

# RESET & RENEW



## NEW YEAR KUNDALINI YOGA RETREAT

### Monday, 30<sup>th</sup> December

- 4:00pm Arrival & Registration - *Claire, Khushwant & Agnieszka*  
5:00pm Log fire in the *Great Hall*  
5:30pm Meet the Team - *Claire*  
6:00pm Light Supper
- 7:00pm Introduction to the Retreat Theme - *Claire, Agnieszka & Uma Amrita* | *Great Hall*  
7:30pm a) Release the Old Year with *Kamari & Manvir* (Music & Dance) | *Conference Room*  
8:30pm b) Gong bath – *Pritam Joti* | *Library*  
9:30pm Close of Day

### New Year's Eve 31<sup>st</sup> December

- 5:00am Aquarian Sadhana (optional) - *Uma Amrita* | *Conference Room*  
8:00am Breakfast  
9:30am Choice of Yogic Activities  
a. Kirtan - *Uma Amrita* | *Conference Room*  
b. Self-introspection to gain clarity & willpower for the NY-*Priti Mandeep* | *Green Room*  
c. Kriya for Self-renewal - *Tera Manpreet* | *Library*
- 11:00am Break  
11:30am Choice of Yoga Classes  
a. Magnetic Field kriya - *Gabriela* | *Conference Room*  
b. Opportunity & Green Energy kriya - *Agnieszka* | *Green Room*  
c. Liver Cleanse kriya - *Claire* | *Library*
- 1:00pm Lunch  
2:30pm Choice of Yogic Activities  
a. Tantric Numerology - *Magdalena & Khushwant* | *Green Room*  
b. Ayurveda and Meditation - *Georgina* | *Library*  
c. Kriya to Make You Enchantingly Beautiful - *Khushwant* | *Conference Room*
- 4:00pm Break  
4:30pm Choice of Yogic Activities  
a. Heart Opening kriya - *Chloe* | *Conference Room*  
b. Manifest Abundance workshop - *Joanna* | *Green Room*  
c. Connecting To Your Intuition kriya - *Kirti Namjot & Gabriela* | *Library*
- 6:00pm Supper  
7:30pm Intention Setting Ceremony  
9:30pm Introduction to the Midnight Meditation  
10:00pm Gong Bath & Relaxation  
11:00pm Crossing the Year Meditation  
00:15am Close of Day & New Year Toast

## New Year's Day 1<sup>st</sup> Jan

6:00am	Aquarian Sadhana (optional) - <i>Priti Mandeep</i>   <a href="#">Conference Room</a>
8:30am	Light Breakfast
9:30am	a) Breathwalk - <i>Khushwant, Chloe, Joanna</i>   <a href="#">Outside</a>
	b) Surya kriya - <i>Leonie</i>   <a href="#">Green Room</a>
	c) Reverse Adi Shakti kriya - <i>Uma Amrita</i>   <a href="#">Conference Room</a>
	d) Getting The Body Out Of Distress kriya - <i>Elise</i>   <a href="#">Library</a>
11:00am	Brunch
12:00pm	Closing Circle
1:00pm	Departure



## Yoga Class and Workshop Details

### Meditation Space & Colour Me Happy Station

Don't feel like joining one of the classes? Prefer some time meditating on your own? Enjoy some quiet time in our Meditation Space or colour in beautiful mandalas and feel happy. [Gallery Hall](#)

### Monday, 30<sup>th</sup> Dec

**7:30pm** *Release the Old Year with Kamari & Manvir (Music & Dance)*

New Year's Eve is party night, headlined by Kamari & Manvir, who will treat you to a dynamic mix of music, chant and dance that will help you seek out and shake out the old.

[Conference Room](#)

**8:30am** *Gong Bath - Priam Joti*

A gong bath is a form of sound healing, you will be 'bathed' in the healing sound frequencies of a gong attuned to the frequencies of the Dwarf Planet Chiron, nicknamed the "wounded healer". Chiron is known for its healing abilities, its vibrations work to clear through and release any physical, emotional and spiritual blockages you may be experiencing. You will come away from the session feeling grounded and rejuvenated. [Library](#)

### New Year's Eve 31<sup>st</sup> Dec

**5:00am** *Aquarian Sadhana - Uma Amrita*

Japji, Sadhana, Music and Mantra. [Conference Room](#)

**09:30am** *Kirtan - Uma Amrita*

Kirtan is a way to connect to the divine by chanting songs of the soul. When we chant from our navel and feel the connection in our heart it is pure bliss. We will create a safe and sacred space for you to let go and lose yourself in the sound current. [Conference Room](#)

*09:30am Self-introspection to gain clarity & willpower for the New Year - Priti Mandeep*  
Prepare yourself to transition from a year to another. During this workshop, I will guide you through self-introspection to recognise your achievements and to set intentions for the year to come. I will then guide you through a kriya and a meditation to get clarity, will power and generate a strong projection to manifest what you want. [Green Room](#)

*9:30am Kriya for Self-renewal - Tera Manpreet*  
Self-renewal is the act of starting again or starting to do something again. You have a faculty to remodel and rebuild yourself. This kriya /meditation consolidates all your faculties and facets to give you a new start. Concentrate deeply and sit like a yogi and experience what you want to believe. [Library](#)

*11:30am Magnetic Field kriya - Gabriela*  
"Your shallowness or greatness of the soul shows up in your aura." - Yogi Bhajan  
With powerful eight chakra we can filter negative influences and feel strong, healthy, vibrant. If our auric field is strong, it also helps to uplift and improve the working of all other chakras. This is our protection field. And with this kriya, we will make it strong, bright and powerful. [Conference Room](#)

