

# THE BODY TEMPLE

KUNDALINI YOGA  
FOR BODY ACCEPTANCE,  
EATING DISORDERS & RADICAL SELF-LOVE

RAMDESH KAUR

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# About Ramdesh


Ramdesh Kaur is a KRI Certified Kundalini Yoga and Meditation teacher who has taught throughout the world, from the foothills of the Himalayas to the suburbs of New Jersey. She also holds a Master's Degree from the Courtauld Institute in London and a Bachelor's Degree from the University of Virginia.

The author of *The Body Temple: Kundalini Yoga for Body Acceptance, Eating Disorders, and Radical Self-Love*, she is also the co-author of *Yoga and Mantras for a Whole Heart* with co-author Karan Khalsa, and has many best-selling guided meditation albums that create deeply healing and accessible meditation experiences for all.

She is the host of *Spirit Voyage Radio* with Ramdesh on Unity FM and iTunes, a weekly podcast that brings mantra and meditation to over 300,000 listeners each year, and she is the founder of the Spirit Voyage Global Sadhanas, an online global meditation community of over 20,000.

A global citizen and awakened heart, her name means "One who sees the land of God everywhere, in all places and all peoples." She has studied spirituality with many of the greatest leaders of our time from traditions as diverse as Religious Science and Quechan & Shuar Shamanism. She also serves on the Board of Directors of the Sat Nam Foundation and is a certified Oneness Blessing Giver. She shares her life with her husband Harnam, an artist, musician, and fellow Kundalini yogi.

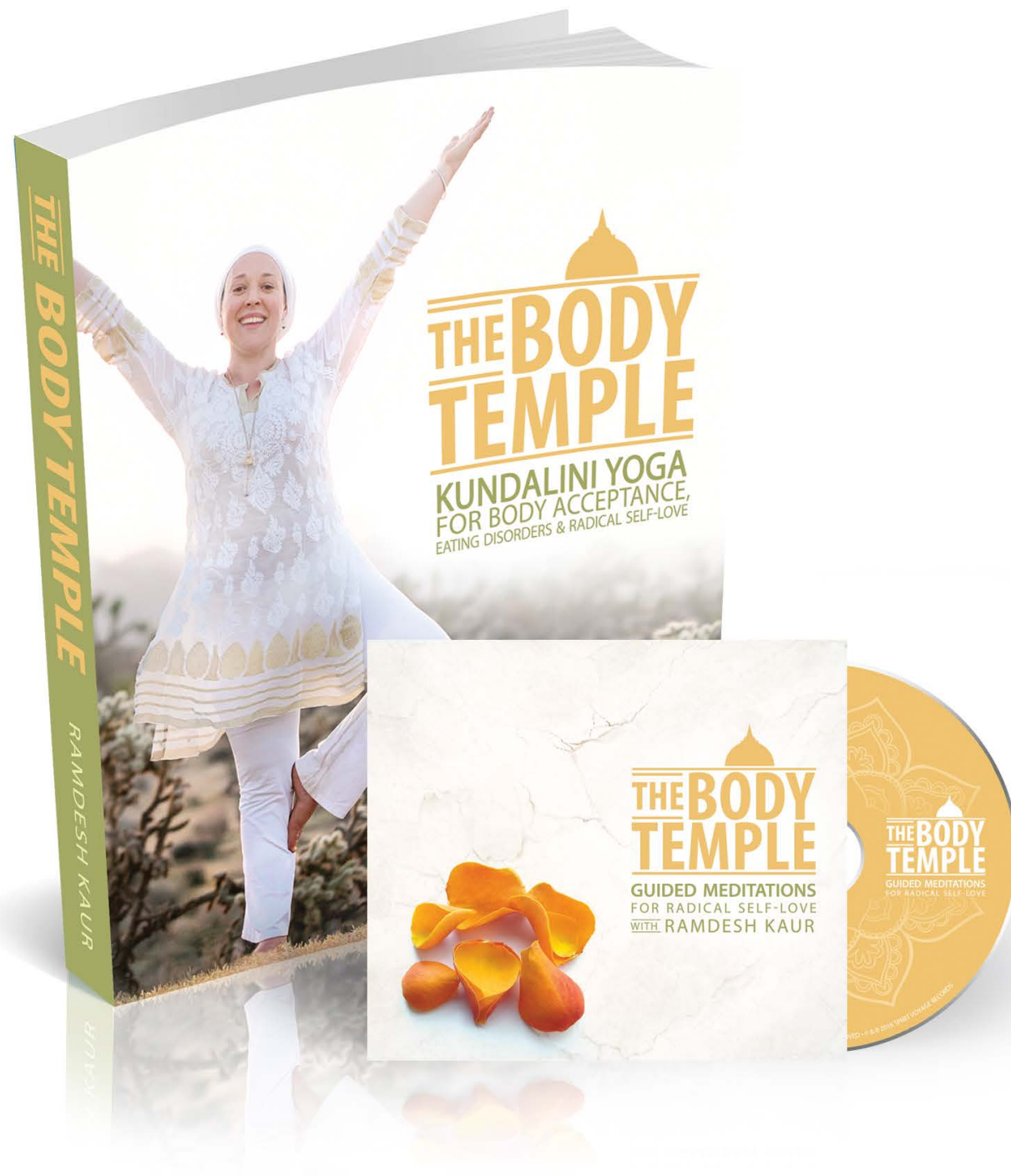
[www.ramdesh.com](http://www.ramdesh.com)



