

*Healing the Five Elements –  
The Wood Element*

**Fri 16<sup>th</sup> - Fri 23<sup>rd</sup> of March 2012**

with Shakta Kaur in Southall

*Detox*

A week to purify body and mind with Kundalini Yoga, Pranayama, Meditations, Aromatherapy Massage and a delicious kitcheree diet.

*fire*

*earth*

*metal*

*water*

# *Healing the Five Elements –*

## *The Wood Element*

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### *Detox*

*A week to purify body and mind with Kundalini Yoga, Pranayama, Meditations, Aromatherapy Massage and a delicious kitcheree diet.*

This detox program is suitable for everybody, independent of your physical shape and form. Enjoy a refreshing week with a delicious yogic recipe (mungbeans, rice and vegetables) and exercises from the teachings of Yogi Bhajan in the company of likeminded people.

### **Programme:**

**Fri 16<sup>th</sup> March:** 6:30 - 8pm Introduction, cooking, dinner  
Venue: Privat, Southall

**Sat 17<sup>th</sup> March:** 10 - 1pm Workshop Healing the 5 Elements: Wood (Liver/Gall Bladder/Nails/Eyes/Anger)  
Kundalini Yoga, discussion on nutrition and aromatic energies, £25, can be booked seperately  
Venue: Southall Kundalini Yoga Centre

**Mon 19<sup>th</sup> March:** 6:30 - 8pm Kundalini Yoga class  
Venue: Southall Kundalini Yoga Centre

**Fri 23<sup>rd</sup> March:** 6:30 - 8pm sharing of experience with dinner  
Venue: Privat, Southall

**During the week:** 1h Aromatherapy Massage Treatment

If you have any major health problem, please contact your GP before.

Investment: £80, £72 if booked and payed until 1th of March.

Venue for Workshop and Yoga class: Southall Kundalini Yoga Centre, Sikh Missionary Society, 8-10 Featherstone Road, Southall, UP2 5AA

To book a place please contact Shakta Kaur, 07942 472662, shakta@kundalini-khalsa.com, www.kundalini-khalsa.com.