

Kundalini Yoga Workshop in the Southall KY Centre
Saturday 23rd April 10am - 1pm

Kundalini Yoga Intensive

Rehit Maryada

with

Sat Siri Singh

***"When I turned away, and became dead while alive,
I was awakened."*** (Guru Nanak, Raag Gauree, SGGGS)

What does it mean to be dead while alive? How to turn away and let go? Why living in remembrance of death? What can loss and grief teach us? Are you ready to die?

Rehit Maryada means "lifestyle in remembrance of death". The teachings suggest us to make death our best friend and let our thinking, speaking and acting be guided by the remembrance of our own perishability in incarnation. We use Kundalini Yoga and Meditation to explore the topic and find insight and inspiration.



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

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Cost: £25

Contact: Sat Siri Singh, 07502 330120,
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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.