*"[Ramdesh is] Kundalini's  
Lightening Bolt!"*  
– *Where Is My Guru*



# Products



## THE BODY TEMPLE: Kundalini Yoga for Body Acceptance, Eating Disorders, and Radical Self-Love

*I wish "The Body Temple" existed back in the days when I suffered with eating disorders, a poor body image and self-loathing. This is a book that will help so many people." - Belinda Carlisle*

If you have struggled to love your own body, been crippled by feelings of low self-esteem and self-worth, or battled an eating disorder, this book is a gift to heal you and your sense of self.

Written for both the total beginner and the advanced yogi, this book guides you through a nurturing practice of yoga, meditation, mantra, and miracles. In these pages you'll discover:

- Yogic techniques to reset your body's systems and restore your health and well-being
- Meditations, mantras, and breathing exercises for self-confidence and body acceptance
- Simple tools to empower you to overcome your food addictions and eating disorders
- Recipes and lifestyle tips for living a healthier, more balanced life
- A daily practice to help change your life and begin your healing journey

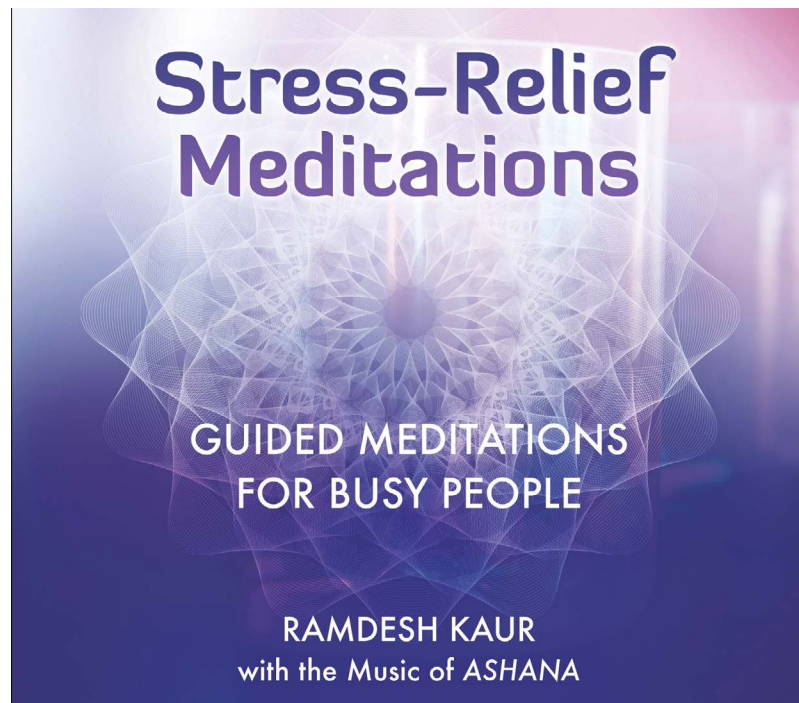
Your body is a temple. If you've ever wanted to feel good, love yourself, and heal your relationship with your body, this book is for you.

