

Kundalini Yoga Workshop in the Southall KY Centre
Saturday, 17th January – 10am to 1pm

The 5 Aquarian Sutras

with

Sat Siri Singh

The Piscean Age of control, secrecy, individuality and religion has shifted to the Aquarian Age of **compassion, openness, community and dharma**. *"A new world shall emerge beyond our expectations, imaginations, and situations."*
(Yogi Bhanjan)

Kundalini Yoga is a technology to prepare for the challenges of the new times and make up our minds to become true servants of the soul and purposeful warriors in God's vision. In the core of the teachings, Yogi Bhanjan seeded **five Sutras for the Aquarian Age** which we will explore in detail in this workshop, using kriya, meditation and a creative process. We will shed more light on the qualities of the Aquarian Age. Please, bring also pen and paper.



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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.