

SUMMER HIGHLIGHT! □ Sarabjot hosts Gurmukh in the Hamptons!

Saturday, August 28

10:30 am - 12:30 pm

\$55/advance □ \$75/door

Is Love the Only Constant in an Ever-Changing World? □ **Five Laws for the Aquarian Age □**

This Kundalini Yoga Workshop is designed to help ease the transition into the Aquarian Age, which many people believe begins in 2012. Gurmukh will teach the Five Laws or Sutras given by the Ancient Ones that illuminate a path into the heart and show us ways to celebrate the sacred life we have been given. □

The Five Sutras of the Aquarian Age are:

- Recognize that the other person is you.
- There is a way through every block
- When the time is on you, start; and the pressure will be off.
- Understand through compassion, or you will misunderstand the times.
- Vibrate the Cosmos, and the Cosmos shall clear your path. □

Join us in Chanting, Dancing, Breath Walking, Meditation, Kundalini Yoga, and experiencing the deep relaxation and purification of the Sacred Sound Current of the Gong. Let's celebrate together the fulfillment of our divine connection to Truth, Spirit, and Destiny. All levels are welcome.

To read more about Gurmukh, go to **www.goldenbridgeyoga.com**.

Unitarian Universalist Congregation □
977 Bridgehampton- Sag Harbor Turnpike □
Bridgehampton, NY 11932

Register at □ **www.divineyogaNY.com**, or call □ 516.458.0004

Directions will be furnished upon registration