## THE BODY TEMPLE: Guided Meditations for Radical Self-Love

Known for her gentle yet powerfully soothing voice, Ramdesh Kaur guides these beautiful meditations to allow you to heal your relationship with your body, align your self-image in Truth, and fall in love with yourself like never before. With Delta Wave music and binaural beats created by musician Ram Dass Khalsa to enhance the power of the meditations, this CD will take you on a journey of healing, allowing you to love and accept yourself fully, and embrace your body as the temple that it truly is.

Guided Meditation for Opening to Love  
Guided Meditation for Making Friends with Your Body  
Guided Meditation for Conscious Eating  
Guided Meditation for Releasing Resistance to Self-Love  
Guided Meditation for Body Acceptance  
Guided Meditation for Seeing Your True Beauty  
Guided Meditation for Self-Acceptance  
Guided Meditation: Journey to the Body Temple

# Products



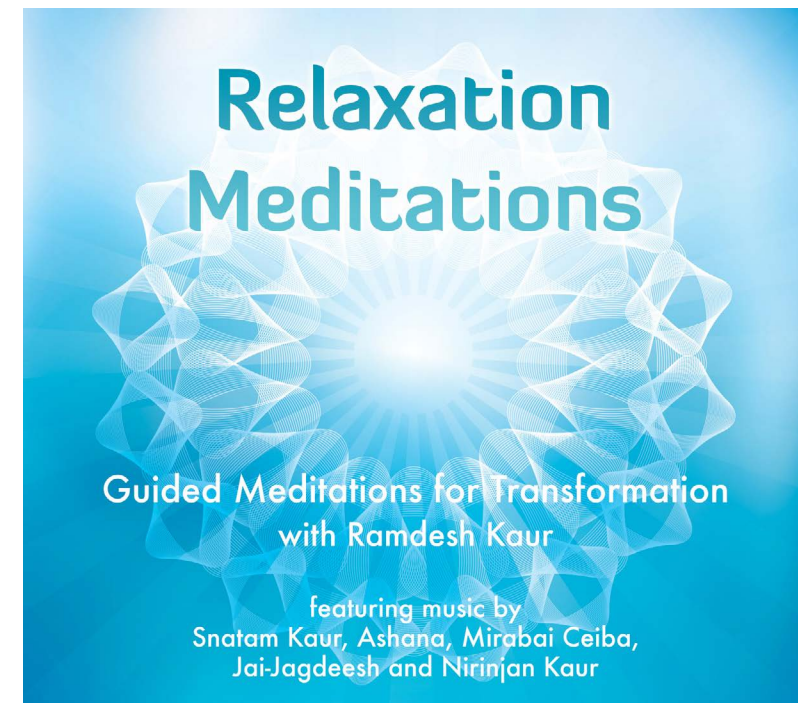
## STRESS RELIEF MEDITATIONS Guided Meditations for Busy People

*"Ramdesh personifies the way in which  
conscious living can co-exist with a  
packed 21st century professional schedule."*

*–Yoga Journal*

These gentle guided meditations by Ramdesh Kaur will lead you through a variety of practices, visualizations and breathing exercises to relieve stress and let go of some of the major causes of stress in a short period of time. Accompanied by the relaxing sound of crystal singing bowls and the beautiful vocals of Ashana, you will be transported in just a few minutes out of stress and into peace.

