

Panj Meeting 11-3-14

Attendance: Gurucharan & Ajeet Kaur (Nam Kiret S was ill)

Location: Gurucharan's home 7pm

Next Panj Meeting: Jan 2015 probably after Sadhana but the Sunday date is yet to be determined. Gurucharan and Nam Kirets need to set a date and let the panj and Guru Surya know.

Note: Ajeet Kaur needs to take a sabbatical for Jan. & Feb. 2015 due to Teachers Training starting in Tacoma, Wa Jan 23,24, 25th.

Items discussed at this meeting:

Continue contacting Portland's community to see if they are checking our website: [www.kypdx.org](http://www.kypdx.org) and if that is enough communication or are they interested in a phone tree or additional e-mail notice of special community events or seva opportunities.

Gurucharan is trying to meet with yoga studios that have Kundalini Yoga.

So far he has meet with Sirgun/Signa of Mandala.

Sirgun would like to explore ways to get people involved with events.

There are some seva positions that will get you into the event for free.

Contact: [MandalaYogaPDX.com](http://MandalaYogaPDX.com) for details.

It would be great if we all could support our Kundalini Yoga Classes in all areas. We discussed trying to visit a studio each month (contacting the teacher prior to attending) and after class speaking for a minute or two about the panj, any current events, and teacher training opportunities.

Future events we would like to see: more potlucks (3-4 x year) and a weekend retreat to Breitenbush. Are there any other events you would like to attend???

Kundalini Yoga Teachers' Training:

Tacoma, Wa starting Jan 23rd 2015- Sept. 10 weekends plus tantric

Portland, Or starting Fall of 2015 Oct-June 2016

Contact Ajeet Kaur for more information: [503 901-3109](tel:5039013109)