self and our individual, unknown super self. The Kriya we will practice during this class brings transcendence and total transformation of the ten bodies. Experience the mystic teachings at the root of the Sikh Dharma through the highest of all yogic practices. (Please come without having eaten for two or more hours.)

Friday, June 20

Walk and the Path Appears: Faith through Experience

Time: 10:00 a.m. - 12:15 p.m.

Taught by SS Rajveer Singh Khalsa

Location: SDI Shelter

In these times where you feel you can't see the path, walk and the path appears. In this class, you will share the experience of walking on the path of Sikh Dharma with intuition and feeling. What you feel is what you know. It is not an intellectual realm. Experience the Grace of Shabad Guru and the body as the temple of the Infinite (*Akaal*) with Rajveer Singh!

Ransabhai Kirtan Program

Time: after dinner

Kirtan by: Global Sangat Musicians

Location: Tantric Shelter Gurdwara

We also invite you to join all the participants of the event for the all night Ransabhai Kirtan program, which starts at 7pm and ends at Sadhana time on Saturday morning. This is a continuous kirtan program, chanting hymns of praise, as written in the Siri Guru Granth Sahib, the Guru of the Sikhs. It is a divine, blissful and meditative experience. You can join for as long as you like and you can choose to stay awake, or to sleep in the beautiful vibration of the sound current of the words of the Guru.