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**Happy Birthday Yogi Ji!** 

3HO <yogainfo@3ho.org>  
Aan: Els <els@in-balans.one>

26 augustus 2024 om 16:10

3HO Newsletter #5

Sat Nam Els,

Today we are celebrating the birthday of our Teacher, our founder, role model, and inspiration.

Yogi Bhajan's teachings have impacted the lives of thousands and reached all over the world. He brought to us the gift of a complete path, taught to us step-by-step, to live a healthy, happy, and holy life.



His teachings range from the immensity of the practice of Kundalini Yoga, to the knowledge of Numerology, his Ayurvedic recipes and formulas, Humanology teachings from parenthood to prosperity, the Shabad Guru, Spiritual Names, White Tantric Yoga®, and the path of Sikh Dharma. Thanks to him we can heal our hearts and minds and learn everything about ourselves and about life itself, including how to wake up in the morning, and how to consciously take our last breath.

We are eternally grateful for everything that the Siri Singh Sahib Bhai Sahib Harbhajan Singh Khalsa Yogi Ji did for humanity, and for that, we prepared an entire week of videos from his legacy students, and Kundalini Yoga teachers and practitioners from around the world, sharing their personal experiences and anecdotes about Yogiji and the Teachings of Kundalini Yoga.

You can find the first few videos already up on our social media. Enjoy!

[Watch here](#)



If you would like to be a part of our birthday celebrations, don't hesitate to upload your own video to your social media and tag us; we'll be happy to share your stories with the global Sangat.

And **make sure to follow us** on your favorite platform to see every single video!



## Global Celebrations

[Click here](#) to find out all about the global celebrations being held in honor of the Siri Singh Sahib's birthday!

August 15<sup>th</sup> to 26<sup>th</sup>

# CELEBRATE WITH THE GLOBAL SANGAT

Siri Singh Sahib's birthday celebration



Blessings,

Har Prakash Kaur from the 3HO Virtual Headquarters

On behalf of the 3HO Team



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