Guided Meditation for Deep Peace and Relaxation  
Guided Meditation for Relieving Depression  
Guided Meditation for Releasing Anxiety and Overwhelm  
Guided Meditation for Expansion and Light  
Guided Meditation for Opening Your Heart  
Guided Meditation for Physical Healing  
Guided Meditation for Body Image Acceptance  
Guided Meditation for Stress Relief  
Guided Meditation: Journey to the Body Temple



## RELAXATION MEDITATIONS Guided Meditations for Transformation

*"From one moment into the next, with gentle strength and great compassion,  
Ramdesh guides you deeper into the essence of each mantra, into this realm  
where you can completely surrender and receive it's infinite blessings."*

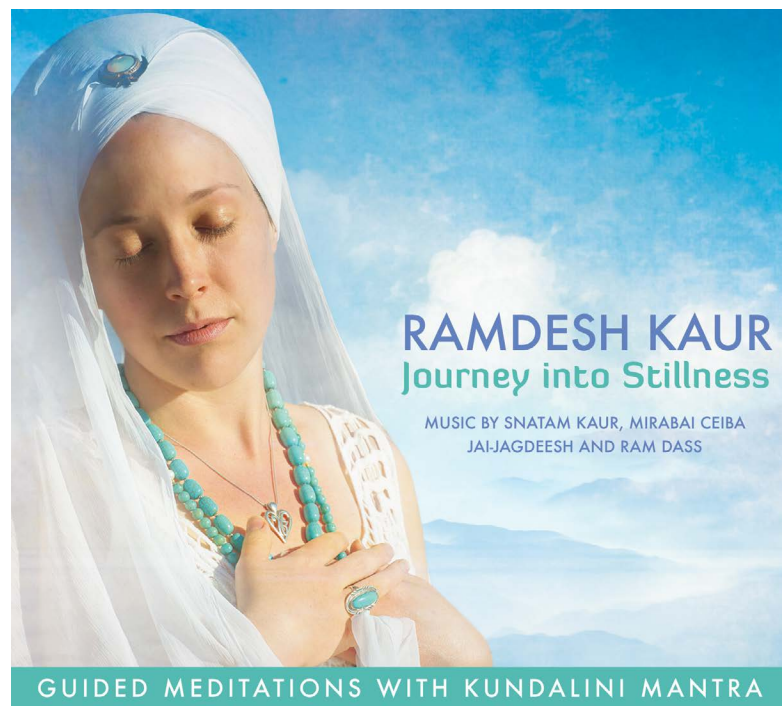
*–Mirabai Ceiba*

Deeply relax into the gentle embrace of Ramdesh Kaur's guided meditations supported by ancient mantras, angelic voices, and crystal singing bowls! These guided meditations for deep relaxation each center on a theme whether it be finding your life purpose or manifesting abundance. Be relaxed and uplifted on your journey through life! Features the music of Snatam Kaur, Mirabai Ceiba, Ashana, Nirinjan Kaur and Jai-Jagdeesh.

Guided Meditation for Connecting with Your Angels  
Guided Meditation for Dissolving Negativity  
Guided Meditation for Finding Your Life Purpose  
Guided Meditation for Forgiveness  
Guided Meditation for Abundance  
Guided Meditation for Sleep  
Guided Meditation for Positive Affirmation



