



*Healing the  
Five Elements*

*wood*

*fire*

*earth*

*metal*

*water*

**Sat 18<sup>th</sup> June 2011**

**10am - 2pm**

with Shakta Kaur & Angad Singh  
in Southall

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*“The supernatural forces of summer create heat in the Heavens and fire on Earth; they create the heart and the pulse within the body, the red colour, the tongue, and the ability to express laughter... they create the bitter flavour, and the emotions of happiness and joy.”*

The Yellow Emperor's Classic of Internal Medicine

The fire element gives us the ability to be dynamic, enthusiastic and positive. It is the energy of warmth, strength and persistence. In harmony we are joyful and energetic, in imbalance we become restless and ruled by hate.

In this healing workshop we will apply Kundalini Yoga, Intuitive Massage and Aromatherapy to balance the fire 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 meridians of the Heart, Small Intestines, Triple Heater & Pericardium.

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  
@ Sikh Missionary Society, 1<sup>st</sup> Floor,  
Entrance Dominion Road,  
Southall UB2 5DP.

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