

KARAM KRIYA WOMEN'S CIRCLE

Each year, the Karam Kriya Women's Circle is taking place in a different European country and gathers women from the whole world. It is open to all women and children. We are delighted to announce that the Circle will meet in France, for the first time in Château Anand, next to Chatellerault/Poitiers, the land 3HO Europe acquired to host the big Kundalini Yoga gatherings in Europe.

This year's theme is : *"When woman honours herself there are no wars"*

See the Women's Circle 2014 video here : <https://www.youtube.com/watch?v=3EUY-iH351g>

Follow our Facebook page: <https://www.facebook.com/karamkriyawomenscircle/>

The Karam Kriya Women's Circle is :

- A meeting of women-4-women
- Based on a recognition that 'The Future is Feminine'
- Guided by the number awareness as studied in the Karam Kriya School
- Supported by the teachings and practice of Kundalini Yoga Lifestyle, as taught by Yogi Bhajan.

What you will find at the Women's Circle :

- Aquarian Sadhana every morning
- Morning workshops with Shiv Charan Singh and Satya Kaur,
- Red Tent every day
- Afternoon workshops
- Children's camp
- Surrounding nature walks
- Yogi tea, snacks and a delicious vegetarian cuisine
- A bazaar (contact us if you wish to participate)
- Spontaneous workshops or moments of dance, laughter, art... (bring what you want to share)

A Red Tent is the opportunity to take time out and share deeply in a sacred space (originally during menstruations), survival of an old tradition so that women honor and celebrate their nature.

Dates: from 16th June 5.30am until 19th June 5.30pm

Location:

Château Anand

Domaine de Puygirault

86260 St Pierre de Maillé

<http://www.chateau-anand.eu>

Theme :

When woman honours herself there are no wars

Put an end to the old patterns which dishonor you

> this is self vigilance, because you must.

Forge an image of reality which is bright and peaceful

> this is to have faith, because you need it.

Enrich your life beyond immediate gratification

> this is to tune into the heart, because you have to.

War wagers are a result of unfulfilled mothers

> so spare your children, because they deserve it.

Honor your cyclical nature

> celebrate how you are, because no one else will.

Obey the inner voice and heal the world, because the future is feminine... Already!

Daily programme:

5h30-8h : Aquarian Sadhana

8h-9h30 : Breakfast

9h30-13h : Workshops with Shiv Charan Singh and Satya Kaur
(Children's camp)

13h-14h30 : Lunch

14h30-16h30 : Red Tent with Satya Kaur
(Children's camp)

17h-18h30 : Workshops lead by women

19h-20h : Diner

20h-21h30 : Free evening, Yogi tea, Bazar, dance, Kirtan, meditation....

Accommodation

According to your choice, you will be hosted in a 4 beds bedroom, a dormitory or on the camping ground. Tent (&airbed) rental is available from Château Anand at an extra 20€ /person for the event.

The number of rooms and beds being limited, their allocation will be effective upon reception of your registration form and payment of the deposit.

If you have requested a room or bed and that it is not available any longer, you will be notified.

Meals

Food will be organic and vegetarian/vegan.

If you have a specific allergy, thank you to let us know on your registration form.

Meals will be taken all together 3 times a day.

Seva

All participants, except pregnant and breastfeeding women, will be invited to participate in the running of the event so that everything can be flowing and comfortable for everyone. The different seva groups will be appointed on-site.

Mothers will be invited to give some time at the children's camp.

Children

All children of all ages are welcome to join their mothers in this elevating community experience.

Each child must be registered and pay the according fee, which covers for their food and accommodation but also materials, snacks, games,... Thank you to inform us if your teen/young adult will take part in the workshops.

Plan clothes and shoes for hot as well as damp/cold weather, as Chateau Anand is in the middle of the country side...

Language

All workshops lead in English will be translated into French and vice-versa

What should you bring ?

- Walking shoes, rain proof jacket, bottle/mug, notebook
- Lamp, head lamp if possible, alarm clock
- Yoga mat (even if you also bring a sheep skin)
- Comfortable clothes and something to cover your head (head scarf, turban) for sadhana. Colored clothes for the Red Tent
- Warm clothes for Sadhana, and a second cover + plastic cover for campers (humid terrain).
- Essential oils against ticks
- Rooms and dormitory : equipped in bedsheets, covers and towels, but you can bring an extra blanket or sleeping bag to avoid being cold
- A Japji Sahib if you have one, musical instruments
- Cash or cheques (no bank card) for the bazaar (books, CDs, clothes,...) or consultations (Sat Nam Rasayan, Karam Kriya, massage..).

What should I not bring ?

- Alcool |
- Cigarettes | forbidden on the site of Château Anand
- Drogues |

Arrivals

Arrivals are possible from 3pm on Thursday 15th June, dinner will be served at 6.30pm. Thank you to let us know at least the day before if you may arrive later and would like a (cold) meal to be put aside for you.

Registration will start at 3pm and will close at 9pm. Thank you to let us know if you arrive later than 9pm. On Friday 16th, registration will be possible between 8am and 9.30am and at break times.

Transport

Car-sharing is facilitated to arrive at Château Anand and here is the weblink so that you can register:

https://docs.google.com/spreadsheets/d/1KTyJ1NIvkR65Is3uEi-yEGOQp3I_QrlScVrvisSWA10/edit?usp=sharing

You may use it to find a space in a car to get to Château Anand or offer available space(s) in your car.

If you get to Château Anand by public transport, Poitiers and Châtellerauld are the nearest train stations (check out www.sncf.com). A shuttle will be organised from Poitiers train station at 3.30pm and another one from Châtellerauld at 5pm. Fares will depend on the filling up of these taxis. Total cost of the taxi, 9 people van, from Poitiers, 90€, from Châtellerauld, 72€.

If you come by car, check out Château Anand's website for indications.

<http://www.chateau-anand.eu>

Contact : womenscircle@karamkriya.com

Website : www.karamkriya.com

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