

Learn from  
**Gurujii Prem Nirmal**  
**Kriya Yoga Level 1 + Level 2**  
In Singapore

**On Saturday, 18th August, 2012 (9 am to 6 pm)**

Life is Material and Spiritual both!...Is it possible to continue our regular way of living and still be blissful in the midst of the super-fast pace of life? The Kriya Yog Level 1 and Level 2 workshop is designed for open-minded people, who are **“Fast Learners and are interested in both MATERIAL & SPIRITUAL GROWTH”**. Or for those who have everything and still have a kind of emptiness within. If they are looking for the answers to the questions like “Who am I? What is the purpose of my life? Is it possible to live in Abundance and move towards Enlightenment?”

**Who Can do it?.**

Anyone with working knowledge of English and burning desire to learn and grow.  
(Children who can sit quietly through the course without disturbing the participants can join)

**Topics covered: Level -1**

- Learn to Increase cellular level vibrancy with Nirmal Kriya and enjoy physical and mental well-being.
- Seven dimensions of Holistic Living and Opening of Chakras with Kriya
- 25 HB and 49 HB(Healing Breaths) Nirmal Kriya and 3-Step Nirmal Dhya for meditation based life-style.
- Two minutes Stress Management and Anger Management Techniques with Blissful Breath

**Topics covered: Level -2**

- Various layers of mind - Conscious, Subconscious & Unconscious Mind,
- Limitations of Subconscious and Power of Super Conscious Mind and the ways to tap it..
- Seven Bodies & Associated Engrams
- Understand the Law of Karma
- Nadi-Samhar Kriya and 6-Step Nirmal.
- Learn to See Aura with naked eyes!
- Understanding Patterns of Thoughts/Habits/Behavior and learn the Shakti-Chalini Kriya to HEAL self-sabotaging Patterns
- Abundance Manifestation Technique based on Sri Vidya



# Relationship Workshop In Singapore



will be conducted by

**Guruji Prem Nirmal and Guruma Bharati Nirmal**

**Sunday, 19th August, 2012 (9 am to 6 pm)**

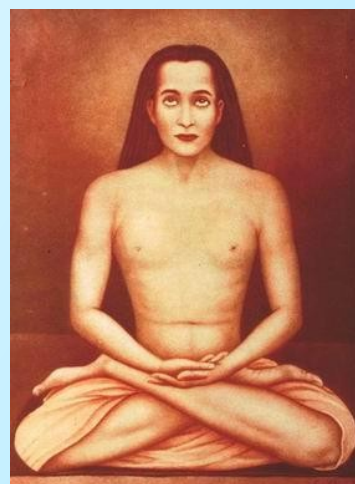
The purpose of the relationship workshop is to experience Unconditional love in all relationships. Understanding the dynamics of relationships, live life peacefully and purposefully and understand the secrets of radiantly joyful relationships.

## **Who Can do it?...**

Any one (over 16 years) with working knowledge of English and burning desire to learn and grow.

## **Topics covered**

- Fundamentals of Healthy Relationship : 5A's Formula , ZIP, ZEST & LTTE Formulas for Radiantly Joyful Relationships
- Experiencing Unconditional love in all the relationships... Breathing exercises and Meditations for Intimacy.
- Do we choose the relationships we are in or do we attract them karmically?
- Money and Relationships
- Understanding of "Man and Woman Brains themselves are completely differently wired.....for Men are from Mars, Women are from Venus!"
- Why we hurt a person we love most? Nine doors of Negativity and how to close them? Understanding the reasons for negativities in a relationship:
- "Self-sabotaging Patterns" which invite Hurt, Humiliation and Abusive Relationships.
- Past Birth carry-over issues and Relationships - Coming out from past scars of relationships and starting a fresh journey....
- Social Networking and Modern troubles in Relationships. Reasons for extra-marital affairs and unhealthy relationships
- "Learning Together – Growing Together" Relationship and Intimacy education for couples for achieving excellence together.
- Enlightened Relationships: Finding a purpose in relationship and evolving together spiritually.



# Kriya Yoga Master's Training

In Singapore by

**Gurujii Prem Nirmal**

Monday, 20th August, 2012 (9 am to 6 pm):

## Who Can do it?...

Any one (over 16 years) with working knowledge of English and burning desire to learn and grow. Level-1 + Level-2 + Capacity to see Aura.

Master's Training is to help participants understand their Life Mission and to encourage participants to conduct Kriya and Meditation classes to spiritualize the whole world by 2020 and create heaven on earth.

All Masters will learn to synchronistically simulate the experience of Prana – the Vital Energy Force, Experience of Kundalini or the Primordial Energy. and Experience of Consciousness. They will also learn to impart “Experiential Understanding” to others. You will learn “Master's Attitudes”. All Masters will be initiated into your “Seven Rays” concept and will start their life mission.

## **Topics covered**

- Who is a Master? Scholar – Mystic – Master
- Knowing your own path – walking your own path
- Attitudinal Corrections for Householder's Spirituality
- Three Major lessons on Planet earth: Money - Relationships – Enlightenment
- Secrets of Path of Soul & Monadic Journey
- Inner Cleansing – The minimum requirement for Enlightenment
- Importance of Witness Consciousness – WITNESSEE - the object being witnessed and process of Witnessing – Dissolution of the Trio – Enlightenment
- Awareness & Understanding: Two wings to fly high in blue sky!
- Awaken Godliness within... Be a Master!





**18-20 Aug 2012**

**ATTRACT SUCCESS & ABUNDANCE IN YOUR LIFE**  
**3-DAY KRIYA YOGA WORKSHOP**

**By Prem Nirmal, Scientific-Mystic, Enlightenment Educationist**

He promotes householders spirituality and has taught over 70,000 people worldwide over the past 16 years.

The workshop will teach you to live life joyously and blissfully in the midst of the super-fast pace of life and to experience unconditional love in all your professional and personal relationships.

Day	SESSIONS	DATE	TIME	FEES
1	Kriya Yoga Level 1 & 2	18 <sup>th</sup> Aug	9 am to 6 pm	\$150
2	Relationship Workshop <b>(NEW)</b>	19 <sup>th</sup> Aug	9 am to 6 pm	\$150
3	Masters Training	20 <sup>th</sup> Aug	9 am to 6 pm	\$200
Discounted Price for all 3 days (lunch and snacks included)				\$450

**VENUE:**

Day 1 & 2 @ Sri Thendayuthapani Temple Hall, 15 Tank Rd, S(238 065)

Day 3 @ Om Vedic Heritage Centre, 43 Tessensohn Road, S (217 661)

**CONTACT:**

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For more information: [www.omvedicheritage.com.sg/kriyayoga.html](http://www.omvedicheritage.com.sg/kriyayoga.html)