

Kundalini Yoga Workshop in the Southall KY Centre  
**Saturday 11<sup>th</sup> February 10am - 1pm**

**Kundalini Yoga Intensive**

# **Gyan Chakra Kriya Meditation for Well-Being of Mankind**

with

**Sat Siri Singh**

Gyan Chakra Kriya Meditation is one of the most sacred kriyas in Kundalini Yoga. It was practised in ancient times so miracles could happen. We want to dedicate this practice to the well-being of the entire human mankind: **a physical prayer for healing, enlightenment and happiness for everybody:**

**"Satnam Satnam Waheguru Waheguru"**

*"This meditation is fantastic for healing. It helps the heart and joints. It lowers stored anger. It increases intuition. In 120 days of steady practice you will change and your capacity to realize changes. Its primary effect is that it brightens your halo. It builds the aura. It activates the arcline which taps the knowledge from the aura and akasha. That is why arcline is called the seal of knowledge. Life becomes different. You realize your reality and much prosperity runs to you. Your radiance and presence communicates and elevates your life." - Yogi Bhajan*



\* \* \*

**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 330120, [sss@kundalini-khalsa.com](mailto:sss@kundalini-khalsa.com), [www.kundalini-khalsa.com](http://www.kundalini-khalsa.com).

\* \* \*

**Cost: £25**

**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.