

# The Art of Living Weightlessly



## A Radiant Body Workshop with Santosh and Navjot

How fluidly we move through our lives depends upon how much energy we have: the greater the energy, the easier it is to navigate time and space. When we meet resistance in our lives, how self-sufficient are we? Does our energy remain concentrated, contained and under our command? Are we able to maintain a positive projection without becoming entangled in negative thought forms? Are we able to carry responsibility and successfully see a job through to completion? A powerful Radiant Body gives us the energy we need to maintain a consolidated, concentrated projection and the determination to face any task without faltering. It enables us to access the best parts of ourselves, to navigate our internal and external landscapes with ease and to position ourselves so that we can benefit from any circumstance. And by developing and extending our energy we become naturally magnetic and can attract opportunity to us by the strength of our spirit. In the words of Yogi Bhajan:

June 5, 2011  
2:00-5:00pm  
at Golden Bridge Yoga  
[www.goldenbridgeyoga.com](http://www.goldenbridgeyoga.com)

“You are a ‘hu-man being.’ ‘Hu’ means spirit, the light. ‘Man’ means the mental, the now, being now. Now you are the spirit of your mind. You are the bright light of yourself. That’s your identity.”

When we activate our radiance we are activating our truest nature. Unencumbered by self-doubt and fear, we can live lightly, brightly, weightlessly.

Join Navjot and Santosh for an afternoon of yoga, meditation and the powerful vibration of the Gong and experience your royal and radiant identity, the bright light of your soul.

*\$30-advance purchase/ \$35-day of*