



Guru Singh Disturbed My Savasana

Description

What's Up With Guru Singh?

The Sikhs at Yoga West in Beverly Hills are real [temple brawlers](#). Guru Singh preaches anti-patriarchal dogma in his Kundalini yoga classes and that alone is reason enough to avoid Yoga West. There is a palpable anti-male vibration emanating from Guru Singh's mostly female devotees. Guru Singh's male devotees all appear docile as a result of being emasculated. What did Yoga West do to Bernie the Gong Master to render him so ineffectual? A few weeks ago Guru Meher was drawing out a new girl sitting off next to Bernie, and Bernie mistook that the Guru was talking to Bernie. *Bernie has completed Kundalini Teacher Training Level Two?* I am blessed to remain at Kundalini Yoga Teacher Training Level 0.



Utopian Dogma

Yogi Bhajan infected Kundalini yoga with his anti-patriarchal theory that in 2035 during the so-called Age of Aquarius, women will rule society and everything will be better. The problem is there is no provision in the Age of Aquarius for male yogis that just want to practice authentic Kundalini Tantra. If you are a yogi from the desert just walking in off the street, you may be deemed an icon of the white male power establishment. The sum total of all female rage and hatred for Harvey Weinstein will be cathartically directed at you.



Guru Singh Is a Funny Old Fool

One Tuesday morning after Guru Sing's class with the big Facebook production, I was in deep shavasana, waiting for Dev Avtar's 11:00 a.m. class to begin. It always takes Guru Singh's big production a long time to exit. My plan was to take two kundalini yoga classes as usual that day.



After Guru Singh had packed up all of his gear and he was leaving he said to me: “Wake up from your shavasana and clear the studio, you have to leave because it’s time for a pregnancy yoga class.” Dev Avtar immediately corrected him by saying: “No, it’s time for my class.” I rose up from my shivasana and asked: “How can a yogi get some Kundalini around this dirty, noisy funk hole? Pregnancy yoga was next-door in the little meditation room as usual. There was no need for Guru Sing to disturb my rest. Why do I need to put up with this shit if I can just watch kundalini yoga at the beach on Facebook? **With [Dev Avtar as my witness](#), *Guru Singh is a doddering old fool who exemplifies the exclusionary practices of Yoga West.***





Category

- Community

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