



Kshatriya

The Saint-Warriors of India

Come and make your experience
as a Kshatriya
with Nanak Dev Singh

The tradition of the Kshatriya (Saint-Warrior) dates back 10.000 years. Many of the great personalities of the Vedic tradition were Kshatriyas: Gautama Buddha, Krishna Avatar, Ram Chandar, Gobinde Singh.

The art of the Kshatriya is the art of balancing and harmonizing polarities, such as the power of the warrior with the humility of the saint.

To create the graceful power of the Kshatriya we practice the martial art **Gatka** as our earthly power, and combine it with **Kundalini Yoga** – our spiritual power.

The synergy of the two forms the **Adi Shakti** (great power) which gives the Kshatriyas their god like qualities.

Nanak Dev Singh has lived as a Kshatriya for 25 years. In 1982 he was initiated into the clan through his first teacher Bhai Daleep Singh in Ponta Sahib, India. He is currently the student of Akali Nihang Nidhar Singh of Wolver Hampton, UK. It was the wish of his first teacher that Nanak brings to the west the tradition of the Noble Saint Warrior – the Kshatriya.

Elements of the workshop.

Kundalini Yoga, Hatha Yoga, Raj Yoga, Mantra Yoga, Gatka, Shastar Vidya, Kathak, Gongmeditations, lots of hard work, lots of fun!!!

More info.

www.NanakDevSingh.com