

**Vaisakhi: Celebrating the Feminine
with Angad Kaur in Birmingham
Organised in collaboration with Sikh Nari Manch**

**Saturday 15 April 2017
1.00pm – 5.30pm**

Free event but donations to either charity gratefully accepted

Vaisakhi is the global festival celebrating the creation of the **Khalsa** and the **Amrit Sanchar**, when **Guru Gobind Singh**, the 10th Spiritual Master in the lineage of Sikh Gurus, called those who were prepared to give their life to the teachings and uphold the spiritual path to step forward and receive Amrit (divine nectar).

In this ceremony, Guru Gobind Singh, the “Father of the Khalsa”, represents the verticality and strength of the male while **Mata Sahib Kaur**, known as the “Mother of the Khalsa”, represents the sweetness of the divine feminine. So the male and female polarities are in perfect balance.

Guru Gobind Singh, a majestic and courageous spiritual warrior, had a bodyguard who was a woman known as **Mai Bhago**. She was also a great warrior and is known for leading 40 male soldiers who had abandoned their Guru back to the battlefield so they could meet their destiny of liberation.

In this workshop, we'll explore the role of these two women more widely in terms of qualities of the feminine that embody both sweetness and warrior spirit; share stories and examples including women who have inspired us more personally; reflect on qualities we'd like to cultivate within ourselves so we can walk in the world with both compassion and courage; chant mantras that expand our Radiant Body.

All welcome – women, men and children.

Schedule:

- 1.00pm: Arrival, finger buffet, refreshments
- 1.45pm: Welcome, tuning in, introduction to the workshop
- 2.00pm: Exploring the male and female polarities through the lives of Guru Gobind Singh, Mata Sahib Kaur, Mai Bhago and the teachings of Kundalini Yoga and Karam Kriya
- 2.40pm: Teas and snacks
- 3.00pm: Small group sharing, open group discussion, chanting and celestial communication meditation
- 5.00pm: Thanks and refreshments available for socialising

Venue:

Northside Welcome Centre
Mata House, 176 Streetly Road, Erdington, Birmingham B23 7AL

Further information & booking:

Contact Satpal Singh on 0121 377 6136 or satpal@sikhnarimanach.com

GRDP & SNM charities:

The event is organised with **Guru Ram Das Project** and **Sikh Nari Manch** – charities that are dedicated to supporting the physical, mental and spiritual health of individuals in

the community through Kundalini Yoga classes and workshops, spiritual counselling, retreats, community events and Gurdwara programmes.

For further information about Sikh Nari Manch, please visit:

<http://www.northsidewelcomecentre.com/>

