



## Fateh Singh

„Don't search for anything.  
Just find your happy  
self within you.“

**Fateh Singh is an inspiring teacher of Kundalini Yoga, a Sat Nam Rasayan® instructor and natural path healer and psychologist.**

He has extensive knowledge about many aspects of Yoga and shares this ancient wisdom in a very practical way. Come and enjoy his unique talent to make these sacred teachings applicable to our modern life.

His intensive personal meditation practice and his deep understanding of Numerology and the healing art Sat Nam Rasayan® shape his authentic Yoga classes. With his humorous way he knows how to deliver a clear experience also about complex topics.

Fateh Singh's experience of meeting Yogi Bhajan in 1991 was very powerful and life-changing. Through many years of connection and involvement with Kundalini Yoga he developed

aspects of this practice, such as chanting, playing the gong, running a business, family life, selfless service and philosophy.

Being a trainer for the meditative healing art Sat Nam Rasayan®, Breathwalk® and Yoga-Numerology he offers introductory workshops, trainings and advanced classes worldwide. He supports people with private healing sessions and numerology coaching.

YOGA is a tool that can help us to deal with the changes and challenges life keeps bringing to us. It is a way to encourage and inspire each other to seek out the highest expression of ourselves. **It is the art to enjoy life.**





Besides being a Yoga teacher, trainer and healer, he is an expert for Ayurvedic herbs and a founding member of the company HARI TEA.

## COURSES

**Sat Nam Rasayan®:** Meditation and Silence

This healing art is simple to learn. It immediately offers the practitioner the capacity to give effective relaxation treatments.

Introductory classes, Level 1 and level 2 training, advanced classes. Private healing sessions. [www.sat-nam-rasayan.eu](http://www.sat-nam-rasayan.eu)

**Kundalini Yoga:** The Yoga of awareness.

Workshop themes include Shuniya, inner silence, prosperity, proper breathing, Rebirthing, Chakras, communication, and others.

**Numerology:**

Upon request of his teacher, Fateh Singh has opened a school for numerology and teaches classes for beginners and advanced students. [www.yoga-rahlstedt.de/numerologie](http://www.yoga-rahlstedt.de/numerologie)

**Breathwalk®:** The Original Yoga Walking Training for Breathwalk instructors.

Breathwalk events up to 200 participants. [www.breathwalk.de](http://www.breathwalk.de)





### **Gong and meditation:**

The Gong can be played in many ways for different purposes and audiences. The key to playing the gong is to be aware of the effect it has on the audience. An experience of the gong and its richness of sounds and effects can be delivered in classes from a few minutes to hours. Deeper gong meditations and relaxations are usually prepared by a yoga set or breathing exercises.



### **Breath, Mantra and music:**

Singing and breathing are some of the most effective means to change your mood and energy. This course gives a practical introduction into proper breathing and specific breathing techniques (pranayam).



Fateh Singh leads the Breathwalk instructor training in Germany and is proficient with breath and meditation techniques. He plays guitar and harmonium and sings mantras, 3HO songs and Gurdwara-Kirtan.

### **Shuniya - the power of the inner silence**

Sat Nam Rasayan and Kundalini Yoga  
Happiness - be NOTHING to attract EVERYTHING

Find the power of your silence with Kundalini Yoga and meditation. Use your meditative state to help someone else with Sat Nam Rasayan. Let your presence work: "Holding still become filled with the power of God."

**Happiness is your birthright.**

And it's almost very simple, just "be and enjoy it".

The challenge in life is how to deal with your thoughts and the countless distractions your mind offers you.





Fateh Singh is one of the most prominent teachers of Sat Nam Rasayan in Europe and gives Sat Nam Rasayan classes and healing sessions since over 20 years. He is a charismatic teacher and explains the science of yoga and meditation with a lot of humor. Experience with him a deep state of awareness and silence.

## Contact

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For more about Fateh Singh,  
see [www.yoga-rahlstedt.de/fateh](http://www.yoga-rahlstedt.de/fateh)

Sat nam.

