

# TEACHERS FOR AQUARIUS CAMP

JULY 2-5 2026

@ GURU RAM DAS ASHRAM  
IN ESTONIA



[WWW.DHARAMSAAL.EE/AQUARIUS](http://WWW.DHARAMSAAL.EE/AQUARIUS)



## RETREAT INFORMATION SHEET

*You like the part of the teacher how people touch your feet and how they love you and all that paraphernalia, but you do not know the Karma of the teacher. He sits on one foot long spike nails chair. He has to lie once and he is caught forever. The oath of a teacher is, I am not a woman, I am not a man, I am not a person, I am not myself, I am a teacher.*

*Your job in the Age of Aquarius will be to understand your own self, your self-dignity, your self-esteem, your self-morality, your self-ethic, your self-spirit and rise and resurrect yourself to the point that you can lift by sight, touch and word.*

*- Siri Singh Sahib Yogiji*



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Rajamaa ASHRAM, ESTONIA

## VENUE:

**Guru Ram Das Institute @ Rajamaa Ashram:**

Rajamaa, Kalesi küla, Raasiku vald, Estonia. 25 km from Tallinn, the capital of Estonia

The Ashram is a 100% off-grid sustainable School and Community dedicated to sharing the teachings of Kundalini Yoga and Sikh Dharma, living with the minimum impact on nature in a self-sustainable harmony with the cycles of nature.

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



## SCHEDULE:

THU, JULY 2ND	FRI, JULY 3RD	SAT, JULY 4TH	SUN, JULY 5TH
ADJUSTMENT DAY	RESILIENCE DAY	SOUL'S JOURNEY DAY	INTEGRATION DAY
	Morning Sadhana	Morning Sadhana	Morning Sadhana
	Breakfast	Breakfast	Breakfast
Arrivals by 15:00	Kundalini Surjhee Jappa	Forest walk & meditations	Integration & Closing
Kundalini yoga & Meditation	Lunch	Lunch at the lake	Lunch
Date of Birth & Numbers	Kundalini Surjhee Jappa	Forest walk & meditations	Departures
Dinner & Sauna	Dinner & Sauna	Dinner & Sauna	



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## CAMP LEADER:

### SUKHDEV KAUR KHALSA (MEXICO / ESTONIA)

Sukhdev Kaur will lead you to developing your highest potential and radiance. She has been teaching internationally over 25 years. She has the ability to lead you into a meditative practice to develop your commitment, determination, compassion and grace. 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 Rajamaa, Estonia. She is an architect, urbanist, doula and has developed several programs including the Sacred Woman Infinite Mother and the Khalsa Radiance. Sukhdev is a Sikh Dharma Minister and Chair of the European Khalsa Council. She is the Director of Continuing Education at Miri Piri Academy near the Golden Temple in Amritsar, the home of the 3HO Global community in India.



### YOUR INVESTMENT:

310€ Early commitment (limited spots): paid in full latest by June 1st 2026

410€ Standard Registrations: from June 1st up to June 24th. Registrations close on June 24th.

Payment is all-inclusive: full program, food and shared accommodation in cabins or your personal tent.

Spots are limited to keep the experience personal and immersive.

The camp takes place in English language

More information: [sukhdevkaur@khalsa.com](mailto:sukhdevkaur@khalsa.com)  
+372 53731839

### REGISTRATION:

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

MTÜ Guru Ram Das Instituut  
IBAN: EE597700771002082177  
BIC/SWIFT: LHVBE22  
Bank address: Tartu mnt 2, 10145 Tallinn  
Bank code: 689

\*For payments outside of Europe you can make your payment through Paypal to [sukhdevkaur@khalsa.com](mailto:sukhdevkaur@khalsa.com) (please add +10€ for Paypal fees)  
Your deposit confirms your spot at the Camp.

**Register today!**

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

