



Sat Nam. Welcome to White Tantric Yoga® in Stockholm, Sweden. We are glad that you are here.

In order to enhance your experience, please respect the environment and energy field as a sacred space and honor the following:

- Photos and video recordings are not allowed. This means during the kriyas, breaks and during warm-ups, and includes 'selfies', photos of facilitators and photos of participants in lines. Photos are allowed outside of the room.
- Cell phones must be turned off. If you are a doctor or expecting an emergency call you can check your phone during the breaks. Vibrating phones disturb others' meditation.
- Please refrain from using any aromatherapy as many participants are allergic.

The facilitator is always available for conversation and questions.

Following are the mantras and songs that are in the video today. Please familiarize yourself with them as soon as possible which will allow greater focus during the meditations. The ones that are to be chanted or sung aloud are indicated with a "*".

Mantras for Today's Course

***THOU IS I. I IS THOU.** (Mahan Tantric)

***I AND THOU. THOU AND I.** (Mahan Tantric)

***SAT NAM.**

Truth is our identity.

***ONG NAMO GURU DEV NAMO** (Nirinjan Kaur) *I bow to the Creator, I bow to the Divine Teacher within.*

***ANG SANG WAHE GURU** (Nirinjan Kaur) *The infinite God is with you with every part of you.*

***HUM DHAM HAR HAR** (Mahan Tantric) *We are the Universe. God. God.*