

Sat Nam Rasayan®

Workshop in Hamburg 13./14. Oct.18

Time: 9.00 – ca. 17.00 h, entry 45 minutes before

Schedule: 9.00 – 10.00 h Yoga, 10.00 – 12.30

and 14.30 – ca. 17.00 h SNR,

Lunch break from 12.30 – 14.30 (changes reserved)

Course Fee: 120 EUR/Day (cash)

LOCATION: Hotel Lindtner, Heimfelder Str. 123,

21075 Hamburg-Harburg, www.lindtner.com



Please read:

We're looking forward to Guru Dev Singh's visit to Hamburg next weekend.

Please observe: if you have a cold or aren't feeling well, please do not sit in the front few rows.

We would like to give him space to rest during the breaks. If you have questions, please ask them of one of the senior students, such as Fateh Singh, Seva Kaur, or the team.

- Please turn off mobile phones during the course. Enjoy the opportunity to engage with your self.
- YOGA MATS, BLANKETS, PILLOWS: Please bring these with you.
- Please set up your spaces as close to each other as you can.
- Restroom Breaks:
You can also take breaks during the course - the restrooms are one level lower than the course room.
- Please leave bags and items not needed for the class in the cloakroom - this is also on the lower level. Please leave luggage/ suitcases/ coats there. Bring your valuables with you into the course room.
- Parking: There are about 200 free parking spaces available for course participants.
- Lunch Break: In the morning, you can buy a dessert card for €6, that entitles you to coffee and a dessert during lunch.

Our terms and conditions apply: www.sat-nam-rasayan.de/kontakt/agb

We look forward to the time together.

Sahaj Kaur und Fateh Singh

Sat Nam Rasayan Hamburg

Arbeitsgruppe in 3HO DEU. e.V.

c/o Becker, Kösliner Str 55a, 22147 Hamburg