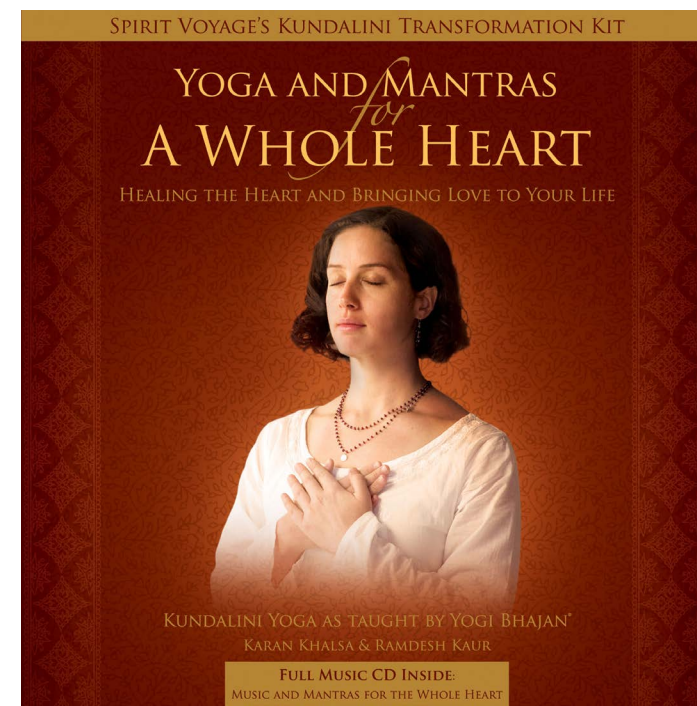
# Products



## JOURNEY INTO STILLNESS Guided Meditations with Kundalini Mantra

Ramdesh Kaur guides you through each meditation, gently taking you on a journey into your self, your spirit, and the beautiful soul of stillness. Each meditation is designed to enhance the quality of the mantra that supports it, taking you deeper into the meaning and experience of the mantra and your own self. Featuring the music of Snatam Kaur, Mirabai Ceiba, Jai-Jagdeesh, and Ram Dass behind Ramdesh's smooth voice, this CD will leave you in a state of inner peace and ultimate stillness.

Guided Meditation for Conscious Breathing: Being Present to Peace  
Guided Meditation for Deep Relaxation: Releasing Tension and Stress  
Guided Meditation with the Angels: Protection and Sacred Space  
Guided Meditation into The Cycle of Life: Eternity and Timelessness  
Guided Meditation to the Golden Temple: Physical Healing and Rejuvenation  
Guided Meditation for Self-Love: Positive Affirmation and Blessing



## YOGA AND MANTRAS FOR A WHOLE HEART (with co-author Karan Khalsa)

Yoga and Mantras for a Whole Heart is truly an offering to love and to you, a written guide through the practice of opening your heart through mantra meditation.

This beautiful book has two sections. The first section focuses on Ten Guiding Principles for Living with a Whole Heart. These are simple and profound steps each person can take to approach life in a way that allows you to love and be loved. The second section consists of 5 incredible Kundalini Yoga Kriyas, each one working on a different aspect of the heart.

The accompanying CD contains the music that is used in practicing each of these kriyas.





# Spirit Voyage Radio

Spirit Voyage Radio with Ramdesh is the #1 show on the Unity Online Radio platform. With over 300,000 episode downloads a year and over 200 archived shows available as a free iTunes podcast, this popular program has brought meditation, mantra and music to many. The Unity Online Radio network is affiliated with the Unity Church network. Guests have included Belinda Carlisle, Krishna Das, Snatam Kaur, Deva Premal, Gabrielle Bernstein, and Mastin Kipp among many others.

Tune in live at Thursdays at 5pm EST on [www.unity.fm](http://www.unity.fm).

*"[Ramdesh's] podcast is fantastic, I wait for Thursdays!"*

– G. Nunez

*"Listening to [Ramdesh's] program helps me stay connected to my path and reminds me what I am here to do."*

– K. Henning



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# Offerings

A group of people, mostly women in white clothing, are standing in a large circle on a green field. In the foreground, the backs of several audience members' heads are visible, looking towards the group. The background shows a large, open hall with a high ceiling and some structural elements. The overall atmosphere is bright and celebratory, with a warm, golden light overlaying the scene.

Ramdesb is excited to share body positivity and self-love at venues around the world. To become a part of the Body Temple tour and bring Ramdesb to your venue, take a look at her offerings below. In addition to listed offerings, Ramdesb is happy to custom create the presentation that will best suit your audience.

Contact her directly for a custom offering (see Booking).

*“Ramdesb is heart-centered, kind,  
sensitive, and courageous.”*

–Gurmukh

# Offerings

## FOR YOGA STUDIOS

### Kundalini Yoga Workshops

#### *The Body Temple: Body Acceptance & Radical Self-Love*

Have you ever hated your body or been embarrassed or ashamed of how you look? It is time to love yourself and make peace with your body! Yogi Bhajan taught that a single thought of self-doubt shrinks our aura by 30%...imagine what a lifetime of negative thinking can do to hold us back, disempower us, and dampen our light. By shining our heart lights into our body with consciousness and awareness, we can heal the imprints from negative thoughts. This workshop is suitable for everyone: men and women, those who have experienced eating disorders or physical health challenges, those who find themselves uncomfortable with aging or shifting shapes, and everyone who has looked in the mirror with anything less than love. We'll share powerful kriya and meditations to heal our relationship to our physical form and make peace with our bodies once and for all.

