



# WHITE TANTRIC YOGA®

A one day **meditation** workshop  
...let your spirit soar!

## About White Tantric Yoga® And Meditation

Our minds release 1000 thoughts per wink of an eye. Some of these thoughts get lost in the unconscious, and some get stuck in the subconscious and affect the conscious mind. These thoughts become feelings, emotions, desires, multi-realities or fantasies. Instead of mastering our mind, often our mind and thoughts direct or distract us, which can result in impulsive decisions, poor communication and self-imposed stress.

White Tantric Yoga® enables you to break through these subconscious blocks, so you can have a more enjoyable life. In the shortest time, you can experience release from a lot of the burden you carry in your mind.

When you see and act on each moment with clarity, you can gain a deeper understanding of yourself and your life can change. Your mind, body, and soul can act together as one. This is the path to personal freedom and awareness, and will bring more success to every area of your life.

White Tantric Yoga® is a registered trademark of Humanology and Health Science Inc.

For further information: [www.whitetantricyoga.com](http://www.whitetantricyoga.com)



*White Tantric Yoga® brings me face to face with my essence, opens my heart to worlds that I could not feel, and to visions my eyes can't see. —GK, Cambridge MA*

*White Tantric Yoga® was amazing and profoundly affected me. I do indeed feel quite different, and amazing things, both subtle and grand, have continually been happening. My mind seems clearer and my elevated spirit is maintaining. My experience since that day has cemented my resolve to continue to make Kundalini Yoga and White Tantric Yoga® a part of my life forever.  
—CM, New York City*

*There were so many stories about the intensity and lengths of the meditations, I had a lot of fear as to whether I would be able to keep up. It turned out to be one of the best experiences of my life. The group energy helped me through the challenges. —DM, Houma, LA*

## What To Expect

White Tantric Yoga® is done in pairs as a group meditation. You sit facing a partner and follow instructions for meditation given on video by the Mahan Tantric, Yogi Bhajan. A representative of the Mahan Tantric will be present to facilitate White Tantric Yoga®.

Each workshop consists of between six and eight kriyas. A kriya is a meditation incorporating one or all of the following:

- a yoga posture (asana)
- a breathing technique (pranayam)
- a mental focus and/or a mantra
- a hand position (mudra)

Sometimes the kriyas are accompanied by music. These kriyas vary in length up to sixty-two minutes. There are breaks in between each kriya.

The environment is peaceful, and the atmosphere is friendly, supportive, and uplifting. A vegetarian lunch is provided.

# WHITE TANTRIC YOGA®

## A one day meditation workshop

### HOW IT WORKS

Envision the energy of the universe as both parallel and perpendicular in nature, like a cloth woven together. As a cloth becomes stronger when it is stretched on the diagonal, so the White Tantric Yoga® diagonal, or 'Z' energy is stronger. This energy, when directed by the Mahan Tantric, cuts through the blocks that are stuck in the subconscious mind.

Using the diagonal energy, the Mahan Tantric, Yogi Bhajan, connects his subtle body to the subtle bodies of the participants through the course facilitator. This works the same way as a worldwide telephone system that relies on satellites and electromagnetic energy in order to connect two parties.

White Tantric Yoga® should not be confused with black or red tantric. Those forms of yoga also transform energy, but in a different way and for different purposes. Black tantric directs the energy to manipulate other human beings and red tantric directs the energy solely for sexual purposes.

### ABOUT THE MAHAN TANTRIC

Yogi Bhajan became Master of Kundalini Yoga at the age of 16 in his native India. He came to the West in 1968. The authority to be the Mahan Tantric, Master of White Tantric Yoga®, was bestowed on him in 1970. The practice of White Tantric Yoga®, as with most sacred Eastern wisdom, had previously been a tradition passed on from teacher to student in a mystical and selective way. As a pioneer of the Aquarian Age, Yogi Bhajan decided to open the experience of White Tantric Yoga® to anyone who wanted to commit to the discipline. In 1970 in Los Angeles, for the first time in history, White Tantric Yoga® was taught publicly.

Until 1986, Yogi Bhajan traveled throughout the world presenting as many as thirty workshops each year to thousands of students. In 1987, using his unique abilities as Master, together with modern technology, he began to present White Tantric Yoga® as a video-taped series which has the same effect as when he was physically present. He said the videos would continue to have the same effect when he was no longer in his physical body. This has proven true, and in fact since his passing from his physical body in October, 2004, thousands of students have confirmed that their White Tantric Yoga® experience is one of being in his presence.

### WHO CAN PARTICIPATE?

There are no prerequisites for participating in White Tantric Yoga®. Beginners will tune into their internal energies and enjoy a deep and sometimes challenging meditative experience. More advanced meditation practitioners will deepen their experience and make new inroads to their spiritual awareness.

### HOW TO PREPARE AND WHAT TO BRING\*

- Come to the workshop ready to meditate, having done some yoga or stretching exercises.
- Wear loose comfortable white clothing. White combines all the colors and enhances your magnetic field and auric strength.
- Wear a white cotton head covering which FULLY covers the head and will stay on securely during the kriyas.
- Please bring a blanket or sheepskin to sit on and a light blanket to cover yourself with during relaxation periods.
- White Tantric Yoga® is a cleansing process. Water will be provided during the day or you may bring your own.

\*Please note and be mindful that the White Tantric Yoga® space between the lines is limited and nothing but essential items as listed above should be brought into the space in a very consolidated fashion. Please leave valuables at home. **Photography and videography or use of any kind of recording device is prohibited at White Tantric Yoga®.** Cameras are not allowed at the workshops and cell phones should be turned off.

## 2019 SCHEDULE

### January

19 Moscow, Russia  
26 London, UK

### February

02 Phoenix AZ  
09 Berlin, Germany  
16 Stockholm, Sweden  
23 Austin TX

### March

02 Bay Area CA  
09 Millis MA  
16 Barcelona, Spain  
24 Rome, Italy  
30 Los Angeles CA

### April

06 New York NY  
13 Ft Lauderdale FL  
27 Chicago IL

### May

04 Seattle, WA  
11 Quito, Ecuador  
18 Mexico City, Mexico  
25 Toronto, Canada

### June

01 Reykjavik, Iceland  
18, 19, 20  
Summer Solstice Sadhana  
Española NM

### July/August

July 31, August 1, 2  
3HO Europe Yoga Festival  
Mur de Sologne, FR

### August

10 Sochi, Russia

### September

14 Knoxville TN  
21 Ottawa, Canada  
28 Guadalajara, Mexico

### October

5 Belo Horizonte, Brazil  
12 Sterling VA  
19 Munich, Germany  
26 Boulder CO

### November

3 Milan, Italy  
9 New York NY  
16 Los Angeles CA  
23 Vancouver, Canada  
30 Taipei, Taiwan

### December

07 Santiago, Chile  
19, 20, 21  
Winter Solstice Sadhana  
Lake Wales FL

Dates are subject to change, please visit  
[www.whitetantricyoga.com](http://www.whitetantricyoga.com)  
for the most current information

