

A few words regarding **Hari Simran Singh Khalsa**

Born in 1960, in Rome, Italy.

Student of Yogi Bhajan since 1979.

Kundalini Yoga Level One and Two Lead Trainer.

Founder of the Sat Guru Charan Reflexology School, reflexology with a meditative approach.

Director of the Leitmotiv Academy (Rome, Italy).

Expert in Nad Yoga, yogic philosophy, therapeutic applications of Yoga and stress recovery.

He teaches by combining the deep knowledge of Yoga, the precious experience gained by being close to his

Master and his talent in making groups interact during moments of internalization and expression.

Emphasizes in inner listening and contemplation of events, to enable and ensure that everyone can express and realize their creative potential. In 1997, he was sent to Greece by Yogi Bhajan, to spread the Kundalini Yoga teachings, and he founded the Guru Ram Das Ashram in Thessaloniki, while leading the first Greek Teacher Training.

At the same time he organizes Yoga holidays and Retreats in Sardinia, Tuscany and Puglia (Italy), Greece, India and Morocco.

He teaches in Italy and Europe.

He collaborates permanently with Kundalini Yoga and Sat Guru Charan programs with international foundations such as Susan g. Komen (research and therapeutic support for people with breast cancer) and Emergency (hospitals in war zones).