



# SUMMER SOLSTICE RETREAT

17-22. JUNE 2023

@ Rajamaa Ashram,  
Estonia

## Retreat information sheet

Join us to celebrate the Summer Solstice in nature  
with the company of the elevating teachings of:

Kundalini yoga and meditation  
Sikh Dharma and Gurdwara  
Karam Kriya numerology  
Gatka Warrior martial art practice  
Khalsa Radiance classes  
Mayan rituals for Solstice  
3HO Healing walk

Summer Solstice celebrations around the Bonfire  
Aquarian Sadhana  
Walk to the lake

[www.dharamsaal.ee/solstice](http://www.dharamsaal.ee/solstice)



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In the Summer Solstice Retreat we will:

- 🐚 Cook and eat an organic healthy vegetarian yogic food, with most fresh produce from our organic vegetable garden at the ashram
- 🐚 Enjoy being in pure nature in the company of fellow yogi/nis
- 🐚 Practice Kundalini Yoga and meditation
- 🐚 Relax in the evening with Sauna

- 🐚 Work in the kitchen garden to ground your mind and body
- 🐚 Experience living in an off-grid self-sustainable community and practice simple living in harmony with nature
- 🐚 Learn about your Date of Birth and Karam Kriya numerology personal chart and more!

*Open to experienced yogis and beginners.*

## SCHEDULE

Summer Solstice Retreat						
17-22 June 2023						
Rajamaa Ashram, Estonia						
Arrivals	Grounding day	Exploration day	Victory day	Solstice Day	Departures Day	
<b>Saturday 17th June</b>	05:30-8:00	Aquarian Sadhana	Aquarian Sadhana	Aquarian Sadhana	Aquarian Sadhana	Aquarian Sadhana
	8:00-8:30	Gurdwara	Gurdwara	Gurdwara	Gurdwara	Gurdwara
	8:30-9:30	Breakfast	Breakfast	Breakfast	Breakfast	<i>Breakfast and Departures</i>
	10:00-11:30	Karam Kriya 10 numbers	Solstice video with the Siri Singh Sahib	Life as a Victory class	Mayan solstice rituals and exploring the 5 elements in TCM	
	11:30-12:00	Gatka	Gatka	Gatka	Gatka	
<i>Arrivals from 17:00 onwards</i>	12:00-13:15	Lunch prep	Lunch prep	Lunch prep	Lunch prep	
	13:15-15:30	Lunch and walk or rest	Lunch and rest	Lunch and walk or rest	Lunch and walk or rest	
18:30 Welcome and Kundalini yoga class - Sukhdev Kaur	15:30-16:45	Karam Kriya Date of Birth	Walk to the lake	Jappa 62 minutes	3HO Healing Walk, Solstice celebration songs and rituals	
	17:00-18:00	Kundalini yoga		Kundalini yoga		
	18:00-18:30	Kirtan at the Gurdwara	18:30 Kundalini yoga and healing meditation	Kirtan at the Gurdwara	Dinner	Solstice Bonfire & dinner
20:00 Dinner	19:00-	Dinner	Dinner and Sauna	Sauna	Temazcal or Sauna	
	20:00-	Sauna				

*\*Schedule subject to changes*





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## RETREAT LEADERS:

### Sukhdev Kaur (Mexico / Estonia)

Sukhdev Kaur pioneered to Estonia from her homeland of Mexico in 2004, on her own and alone but fully equipped with her courage, faith, and adventurous spirit, teaching Kundalini Yoga. She has taught in a wide number of facilities, institutions, and companies since then. In 2014 Sukhdev founded Dharamsaal – School of Kundalini Yoga and Humanology in Tallinn, Estonia and in 2015 the Guru Ram Das Institute and Ashram in Raasiku vald. She is an architect, urbanist, doula and has developed several programs including a pregnancy yoga training called Sacred Woman Infinite Mother. Sukhdev is a Sikh Dharma Minister and the Coordinator for the European Yoga Festival Gurdwara in France. She is the Secretary of the Board of Directors of the Sikh Dharma Education International, serving for Miri Piri Academy in India. Sukhdev holds the space in the training for all the participants with grace and compassion, while providing you a safe space to open up and develop to your highest potential.



