

Kundalini Yoga Workshop in the Southall KY Centre
Saturday, 16th October – 10am to 2pm

Kundalini Yoga Intensive:

Breath and Mind

with

Sat Siri Singh

"Your mind stops automatically when you are doing a conscious breath. Your mind cannot go anywhere. It comes right to the point and it says: Yes, master! Normally it says: Hey, salve, do what I say! But once you start rhythmic conscious breathing, mind shall stop." - Yogi Bhajan

The experience of the immediate and powerful effect of various breathing techniques on our state of mind, perception and emotion is the agenda of this workshop. It includes a profound introduction into Pranayama. The main problem with applying these techniques in everyday life is that we forget about them in situations of stress, tension and fear. Therefore, we need profound experience and regular practice to engrave their blessing in our body and mind.

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Sat Siri Singh Khalsa is Kundalini Yoga Teacher, Sat Nam Rasayan practitioner and musician. He devotes his life to study the spiritual teachings, their everyday life application, and how to serve people to find wellbeing and fulfilment. 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.

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.