



SAT NAM RASAYAN®

Sat Nam Rasayan® (SNR®) is a contemplative healing modality that works on a subtle level through the *projective meditative mind* using only awareness to heal (to effect an event).

The term *Sat Nam Rasayan®* means “Deep Relaxation in the True Identity.” This state of relaxation frees the body promoting optimal health and can treat effectively numerous conditions ranging from the physical, mental and spiritual:

- **Ease stress, anxiety and emotional unrest**
- **Assist in coping with chronic illness**
- **Cultivate physical and emotional well being**
- **Facilitate the release of blocks**
- **Heal emotional trauma and psychological pain**
- **Overcome depression**
- **Enhance clarity and personal growth**



SNR® is a Holistic Yogic Healing Technology brought to the West from India and Tibet by **Yogi Bhajan** who passed it on to **Guru Dev Singh Khalsa**. The School of Sat Nam Rasayan® was established to organize the teachings.

In classes and workshops students learn to heal with the system of Sat Nam Rasayan®. During class, the student of SNR® works with a partner; one lying down as a patient and the other sitting up as a healer. Then, with the guidance of the teacher and by applying certain techniques, the student reaches a *projective meditative mind*, a mind of silence and connection. In this state healing takes place. In classes and workshops we always practice healing exercises and sometimes meditations to become more perceptive and meditative.

SAT NAM RASAYAN® CLASSES BEGIN
SATURDAYS 9/12/2009 10:30am
KASHI SCHOOL OF YOGA
11155 Roseland Rd, Sebastian FL 32958
772-589-1403