*11:30am Opportunity & Green Energy kriya - Agnieszka*  
This set attracts opportunities and opens up the heart centre. It allows one to approach prosperity from heart-centred consciousness or plane of attraction. This consciousness can be summarised as follows: "The more I open myself, the more I can attract. I don't need to struggle; I have the ability to attract opportunities." Start realising that opportunities and prosperity can come in different forms than you have previously imagined. Believe that you deserve it. [Green Room](#)

*11:30am Liver Cleanse kriya - Claire*  
Kriya for Liver health and ways to keep the liver happy and healthy. The Liver sits in the upper right area of your abdomen, protected by your rib cage. This reddish-brown organ weighs about 2 kilograms and does everything from help digest the French fries you ate last night to help to heal the cut on your baby finger and stores that extra bit of glucose you used up running for your morning train. It's a multitasker for sure. The liver ensures energy and blood flow smoothly throughout the body. It also regulates bile secretion, stores blood, and is connected with the tendons, nails, and eyes. Emotions like anger, resentment, frustration, irritability, bitterness, "flying off the handle" are also connected to the liver. Take some time this New Year to give it a little extra love and support. [Library](#)

*2.30pm Tantric Numerology - Magdalena & Khushwant*  
Tantric Numerology is a simple yet powerful tool that provides us with insights into our life's path, destiny, talents and challenges that we need to overcome to align with our Higher Self. Based on your readings you will learn which aspects of Kundalini Yoga technology to incorporate into your daily practice to embody your soul purpose. [Green Room](#)

*2.30pm Ayurveda and Meditation - Georgina*  
Ayurveda is an opportunity to delve deeper into the self, to know and understand more about who you are and how best to nourish yourself inside and out. This session will also include a Kriya designed to aid digestion to keep the body in optimum health. [Library](#)

**2.30pm**     *Kriya To Make You Enchantingly Beautiful- Khushwant*

The purpose of this set is to make you enchantingly beautiful. This short kriya can make you a different person. It increases your beauty, physically and mentally. Many of us have lost contact with the essence of beauty, which comes from good physical condition. It is a radiance of soul that shines through the physical appearance and beyond. This series elevates you to a level of consciousness where you can appreciate the new inflow of energy. It makes you want to meditate. [Conference Room](#)

**4.30pm**     *Heart Opening kriya - Chloe*

The heart centre and 4th chakra is the seat of love and compassion. With this yoga set and mediation we will gently take the journey to surrender from our minds into our hearts. Teasing the heart open and bringing it into balance this set will literally pull at your heart muscles. With an open and balanced heart, we are able to experience the gems of the human experience by opening the gateway to deeper connections both with ourselves and others. [Conference Room](#)

**4.30pm**     *Manifest Abundance - Joanna*

"Your value is nothing if you cannot honour your word. If you do not mean what you say, you are the meanest person on Earth". April 22, 1997 Yogi Bhajan.

Do you want more out of life, more out of your career, more open creativity, more fulfillment, more self-expression, more out of your relationships and family life? During this workshop you will discover your heart's deepest desire for you, as you 'vision quest' a new version for your life in 2020. Brainstorm with others a dynamic action plan with practical ways to allow abundance to flourish in your life. Leave soaring in the fulfillment of true abundance in all areas of our life. [Green Room](#)

**4.30pm**     *Connecting to your intuition kriya - Kirti Namjot & Gabriela*

Yogi Bhajan said, "the glandular system are the guardians of your health" and this powerful kriya works on the master gland, the pituitary which in turn works with the nervous system, the endocrine system, the chakra system, other glands and organs. It will renew your whole self. As the Pituitary is linked with the 6th Chakra (3rd Eye), the centre of Intuition, this will support your purpose and to connect with others on a deeper level. [Library](#)

**7.30pm**     *Intention Setting Ceremony*

## **New Year's Day 1<sup>st</sup> Jan**

**6:00am**     *Aquarian Sadhana - Priti Mandeep*

Japji, Sadhana, Music and Mantra. [Conference Room](#)

**9.30am**     *Breath Walk - Khushwant, Joanna, Chloe*

Enjoy a mindful meander around the beautiful grounds of Ufton Court. Awaken your body, mind and soul with breathing and stretching, revitalising your spirit. Calm your mind and travel deep within. [Outside](#)

**9:30am**     *Surya kriya - Leonie*

Named after the sun energy, Surya Kriya will fill your body with warmth and light. A perfect set for the dark and cold months ahead. It is a kriya for purification. It will give you the energy and the clear mind that you need in order to start the new year with all its new challenges enthusiastically. [Green Room](#)

*9:30am Reverse Adi Shakti kriya - Uma Amrita*

A beautiful kriya for self-love. Kundalini Yoga helps us to function from our hearts but first we must learn to love ourselves deeply and truthfully, letting go of anything that does not serve us anymore. [Conference Room](#)

*9:30am Getting The Body Out Of Distress kriya & self-massage - Elise*

Auto massage, a chilled class with live music to reset and renew. Great kriya to learn to practice daily, to move the energy in every part of the body. This kriya can bring great change. [Library](#)

*12.00pm Closing circle - Ra Ma Da Sa Say So Hung healing circle - Tera Manpreet*

In the circle, everyone is equal, no one is in front or behind, no one is higher or lower, in the circle we are all one. If you're planning to participate and know someone in need of healing, you are welcome to bring their photo with you to the Healing Circle. This session will set you up for the new year. [Conference Room](#)