

# + Decode your Soul's message

## With Numerology as taught by Yogi Bhajan

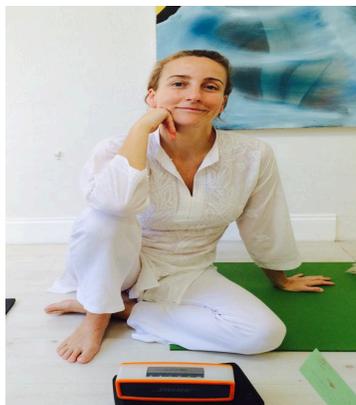
Using this Code Numerology system, as taught by Yogi Bhajan, you will be able to build a lifestyle matrix of yoga, meditation and elevating habits aimed to keep your consciousness on the high road through the turbulence of these times.

The Beginner workshop begins Saturday, October 15th, morning at 9 am with a Kundalini Yoga class and a relaxing gong meditation followed by an introduction to numerology. You will learn the Basic Chart and the information contained in the 10 Energy Bodies that accompany the soul into life. These Bodies hold the issues, challenges, gifts, karma and destiny the soul chose for this lifetime.

The Yoga class prior workshop is included in the price but it is optional for those of you with a full schedule.

Yoga class and meditation starts at 9 AM to 10:30 AM

Numerology workshop starts at 10:30 AM to 1 PM



*"This science, with all its tools and insights, is one of the finest keys to understanding ourselves as well as others. Anyone can learn it; everyone can gain from using it. What you will come to understand will be exciting, even revelatory." - Sangeet Kaur Khalsa*

**<https://squareup.com/store/theseecretsofyoga>**

**YOGA SOURCE**  
**3510 S University Dr. Davie, FL 33328**  
**Before OCT 9 \$40 After \$50**



# About Indra Kaur

+ **Indra Kaur** is a yogini and a spiritual teacher who has taught yoga for nearly 20 years.

Her journey began in the early 90s in Spain with Integral Yoga. However, it wasn't until she moved to the United States that she took her first teacher's training in **Ashtanga Yoga**. This gave her the opportunity to meet and studied with **Pattabhi Jois**.

In the late 90s while she was very involved teaching and practicing **Ashtanga Yoga** she decided to join a spiritual retreat called **Winter Solstice White Tantric Yoga in Florida** where she met **Yogi Bhajan**. This experience impacted her so deeply that she immediately decided to take the next available Master's Touch, a teacher's training taught by the Master, Yogi Bhajan.

Since then, she has been assisting all summer and winter solstice events as well as exploring many of the other forms of Yoga, meditation, and the healing arts of **Sat Nam Rasayan**. She studied with Brian Weiss past life regression therapy. One of her other life passions is the science of healing with food; such as Ayurveda, Macrobiotics, vegetarianism, and veganism.

She is the founder of <http://www.thesectionsofyoga.com> a bilingual (English and Spanish) Yoga portal where you can find many interesting articles and information about Yoga and its life style.

She currently lives in the Miami Beach area where she teaches groups, corporations, and privately at her Miami Beach yoga studio. You can contact her at [IndraK@TheSecretsOfYoga.com](mailto:IndraK@TheSecretsOfYoga.com)

*“The real Yoga practice is to live on the planet Earth at this moment in time. Dealing with multiple demands at once, high levels of stress, and the constant feeling of always being behind, running, trying to catch up with everything around us...”*

*“...The Yoga classes are just the space where we learn the tools to deal, process, and let go so that we can bring balance to the body and clarity to the mind. Developing a neutral mind could become one of your best assets in life.”*

*“I am very enthusiastic about the miracles I have seen happen with Kundalini Yoga and meditation. Learning these tools and doing this work I have healed and continue healing myself while at the same time I have been in service to others. All this has happen in my life because of this profound healing technology called Kundalini Yoga and meditation. I believe that part of my purpose here in this lifetime is to bring what I have learned to others.”*