

Kundalini Yoga Workshop in the Southall KY Centre
Saturday, 4th October – 10am to 1pm

Pranayama Special

with

Sat Siri Singh

*"**God is Prana.** Life. Your soul needs food. It is hungry. It needs you to feed it and its diet is prana which comes through the air and enriches your insides." "Who breathes in you? **The soul.** Breath is by the soul." "So your existence is not yours, actually, this is the existence of the soul." Yogi Bhajan*

We will spend our time with a very simple and beautiful Kundalini Yoga pranayama series, which yields unique **focus, calm, ease and lightness.**

This is a repetitive sequence of short exercises in silence. It helps you to align yourself in the field of the universal consciousness and find this inside place of soul, self and home.



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Sat Siri Singh Khalsa is Kundalini Yoga Teacher and Sat Nam Rasayan practitioner and devotes his life to study and serve Guru and Dharma. During the last years he went through the following life stages: university research in quantum physics, financial engineer in a bank, ashram life with his teacher Karta Singh and Amrit Nam Sarovar, study of naad yoga with Raj Academy.

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Cost: £15

No need to book, just drop in.

Venue: Kundalini Yoga Centre @ Sikh Missionary Society

1st Floor, Entrance Dominion Road, Southall UB2 5DP

The venue is 5 mins. walk from Southall train station. Southall is 12 mins. from London Paddington. There is a pay & display car park behind the venue. After the workshop, there is the possibility to enjoy the meal of the Guru (Guru ka langar) in one of the numerous Sikh temples (Gurdwaras) in Southall.