

Kundalini Yoga Workshop in the Southall KY Centre  
**Saturday 12<sup>th</sup> March 10am - 1pm**

**Kundalini Yoga Intensive**

# Ghost buster: How to deal with Demons

with

**Sat Siri Singh**

**Indra came to Durga** and begged for help since the demons have driven the gods out of their heaven. *"Durga heard these words and laughed heartily. She called upon her demon devouring lion. **Don't worry at all**, she assured the gods. The Great Mother became frenzied and prepared to destroy the demons."* - Guru Gobind Singh, Chandi di Vaar.

**Kundalini Yoga** is a science to balance the five elements and dance with the five enemies. As human beings, we strive to be "good" and continuously improve our environments and lives. This fills us with the pride of the gods. To balance this, the demons appear. Now we need to decide how we deal with them. In this workshop we will have some insight in Guru Gobind Singh's Chandi di Vaar, the Song of Durga, the demon killer and we will do Yogi Bhajan's fantastic Ghost buster meditation.



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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 teachings of the Guru, their everyday life application, and how to serve people to find well-being and fulfilment. He is a student of Karta Singh and member of the Executive Committee of the Amrit Nam Sarovar International Kundalini Yoga school. Contact: Sat Siri Singh, 07502 330 120, [sss@kundalini-khalsa.com](mailto:sss@kundalini-khalsa.com).

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**Cost: £25**

**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.