### Javier Hernandez - Ollin Kan (Mexico / Estonia)

Javier Hernandez is an expert in promoting indigenous traditions and fostering collaboration among diverse groups worldwide. Since 2004, he has shared the ancient indigenous ritual of Temazcal, which represents gestation in the mother earth's womb for rebirth. In addition to this, Javier also holds cacao ceremonies and workshops on the Tzolkin Maya calendar. He is a member of Mazacalli, a non-profit organization dedicated to developing and maintaining contact with diverse allies in Mexico, Latin America, and Europe since 2008. As a Guardian of the Fire from 2012 to 2018, he was responsible for the care of the sacred fire during all gatherings and ceremonies. Additionally, he has facilitated the workshop "The thirteen moons of the sacred feminine" since 2012 and has been the first man accepted into women's circles. Javier also has expertise in traditional Chinese medicine and biomechanical therapy. Before moving to Estonia, where he currently resides, he was a founding member and responsible for the health department at Los Volcanes Permaculture and Agroecology Center for four years.



### Amrit Atma Kaur (Estonia)

Amrit Atma Kaur is Kundalini yoga teacher. Passionate about sharing wisdom and empowering individuals on their spiritual journeys, she has committed to developing as teacher trainer in the Aquarian Trainer Academy. Her experience of spiritual sciences extends to the sacred art of Karam Kriya, that she has studied under the guidance of Shiv Charan Singh. As a Karam Kriya consultant, she offers insights and guidance using the ancient science of numerology. She has also background in Sat Nam Rasayan, Meditative healing, and Gong meditation.





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### VENUE:

**Guru Ram Das Institute @ Rajamaa Ashram:**  
Rajamaa, Kalesi küla, Raasiku vald, Estonia. 25 km from Tallinn.

The Ashram is an off-grid sustainable community offering experiences in pure natural surroundings of a birch forest.



The Guru Ram Das Institute and Ashram is built on the principles of Sikh Dharma, Khalsa consciousness and the Teachings of Yogi Bhajan through sustainable living. We value over all the Humility of Guru Nanak therefore we live with the minimum impact on nature in a self-sustainable way, with 100% off-grid solar electricity, own deep water well and water-treatment plant, growing our own food and living in the most simple, natural, harmonious way with the cycles of nature.

The transportation to the venue will be organized amongst participants as needed or to the train station in Aruküla (there is a direct train from Tallinn Ülemiste, the train ride is about 20 minutes)

Read more about our venue:  
[www.dharamsaal.ee/rajamaa](http://www.dharamsaal.ee/rajamaa)





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### YOUR INVESTMENT:

440€ early bird registrations: paid in full latest by June 10th 2023

490€ regular registrations: from June 11th up to June 16th.

Payment includes all classes, food and shared accommodation.

Registrations close on June 16th.

Please note that there are limited places available in the retreat, so we suggest you book your place ASAP.

The Summer Solstice Retreat is open to beginners as well as advanced practitioners of any of the disciplines mentioned.

### REGISTRATION:

- 1) Fill in the registration form [HERE](#)
- 2) Pay your participation by bank transfer to:

Account holder: MTÜ Guru Ram Das Instituut  
IBAN: EE597700771002082177  
BIC/SWIFT: LHBEE22  
Bank address: Tartu mnt 2, 10145 Tallinn  
Bank code: 689

\*For payments outside of Europe you can make your payment through Paypal (please add +15€ for Paypal fees) to [sukhdevkaur@khalsa.com](mailto:sukhdevkaur@khalsa.com)

Your deposit confirms your spot at the Retreat.

After you fill out your registration form and pay for the retreat, we will send more information about arrival, what to bring, etc.

If you have any questions contact Sukhdev Kaur at [sukhdevkaur@khalsa.com](mailto:sukhdevkaur@khalsa.com) +372 53731839

Watch our invitation video and register today!  
[www.dharamsaal.ee/solstice](http://www.dharamsaal.ee/solstice)

