

Kundalini Yoga Workshop in the Southall KY Centre  
**Saturday, 11<sup>th</sup> December – 10am to 5pm**

**Kundalini Yoga Intensive**

# Beyond Good and Evil

with

**Sat Siri Singh**

*"He who treats alike comfort and suffering, honour and dishonour, happiness and unhappiness, only he has understood the secret of life.*

*He disregards both respect and disrespect, and remains unalloyed.*

*Nanak says, it is a difficult path, only few are aware." - Guru Teg Bahadur*

**We suffer by reacting within the field of polarities** and by living in a state of imbalance. Our minds are conditioned to patterns of wanting and avoiding. This by itself is already a request to the universe to challenge us. Resisting the things that we do not want, we often find ourselves chased by them.

In this intensive workshop, we will immerse in **Kundalini Yoga kriya**, meditation and techniques to balance our polarities and to detach from the desires for and resistance against changes. We find the capability of unconditional acceptance of the soul's destiny, neutral awareness of the mind and peace of heart.



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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. He is a student of Karta Singh and member of the Amrit Nam Sarovar International Kundalini Yoga school.

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**Cost: £45 conc. available**

For info and booking, please contact:

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

**Venue: Southall 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 Langar in one of the numerous Gurdwaras in Southall.