

*Healing the Five
Elements – Wood*

wood

**Sat 2nd April 2011,
10am - 2pm**

with Shakta Kaur & Angad Singh
in Southall

fire

earth

metal

water

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“The forces of spring create wind in Heaven and wood upon the Earth. Within the body they create the liver and the tendons; they create the green colour and give the voice the ability to make a shouting sound...they create the eyes, the sour flavour, and the emotion anger.”

The Yellow Emperor's Classic of Internal Medicine

The wood element gives us the ability to be flexible, generous and altruistic. It is the energy of expansiveness, creativity and sensuality. In harmony we are outgoing and patient, in imbalance we become ruled by anger.

In this healing workshop we will apply Kundalini Yoga, Intuitive Massage and Aromatherapy to balance the wood element.

Shakta Kaur will lead a Kriya and Meditation and lead discussion on nutrition and aromatic energies. Angad Singh will teach a simple intuitive massage technique (based on Shiatsu) that links into the healing energy of Guru Ram Das and the Golden Chain of Kundalini Yoga and show how to apply it to the Liver & Gall Bladder Meridians.

This workshop is part of an ongoing series of healing workshops focusing on the five elements and their associated energies and meridians.

Costs: £25. **Venue:** Southall Kundalini Yoga Centre at the Sikh Missionary Society, 8-10 Featherstone Road, Southall, UP2 5AA

To book a place please call Shakta Kaur,
07942 472662, shakta@kundalini-khalsa.com.