

Kundalini Yoga Workshop in the Southall KY Centre
Saturday 25th February 10am - 2pm

Kundalini Yoga Intensive

Loving the Guru

with

Rajinder Singh & Uma Kaur

Love everything that Guru loves, including You! This workshop will focus on clearing any negative feelings you have about yourself. Loving Guru with all our heart and soul heals our inner self and transforms negative feelings into positive. Stand 'naked' in front of the Guru and accept yourself as you are. This workshop will build the base for the following series of workshops which will focus on all kind of present and future relationships in our life. We will meditate, do yoga and create safe healing space to talk and open our hearts.

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Contact: Rajinder Singh, 07956 541536, yogarajinder@gmail.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.