

Kundalini Yoga Workshop in the Southall KY Centre
Saturday, 25th April – 10am to 1pm

Kundalini Yoga Intensive

The 5 Stages of a Kriya

with

Sat Siri Singh

A Kundalini Yoga kriya is a physical and mental effort aiming at healing and promoting specific aspects of our being. From each kriya, we want to learn something, we want to come out different from how we started, we want to purify, transform, and become wiser.

There is a universal structure inherent in how to approach a kriya that applies to all efforts, ventures and actions in life, as well as to life itself as a whole. In this workshop we elaborate on the 5 stages of a kriya and see how we can learn more efficiently from the lectures of life by internalising and applying this universal cycle of action, that goes along with the 5 elements, the 5 seasons, the 5 prayers and the 5 kakaars.



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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.

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Cost: £20

No need to book, just drop in.

Venue: Southall 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.