

## S.S. Mahan Rishi Singh Khalsa, D.C.

Mahan Rishi Singh co-founded the Khalsa Healing Arts and Yoga Center in Yardley, PA in 1989. He began studying yoga and meditation in 1973-4 and entered the Guru Ram Das Ashram in 1975 as a student and teacher of Kundalini yoga as taught by Yogi Bhajan. Having taught nationally and internationally, along with traveling numerous times to India, he seeks to bring the ancient wisdom and authentic devotional practices of yoga and meditation into everyday life. He has been leading retreats and yatras (spiritual pilgrimages) to India, Nepal and Tibet over the past 25 years. His experiences of the kundalini and subtle-energy currents of the etheric body have led him to guide his students toward Self-realization and illumination through Universal love and understanding. His vision is for each student to have an experience of vital energy, great joy, and liberating peace.

Mahan Rishi is also a doctor of Chiropractic and Herbal nutritionist. He graduated from New York Chiropractic College in 1988. Through natural healing practices and holistic health care he guides his client toward optimum health and well-being. Dr. Khalsa seeks to awaken the vital spirit and heart of each individual on their journey of wholeness and liberation.

He graduated from the International School of Polarity Therapy in 1978 as a certified practitioner of Polarity Therapy, utilizing various techniques of energy balancing through bio-energetic synchronization, meridian balancing via pulse diagnosis using both Chinese and Auryvedic traditions, and auric balancing through breath-work and yogic practices he helps to enhance the vital life force of your body, mind and spirit.

Also trained in Reiki, Yogic subtle body, crystal and aromatherapy healing practices he releases deep emotional and vibrational blocks, unleashing your profound potential and vital energy.

Dr. Khalsa has studied with healing masters from around the world for over 30 years, including some of the oldest known yogi's and dharma teachers: Swami Bua who still lives today at 119 in New York, and the world renowned Green Monk Bhante Dharmawara Mahatera who lived to 110. Dr. Khalsa's knowledge of herbology and nutrition is valuable for anti-aging as well as rejuvenation.

His experience over the past 20 years of tongue diagnosis and iridology give him deep insight into one's internal bio-chemistry. By integrating herbology, and various orthomolecular therapies (vitamins and minerals) he is able to guide you toward optimum health. As a healthy vegetarian for over 30 years he is able to guide you toward creating healthy dietary habits which enhance your overall state of well-being.

After thirty years of dedication Mahan Rishi was given the minister's title of Singh Sahib by Yogi Bhajan to serve as a spiritual minister of Sikh Dharma officiating weddings and other sacred ceremonies.

Sessions with Mahan Rishi are gentle yet powerful, energizing and calming, creating a deep sense of peace and vitality.

