

PANJ MEETING Jan 19, 2014

Attendance: Guru Surya Kaur, Bir Kaur Sat Mandir Singh, Ajeet Kaur, Amanjot Kaur, Sirgun Kaur, Nam Kiret Singh and Kaur, Andrea (Deep Inder Kaur), and Joshua.

We are here to talk about our community:

Current Roles: Guru Surya president, Bir event coordinator, Sevak treasurer, Sat Mandir Sadhana coordinator, Amanjot calendar/communication, Ajeet secretary.

Sadhana is now Wed, Thur, Fri and Sundays at Shakti House. Check the kypdx website and if you come in late and find the door locked, ring the doorbell. We bought new 11 Japji books. Sadhana leaders need to know how to unlock and lock the door without stripping the lock and adjust heat.

Community Events:

Tantric Info and Planning Meeting next Sunday Jan 26th at 6pm at Guru Surya's House. We will plan a 40 day kriya to prepare for tantric - it will start on March 10th. Need Facebook event for White Tantric which Bir will set up.

There will not be an event in February

Our March event will be Sadhana on Sunday March 9th. We will do the 40-day kriya at Sadhana and teachers will be available afterward to answer any questions. Potuck breakfast - bring food to share.

KYPDX promotion of events: Must have Kundalini yoga or meditation as taught by YB for us to promote. For us to promote local teachers we need to have the teacher pay the marketing fee & teachers must be KRI certified. Yearly fee: if you pay the whole amount is \$108, monthly is \$11. Teachers be sure and let us know if you have kundalini classes or events to post. Studio owners will handle the musicians that they bring to Portland for events in their studios. [EDIT: Those in teacher training will be listed once they are certified.]

Yogathon coming up to promote Living Yoga per Amanjot Kaur and she would like to have a Kundalini team to fund raise. Josh will be team captain. It will cost \$20 to be a team member and we will ask for donations. Go Kundalini Team. Online set up will be March 15th and we fund raise the month of April. Living Yoga reaches out to prisons and drug addiction programs to bring yoga to those in need.

NEXT MEETINGS: Feb 9th 6:30am and Mar 9th 7am. All are welcome. (March 9 sadhana and post-sadhana potluck is also our monthly event for March.)

We need more panj members and community to support us. Ideally we would like the panj to be the vision and guidance and have community be more involved with helping such as hosting events. Sirgun and Nam Kiret Singh are asking to be voted on the panj. Nam Kiret Singh will transition into the role of treasurer. Joshua and Nam Kiret Kaur are willing to be volunteers to help panj members.