#### *The Body Temple Creativity Workshop* (co-taught by Harnam Singh)

Are you ready to worship at the altar of your body temple? This dynamic art and yoga workshop combines creative arts and meditation to re-orient our relationship with ourselves from critical to playful, from negative to joyful. Participants will experience challenging meditations, deep self-love affirming practices, and creative art projects.

## FOR UNIVERSITIES & GROUPS

### Support Group Talks

During college, Ramdesch attended eating disorder support groups hosted by her University's mental health clinics. If considered appropriate by the group's leaders, Ramdesch is available to be a part of the group, share her story, and provide some simple tools such as pranayama (breathing exercises) and meditations that can support healing.

### Lectures

Ramdesch can deliver an inspiring speech for your university group about overcoming eating disorders and learning to handle stress with mindfulness, meditation and yoga.

### Yoga Workshops

Ramdesch can lead self-esteem and self-confidence oriented Kundalini yoga and meditations workshops that can support body positivity, healthy stress relief, and mindfulness.

## FOR FESTIVALS

### Workshops

Ramdesch is able to facilitate dynamic Kundalini yoga workshops at festivals that incorporate yoga, dance, meditation, mantra, and group exercises. She has lead powerful classes at festivals such as Sat Nam Fest, 3HO Solstice, International Women's Camp, Fall Fest, PranaFest, EvolveFest and more. Her husband Harnam, an accomplished mantra musician, provides powerful live music support.



# Offerings

## FOR SPIRITUAL CENTERS & CHURCHES

### Sermons

Raised by the founding minister of a New Thought church (the Center for Conscious Living in Moorestown, New Jersey/ Rev. Dr. Carol Lawson, long-time president of ANTEN), Ramdesh is highly skilled at delivering dynamic sermons to spiritual communities. She can weave in teachings from Religious Science, Unity, New Age or other traditions at your special request. During a sermon, she shares powerful short breathing exercises, inspiring stories, positive affirmations, and other radical self-love practices that open the congregations up to receive Divine blessings and transformational shifts.

### Workshops

Ramdesh can custom create a spiritual workshop that works best for your community, incorporating yoga, meditation, mantra, breathing exercises, creative arts, and more. Typical offerings include “Your Body is a Temple: Body Acceptance through Yoga and Meditation” and “Body Temple Art: Sacred Art and Self-Acceptance Meditations” (co-facilitated with her husband Harnam Tony Zatzick). Contact Ramdesh to discuss offerings that will best suit your community.

## FOR BOOKSTORES

### Book Readings & Book Signings

Ramdesh can share excerpts from The Body Temple: Kundalini Yoga for Body Acceptance, Eating Disorders, and Radical Self-Love, host a practical Q&A, and lead participants through simple breathing exercises that improve self-esteem and self-confidence. Upon request, more in depth practices can be demonstrated.

## FOR HEALTH FOOD STORES

### Demonstrations & Book Signings

Ramdesh can share bits of information with your customers surround self-acceptance, mindful eating, and healthy yogic recipes. Upon your request, she can prepare and serve items such Golden Milk or Yogi Tea with items you have for sale in your store.

## FOR RETREAT CENTERS

### Retreat Facilitation

Ramdesh has lead successful and transformational retreats around the world from India to Mexico. She can focus on a profoundly transformational Kundalini Yoga and self-love retreat based on her book The Body Temple, join with her husband Harnam to offer creativity retreats (Awakening Your Creative Fire!) that combine yoga and art, facilitate retreats that incorporate the practice of seva, or design a custom-created retreat suitable for your audience that incorporates a variety of spiritual lineages and traditions with Kundalini Yoga and Meditation.

## FOR INDIVIDUALS

### Private Sessions

Ramdesh is available for private sessions in-person or online.

