

Kundalini Online Retreat Schedule

POWER OF PERSEVERANCE

Friday 2nd July 6.15pm-8.00pm

6.15-6.30pm Welcome & Intro to the weekend Customer Care pop@i-sky.net

6.30-7.15pm ‘Meridian Nidra’

Come and give yourself a treat and learn about the energy lines in your body. ‘Meridian Nidra’ is a very relaxed guided meditation. As you lie down, Christina will guide you through the 12 main meridians (like a body scan). This will create a healing flow of energy in your body, leaving you relaxed and revived while also making you aware of your meridian system. A great way to prepare yourself for the online retreat.

Christina is a Danish Copenhagen based yoga and meditation teacher since 2004, certified in various styles of yoga until she finally gave in and surrendered to the practice of Kundalini yoga, an amazing powerful and transformative practice.

7.15-8.00 - Beaming and Creating the Future

a Meditation to Remove Fear of the Future

Often it is the goings on of the mind; the frantic calculations, the fears and anxieties we carry around with us, that can block us from seeing a clear path ahead. There is a path ahead. It is always there for us, waiting patiently, and it is unique to each and every one of us. I invite you beautiful souls to join me in clearing our fears of the future, connecting deeply into our heart centres, and setting intentions- whether it be for this class, the weekend retreat, the week ahead, or the foreseeable- let's journey together!

Kate is originally from Wales and currently lives in London. She studied Sport, Exercise and Health Sciences at Loughborough Uni and has been active from a young age. Kate says, “Kundalini has been completely transformative for me; helping to shine a light on the things I have buried deeply, bringing them to the surface to heal, and helping me shed my layers of conditioning and ego to become closer to myself. Being able to facilitate the same experience; helping others to realise their own Guru is already within, is why I want to teach!”

Saturday 3rd July 9.00am-6.00pm

9.00-9.10am Welcome Customer Care

9.10-10.00am Healing Circle

Join Steph, Kate and Jenn for a gentle healing circle. We will open with mantra to allow you to settle into your body, connect to your heart and soul. Followed by a safe container to share or sit in silence, feeling held by the circle. The circle will close with a kriya for healing the self.

10.15-11.15am - 'Make each breath count' a Pranayama and Meditation Workshop

Join Sarah on a journey to develop your inner breath and self-awareness through pranayama and meditation. Experience increased energy with deep relaxation.

Sarah started practicing Kundalini Yoga 4 years ago in her late forties and now can't stop! Sarah particularly enjoys teaching breath-work and Mantra.

10.15-11.15am Meditation and Breath Work to Relax and Recharge

In order for us to persevere towards a goal, sometimes we need to take time out to relax and recharge. Join Steph for a meditation and breath work.

Steph started Kundalini yoga 4 years ago when she went to India for a meditation teacher training course. To her surprise, she ended up doing a lot of Kundalini meditation. Steph realised how powerful Kundalini yoga was and fell in love with the practice.

11.30am-12.30pm Kriya for keep up spirit

This kriya can help one to persevere through life's challenges with grace. It allows us to continue and get through regardless of setbacks, obstacles or challenges.

Angie took an interest and started yoga as a teen. She first came across a Kundalini class whilst practising at home using videos due to her busy lifestyle. Her first impression was that it wasn't a good fit and wasn't really 'exercise' and a bit 'out there'. She continued with other styles such as Ashtanga and other high intensity classes. After facing burnout early 2019, she searched for a yoga series to help. This brought her back to Kundalini and this time it was the 'right' time. She now loves the body, mind and spiritual experience that Kundalini has to offer. She started her teaching training in 2019. Her favourite kriyas are Nabhi Kriya and the Kriya for adrenals and kidneys.

11.30am-12.30pm Kriya to release inner anger

Join Ilona to experience a gentle heart opening through this powerful feminine kriya, which will allow you to restore your inner balance and calm the storm within you.

Kundalini Yoga found Ilona 2 years ago and it completely changed her life. She enjoys feminine kriyas and work with heart chakra/aura.

12.30-1.00pm Lunch

1.00-2.00pm Raw Chocolate Fudge and Juice Demo

Join Tracy Live for her workshop, where we will be making chocolate and date Fudge and green juice! There will be the opportunity to ask questions and get hands on in your own kitchen! These delicious snacks are ideal for on the go, busy lives and are super simple to make!

