

Kundalini Yoga Workshop in the Southall KY Centre  
**Saturday, 21st March – 10am to 1pm**

# Balancing The Three Minds

with

**Sat Siri Singh**

- \* *Is it difficult for you to make decisions?*
- \* *Are you too negative or naive in assessing situations and people?*
- \* *Is too much uncontrollable thinking going on in your mind?*

If the three minds – **negative, positive, and neutral** – are balanced and in smooth collaboration with each other, this will never be the case. You will quickly realise dangers and chances, and be able to follow the guidance of the meditative neutral mind.

In this workshop, you will identify, balance and activate all three mind bodies, and establish the proper working relationship between them. You will learn a simple and practical process for **making difficult decisions**. We are using exclusively Kundalini Yoga techniques.



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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.  
Contact: 07502 330 120, [sss@kundalini-khalsa.com](mailto:sss@kundalini-khalsa.com).

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**Cost: £20**

No need to book, just drop in.

**Venue: Kundalini Yoga Centre @ Sikh Missionary Society**

1<sup>st</sup> 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.