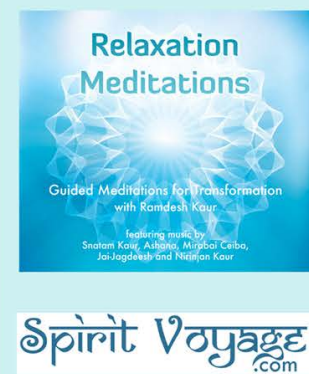
## FOR CORPORATIONS & BUSINESSES

Ramdesh can design a health and well-being talk for your organization, complete with practical information on breathing exercises and mindfulness, and with a focus that works best for your brand.

# Press



Mantra & Health Mag article and cover feature



Yoga Journal review

reviews | music  
calming meditation  
Relaxation Meditations: Guided Meditations for Transformation  
Ramdesh Kaur, featuring music by Snamat Kaur, Ashana, Mirabai Ceiba, Jai-Jagdeesh, and Niranjan Kaur  
Spirit Voyage Records

As a Kundalini yoga and meditation instructor, author, radio host, and busy marketing director, Ramdesh Kaur personifies the way in which conscious living can coexist with the rigors of a packed 21st-century professional schedule. Her second guided-meditation CD, *Relaxation Meditations*, offers respite from the stress of a busy day. It also provides mindful tools for dealing with core issues, such as finding forgiveness, dissolving negativity, and manifesting abundance.

Kaur presents each guided visualization meditation in a gentle and soothing voice that promotes calm focus. The sense of tranquility is enhanced by vocal and instrumental background music drawn from Spirit Voyage's deep catalog of spiritual classics, which includes artists like Snamat Kaur, Ashana, and Mirabai Ceiba. Averaging a comfortable six to nine minutes, the visualizations are optimally timed for the beginning meditator. They work well as a quick bliss fix or can be incorporated into a longer meditation practice. Yoga teachers might also want to employ some as an accompaniment to end-of-class Savasana. ALAN DI PERNA



## Tage-Meditation und um den Globus

Der erstaunliche Erfolg der Global Sadhanas von Spirit Voyage

Die Geschichte ist wahr und hat ein tolles Happy End. Inzwischen ist die Anzahl der Teilnehmer an den „Global Sadhanas“ in wenigen Monaten von seinerzeit 250 auf über 11.000 angestiegen. Über 75 Länder sind involviert, mehr als 700 Yogastudios unterstützen die Aktion. Für Sängerin Snamat Kaur und ihren Mann – eben jenes junge Paar – ein erfreulicher Beweis, dass sich Hartnäckigkeit lohnt. Mehr noch: dass Meditation die Welt verändern kann.

Aus einer Idee ist ein faszinierendes Phänomen geworden. So gibt es neben den offiziellen Videounterstützungen und Übersetzungen der Mantras ein Diskussionsforum, in dem Teilnehmer Fragen stellen und ihre Erfahrungen austauschen können. Hier entsteht eine globale Community. Wie schön, festzustellen, dass der Teilnehmer aus Mexiko auch Probleme mit der Atemtechnik hat oder die Frau aus Neuseeland am gleichen Tag mit einem emotionalen Tief kämpft wie man selbst. Denn so viel ist sicher: 11 Minuten können verdammt lang werden, und 40 Tage am Stück sind eine große Verbindlichkeit. Ein Pakt mit sich selbst, den man da schließt, und nicht selten möchte man unterwegs das nervöse kurzfristig komplett absagen. Aber es zu überwinden gilt. Da im Zuge eines Vierzig-Tage-Zyklus jede Region des Geistes angesprochen wird, kommen nach und nach jedoch glücklicherweise auch erhebende Momente. Tage, an denen der „neutral mind“ jenseits von Unterscheidungen wie „lang“ oder „kurz“ und „leicht“



# Bookings

## Contact Ramdesh for Booking Information

ramdeshkaur@gmail.com

(609) 781-2181

skype: ramdeshkaur

## SOCIAL NETWORKING STATS

Facebook – 11,000

Twitter – 3,500

Newsletter – 1,000

Spirit Voyage newsletter partnership – 150,000

Spirit Voyage Radio with Ramdesh – 300,000 downloads/year

Instagram 1,000