



Knowing your moon centers will help you to have more control of your inner life and to be the actor of your life.

EMPOWER YOUR ESSENCE

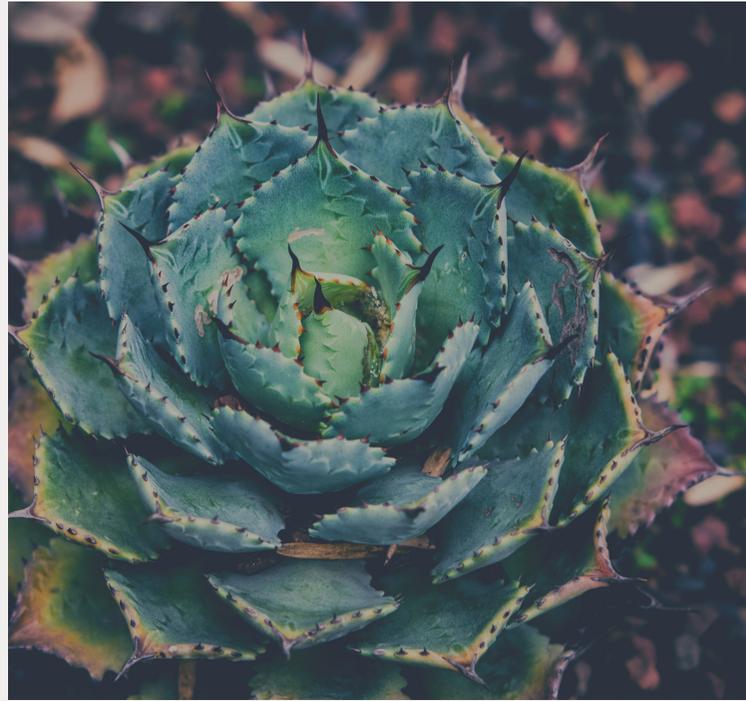
Would you like to know what guides you and what spoils you ? What nourishes you and what awakes your creativity ? You are going to learn how to feel safe, confident and in charge of yourself.

THE 13TH MONTH

Would you like to get an extra 29 days each year ? You are going to learn the secrets to upgrade the 6 aspects of your life in order to live a joyous and empowered life.

THE MOON CENTERS

Would you like to change the way your emotions guide you ? You are going to learn how to take control of your life. What are those centers ? Do you know women have 11 moon centers ?



GURUTEJ KAUR FROM LOS ANGELES



*For the first time in France
GURUTEJ KAUR will be in Lyon
on November 13th-14th-15th
2020*

*For 3 amazing workshops.
Place : Lyon and Villeurbanne
near subway and bus*

Translation in French.
Informations and Registration
karananandnathalie.com
valeriebouffard.com

⚠ COVID-19 : In case of sanitary issues, workshops would be held online.

GURUTEJ JAUR is recognized
as one of the most important
Kundalini Yoga Masters
in the world.

GURUTEJ KAUR is one of the
first graduates of
YOGI BHAJAN
who asked her to write a
book about Moon Centers

In 1970 she co-founded 3HO
Canada. In 1998 she founded
with GURMUCK the Golden
Bridge Center Yoga in L.A.

GURUTEJ KAUR wrote :

The Moon She Rocks You

A Slice Of The Beloved

The 13th Month

Empower Your Essence

3 WORKSHOPS

- Friday Nov. 13th 6pm-9pm
The 13th month
- Saturday Nov. 14th 9am-6pm
The Moon Centers
- Sunday Nov. 15th 9am-6pm
Empower your Essence

INFORMATIONS

Price for 3 days
13th-14th-15th Nov.
299€

Price for 2 days
14th-15th Nov.
259€

Early Bird : -50 € before 10/15

Sadhanas saturday 11/14 and
sunday 11/15 5:30 am

Lunchtime 12:30 pm 2pm
Bring your own meal.