

ALCHEMY

DISCOVER WHAT'S AT THE CENTRE

THE 5 AQUARIAN SUTRAS

About the workshop: The Piscean Age of control, secrecy, individuality and religion has shifted to the Aquarian Age of compassion, openness, community and dharma. *"A new world shall emerge beyond our expectations, imaginations, and situations."* (Yogi Bhajan)

Life is a miracle unfolding in the five-dimensional space of the elements. Every process, venture, and system will pass through five stages, encounter five adversaries and find five virtues on the way to its completion. In the core of the teachings, Yogi Bhajan seeded **five Sutras for the Aquarian Age**, which are unique inspirations for meeting the challenges of the times to come. In this workshop, we will explore the sutras using kriya, meditation and a creative process, and we will shed more light on the qualities of the Aquarian Age. Please, bring also pen and paper.

WITH
SAT SIRI SINGH



About the teacher: Sat Siri Singh Khalsa is a Kundalini Yoga Teacher and Sat Nam Rasayan practitioner and devotes his life to study and to serve Guru and Dharma. He is passionate about applying and sharing the teachings of Yogi Bhajan to raise awareness for the mystery of life and to find the path of soul fulfilment. He loves to sing and play the guitar for elevating meditation. During the last years he went through the following life stages: University research in quantum physics, financial engineer in a bank, ashram life with his teacher Karta Singh Khalsa and Amrit Nam Sarovar, study of naad yoga with Raj Academy.

Contact: 07502 330 120, sss@kundalini-khalsa.com.

FRIDAY, 11TH DECEMBER 6:00PM – 9:00PM FEE: £20

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