Founder of Raw Happy, Tracy Sadler, has a passion for creating raw, vegan delights, specialising in cakes, chocolates and catering for Yoga and Well-being events. Tracy also teaches various styles of yoga, runs yoga teacher Trainings with The Zen Shed in Worcester and hosts Yoga retreats globally! Tracy is ecstatic to share her passion of raw food with you, as she believes that even making small daily changes to your diet can result in a significant change to your overall health-physically, mentally and emotionally. It's about finding the right balance which works for you as an individual, we all have the right to feel amazing!

Ingredients required For Chocolate Fudge:

200g Soft Dates- soaked for 1 hour in warm filtered water if firm

100g Mixed nuts or Seeds- Choose your favourite combination, we will be using almonds, walnuts and coconut chips on the day

25g Cacao Powder

1 tbsp. Nut Butter- again choose your favourite, we will use tahini or almond butter on the day

1tsp. Coconut Butter, Cream or Oil

Ingredients for Green Juice:

1/2 Cucumber

3 Sticks of Celery

1 Grapefruit

1/2" Piece of Fresh Ginger

Optional 1 Green Apple

Optional Spirulina

2.15-3.15pm Persevering through difficult times

An interactive workshop looking at some of the teachings that can give us the strength and stamina to persevere through periods of emotional upheaval. We will discuss the Aquarian sutras and techniques to help us navigate uncertain times.

Jennifer has been practicing kundalini yoga for around 4 years. Jennifer's goal in sharing and living yogic teachings is to transform suffering and cultivate compassion in herself and the world. Jennifer knows from personal experience the power of these practices to transform lives and she is excited to share this process with others.

3.30-4.30pm Kriya for Relieving Inner Anger, Stress Relief and Clearing the Emotions of the Past

Sometimes anger and emotions from our past can hold us back from getting further in life. Join Ian for a Kundalini Yoga session to relieve inner anger and clear emotional baggage from the past.

Ian feels that he has been on some kind of a path, seeking something bigger than himself. Ian believes that he has found it with Kundalini Yoga, helping him to get through blocks and insecurities. Improving his personal growth and achieving better outcomes in his life.

3.30-4.30pm Sobagh Kriya

Join Vix for Sobagh Kriya and invoke the wealth of the Universe! This is a high energy prosperity kriya to help you shift prosperity blocks and activate abundance.

Victoria 'Vix' stumbled into her first Kundalini Yoga class totally by accident in 2016. Since then, she has totally fallen in love with this amazing life, mind, energy and destiny altering technology. Vix is the creator of New Age Hispter, a spiritual home for good witches and is the author of *Witch, Please: Empowerment and Enlightenment for the Modern Mystic* and *Angels Among Us Oracle*.

4.45-5.45pm Ra Ma Da Sa and Asana

Elena encourages everyone to join her for 'a short and sweet kriya to get the energy moving, followed by the Siri Gaitri Mantra for deep healing to experience the healing power of this beautiful practice', she is looking forward to sharing it with all of you.

Elena stumbled on Kundalini Yoga around 4 or 5 years ago, and it felt like she had come home. She has been practising ever since and it has changed her life profoundly and for the better.

4.45-5.45pm Astrology and Meditation

Each month we have the opportunity to connect to the rhythm of the Universe by bringing our awareness to the planets, their movements and alignments. In this session Jenn will give you an overview of the astrological energy of July, highlighting key aspects. The session will end with a Kundalini meditation and chant to carry you through the month.

Jenn has been practising yoga and following the stars in some form since she was a little girl. She found Kundalini Yoga in 2021 and started studying astrology in 2017.

5.45-6.00pm Closing for the day- Customer Care

Sunday 4th July 5.00am-8.00am

5am – 7.30am Morning Sadhana

Please join us for the morning Sadhana and share the powerful experience with the graduates 2020/2021 of the i-SKY K1 course

It is our pleasure to introduce you to a morning practice with Japji, Kriya and Mantras.

7.30-8.00am Closing Circle with graduates of i-SKY.net