

# Aquarian Woman

FEMALE LEADERSHIP IN THE AQUARIAN AGE



KUNDALINI YOGA TO DEVELOP THE FEMININE POWER IN YOU

with Puran Sukh Kaur

The woman is the embodiment of the creative power of God, Shakti. She represents the feminine aspect of God through whom (S)HE created creation. This primal force is called the Adi Shakti and has been worshiped for centuries in the form of various goddesses. All woman and men have this divine power in their own being and she is waiting to be brought to light.

The archetype of the Divine Mother and the Holy Female is as old as time, deeply embedded in every cell of a woman's body. The Holy Female, embodied in and through women, is the essence of wholeness; and the more we honor our sovereignty as a woman - our Adi Shakti - the more we can offer her to the world for the benefit of all.

*"The noble woman is the goddess worshiped by almighty God. She is the altar to which God bows. It is the grace that brings forth God's soul. She is the ultimate infinity of all virtues. The noble woman is the power of all goodness and the blessing of God, she is the essence of all prayer. "*

Yogi Bhajan

In this training we will:

- ♥ awaken to our depth, our security, our identity and our strength as women. We will learn and understand what it means to be a woman - the sensitivity, grace, power and nobility that we can manifest simply by being born as a woman.
- ♥ align our inner truth as women with our outer projection and role in this life.
- ♥ share old secrets about women's health and nutrition and talk about important aspects of life, including love, relationships, marriage, communication, success, pregnancy.
- ♥ understand and develop the special quality of female leadership in the Aquarian Age within ourselves.

All of this will make it possible to build our deep self-respect, our self-esteem and our self-love. It will let us remember the divine nature of feminine energy as the embodiment of the Grace of God. Energetically, we are awakening to the feminine polarity of our soul and to the universal flowing feminine force. Together we will help to reintegrate the universal sacred feminine and goddess archetypes that have been repressed and unavailable in our collective psyche for way too long.

The training is open to both women and men. It represents in itself a closed cycle of creation. It is structured in 11 modules à 2,5 days and contains the following ring of topics.

## **AWAKENING – AWAKEN OUR SHAKTI**

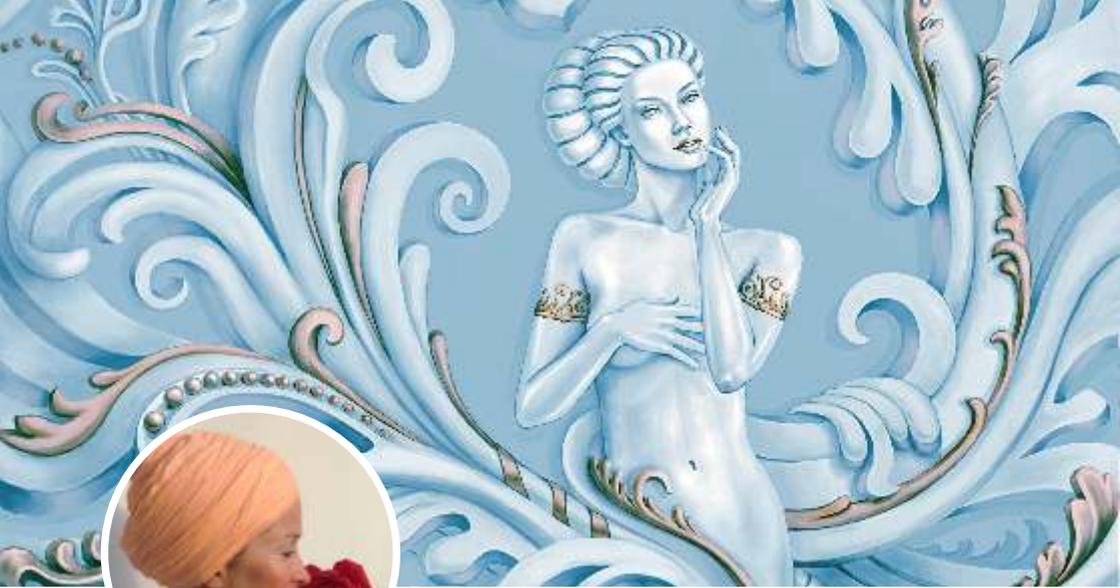
1. I AM A WOMAN: WOMAN`S BASIC NATURE & HER PATH TO EMPOWERMENT
2. THE GRACEFUL WOMAN: HEALING THE MOTHER WOUND & CELEBBRATING THE FEMININE
3. THE RADIANT WOMAN: BEAUTY, RADIANCE & SPIRITUAL PATHS FOR WOMEN

## **TRANSFORMATION – INTEGRATE BHAKTI & SHAKTI**

4. THE NOBLE WOMAN: RELATIONSHIP, PROJECTION & THE POWER OF PRAYER
5. THE SUCCESSFUL WOMAN: SUCCESS & THE POWER OF SHAKTI
6. THE INVINCIBLE WOMAN: INNER GUIDANCE & POWER OF INTUITION
7. THE LUNAR WOMAN: THE 11 MOON CENTERS

## **REALIZATION – MASTERY**

8. THE MEDICINE WOMAN: SELF-LOVE, HEALING & THE POWER OF PRESENCE
9. THE CREATIVE WOMAN: MANIFESTATION, PROSPERITY & THE POWER OF EMOTIONS
10. THE DIVINE WOMAN: MAGIC & MIRACLES
11. A GODDESS IN EVERY WOMAN: INNER MASTERY & DIVINE LIVING



## PURAN SUKH KAUR

Gundula Avenali, aka Puran Sukh Kaur has been dealing with natural sciences and spiritual teachings for over 25 years. After completion of her university degree in Biotechnology she was more than 10 years in business and politics. She is the founder of the Waldzell Institute, which brought together renowned personalities such as HH the Dalai Lama, Paulo Coelho, Isabel Allende, Frank Gehry, Christo and Jeanne-Claude and various Nobel laureates. Puran Sukh now runs her own yoga school YOGA VEDA in Switzerland. Together with her husband Sadhana Singh she founded the Waldzell Leadership Institute, which offers the wisdom of Kundalini Yoga as taught by Yogi Bhanan in the fields of leadership, prosperity and success. With her pro-bono initiative „Architects of the Future“ she supports young social entrepreneurs all over the world.

## Dates

16-18 November 2018	31 January - 2 February 2020	26-28 February 2021
29-31 March 2019	15-17 May 2020	23-25 April 2021
17-19 May 2019	18-20 September 2020	24-26 September 2021
15-17 November 2019	20-22 November 2020	

The training can be started any time during the cycle.

## Location

Pundarika Centre of Yoga and Development  
[www.pundarikayoga.pl](http://www.pundarikayoga.pl)  
FB page: @PundarikaYoga

## Registration and Information:

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This training is run by the Waldzell School of Yoga. After successful completion of the training you will receive the "FEMALE LEADERSHIP IN THE AQUARIAN AGE" certificate.