



Warrior I Saint Days

9 – 14 July 2015

at Yogahouse Prasaad in Engen,
South-Germany (near Lake Constance)
www.prasaad.de

We have invited some amazing teachers to help develop the Warrior and Saint in you!

The passion and enthusiasm of Prem Uttam Kaur from Belgium will surely inspire you to test your Meditative Mind through Archery! We will shoot with the bows present here, but also venture into the forest to look for materials to make our own bows. Also we will make our own targets!

Kirit Singh is a gifted musician and expert of Gurmukhi and Shabd Guru. His profound understanding and experience creates a space of deep

learning. Aside from the meditative experience during the retreat you will be able to lay a strong foundation for your Gurmukhi and Keertan studies.

The hosts of this event, Hari Krishan Singh and Bachitar are both experienced Karam Kriya (applied Numerology) and Kundalini Yoga Teacher Trainers and will complement the retreat with Karam Kriya and Kundalini Yoga sessions.



Prem Uttam Kaur

Sat Nam! I am Prem Uttam Kaur and I discovered archery at the age of six in form of having deeply fallen in love with Robin Hood. I still cherish this Archetype of Warrior for freedom, peace and love. And so without looking for it I ended up at an archery club in a centre where I give dance classes. They let me try and were surprised that my arrows hit right

in the middle of the target. By the way, so was I. I contemplated this for a while and reached the conclusion that it could have to do with Kundalini Yoga. Because I noticed that it helped me during shooting to repeat, for example, Sa Ta Na Ma mentally. Besides I feel greatly inspired by the 10th Guru, Guru Gobind Singh, through whom the warrior of the heart in me awoke. As my name says, I am here to shoot arrows of infinite love. At this moment in my life, Kundalini Yoga and Archery are the ways in which I manifest this in the world. They give me focus, compassion and confidence. It is my wish to share the experience of both practices, that help me greatly in being myself, with others.

Rise and rise again until lambs become lions!

With light and love, Prem Uttam Kaur



Kirit Singh

Kirit Singh has been learning classical Indian music since 2003. He was initiated into playing the Sarangi and singing shabd kirtan by professor Surinder Singh Matharu. He subsequently learned under Ustad Gurdev Singh Namdhari and expanded his knowledge in the dhrupad genre of kirtan learning many

traditional compositions. Appreciating the nature of dhrupad in particular his search for more knowledge in the field led him to his music guru, Pt. Uday Bhawalkar, in 2012. Since then he has spent much of his time in India in pursuit of learning dhrupad vocal music.

He also has a good understanding of Gurmukhi having learned to read as a child and subsequently studying it to a deeper level. He has also studied Sanskrit and Hindi to aid his understanding of Gurbani.



Bachitar Kaur and Hari Krishan Singh

will be your hosts and kundalini yoga and karam kriya teachers during the retreat. They live with their 2 young sons at yogahouse prasaad, a former farmhouse which they have transformed into a community place for learning, experiencing and relaxing amidst the beauty of nature. The yoga space is beautiful and cosy, the orchard inspiring and magical. You can enjoy the comfort of a bed in group rooms, or camp in the lush garden.

Being experienced in training students,

Bachitar and Hari Krishan manage to create an atmosphere where you can relax and absorb the teachings to the full. You will also be inspired to live a yogic lifestyle and be guided in the saintly activity of Selfless Service – Seva. We are looking forward to welcoming you at Yogahouse Prasaad!

For more Information please contact Bachitar
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