

# Munich Sa 14.10.2017

Location for Munich : Bürgerhaus Eching, Roßbergerstrasse 6 , 85386 Eching near Freising

[www.buergerhaus-eching.de](http://www.buergerhaus-eching.de)

A subterranean carpark is available. S-Bahn **S1** direction Freising/Flughafen (airport: but **only the S1** brings you there – not the S8 to Flughafen) - stop Eching,

see map at [www.ky-bayern.de/weisses-tantra](http://www.ky-bayern.de/weisses-tantra)

## Information

3H Organisation Germany e.V. Kundalini Yoga Munich, [whitetantra@k-y-m.de](mailto:whitetantra@k-y-m.de), [facebook.com/www.3ho.de](https://www.facebook.com/www.3ho.de)

Information, journey and overnight stay suggestions: [www.ky-bayern.de/weisses-tantra](http://www.ky-bayern.de/weisses-tantra)

## White Tantric Yoga Meditation

Our minds release 1000 thoughts per wink of an eye. Some of these thoughts get lost in the unconscious, some get stuck in the subconscious and affect the conscious mind. These thoughts become feelings, emotions, desires – multi-realities of fantasies. Instead of mastering our mind often our minds and thoughts direct us, which can cause impulsive decisions, poor communication and self-imposed stress. White Tantric Yoga enables you to break through these subconscious blocks, so you can have a more joyful life. In the shortest time you can experience release from a lot of the burden you carry in your mind. Then your mind, body and soul act together as one. This is the path to your freedom, awareness and success.

## The Course

White Tantric Yoga is done in pairs as a group meditation. You sit facing a partner and follow instructions for meditations given on videotape by the Mahan Tantric Yogi Bhajan. A representative of the Mahan Tantric will be present to facilitate White Tantric Yoga.

Each workshop consists of about six, seven or eight kriyas. A kriya is a meditation with \* a yoga posture (asana) \* a breath technique (pranayama) \* a mental focus \* a hand position (mudra) \* and/or a mantra .

These kriyas vary in length from 31 to 62 minutes, with breaks between the kriyas. The environment is peaceful, the atmosphere is friendly, supportive and uplifting. A tasty vegetarian lunch will be provided.

## How it works

Envision the energy of the universe as both parallel and perpendicular in nature, like a cloth woven together. As a cloth becomes stronger, when it is stretched on the diagonal, so is the diagonal or „Z“ energy of the White Tantric Yoga stronger. This energy cuts through blocks in the subconscious mind, when directed by the Mahan Tantric. Using the diagonal energy, Yogi Bhajan connects his subtle body to the subtle bodies of the participants through the course facilitator. This works the same way as a worldwide telephone system that relies on satellites and electromagnetic energy in order to connect two partners.

White Tantic Yoga is part of a spiritual discipline and should not be confused with black Tantra – which manipulates others – and with red Tantra – which uses sexual energy.

## Who can participate ?

There are no prerequisites for participating in White Tantric Yoga. Beginners will tune into their internal energies and enjoy a deep and sometimes challenging meditative experience. More advanced meditation practitioners will deepen their experience and make new inroads to their spiritual awareness.

## The preparation

Wear loose comfortable white clothing and a white head covering to protect you and to magnify your experience. Please bring a blanket or sheepskin or a pillow (floor with tiles) to sit comfortably on the floor. Water for the cleansing process will be provided – you can also bring your own water bottle.

To tune into the Tantric energy we recommend vegetarian food without coffee, sugar- and white flour products for one week before White Tantric Yoga.

### The Mahan Tantric

Yogi Bhajan became master of Kundalini Yoga at the age of 16. In 1968 he came from India to the West. The authority to be the Mahan Tantric was bestowed on him in 1971. The practice of White Tantric Yoga, like most secret Eastern wisdom, had previously been a tradition passed on from teacher to student in a mystical and selective way. As a pioneer of this age, Yogi Bhajan decided to open the experience of the White Tantric Yoga to anyone who wanted to commit to this discipline. In 1971 White Tantric Yoga was for the first time in history taught publicly.

Until 1986, Yogi Bhajan traveled throughout the world presenting as many as thirty workshops each year to thousands of students. In 1987, using his unique abilities as a Master, he began to present White Tantric Yoga as a video-taped series which has the same effect as when he was physically present. This has also proven true after the death of Yogi Bhajan in October 2004 by thousands of students.

f

### White Tantric Warmup / White Tantric Yoga/ Final meeting

**Friday, 13.10.2017:** 18.30 - 20.30 White Tantric **Warmup** with Venus Kriyas (exercises similar to White Tantric Yoga). Everyone, who is interested or undecided, is welcome.

location: Kundalini Yoga center, Kaiserstraße 13, 80801 Munich. Info: [www.k-yoga.de](http://www.k-yoga.de)

**Saturday, 14.10.2017:** 8.00 until about 19.00 **White Tantric Yoga** – please be there in time

Preregistration is not necessary .

location: Bürgerhaus Eching, Roßbergerstraße 6, 85386 Eching near Freising

**Sunday, 15.10.2017:** 10.00 **final** White Tantric Yoga **meeting** with the White Tantric Yoga facilitator (feedback meeting).

location: Kundalini Yoga center, Kaiserstraße 13, 80801 Munich. Info: [www.k-yoga.de](http://www.k-yoga.de)

### Prices for the White Tantric Yoga Workshop

regular price Euro 140.- students & participants without work Euro 100.-

3HO members \* Euro 125.- (with membership card)

\*and/or members of the Kundalini Yoga center Munich

Prices include White Tantric Warmup evening meeting, vegetarian lunch and final feedback meeting.

Please bring your 3HO- or Kundalini Yoga center Munich membership cards for the reduced price!

– ONLY CASH PAYMENT IS POSSIBLE!

### Location of White Tantric Yoga 14.10.2017

Bürgerhaus Eching, Roßbergerstraße 6, 85386 Eching near Freising [www.buergerhaus-eching.de](http://www.buergerhaus-eching.de)

A subterranean carpark is available. S-Bahn **S1** direction Freising/Flughafen (airport: but **only the S1** brings you there – not the S8 to Flughafen) - stop Eching,

see map at [www.ky-bayern.de/weisses-tantra](http://www.ky-bayern.de/weisses-tantra)

### Information

3H Organisation Germany e.V. Kundalini Yoga Munich, [whitetantra@k-y-m.de](mailto:whitetantra@k-y-m.de)

Information, journey and overnight stay suggestions: [www.ky-bayern.de/weisses-tantra](http://www.ky-bayern.de/weisses-tantra)