

Five Laws for the Aquarian Age



Living in the Heart

**Saturday
August 28
10:30 am -
12:30 pm**

with Gurmukh

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:

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

**\$55/adv
\$75/day of**

Divine  Yoga

Unitarian Universalist
Congregation
977 Bridgehampton-
Sag Harbor Turnpike
Bridgehampton, NY 11932
www.DivineYogaNY.com