

ALCHEMY

DISCOVER WHAT'S AT THE CENTRE

BALANCE YOUR GUNAS

Kundalini workshop with Karta Singh

If your gunas are not balanced, your creativity will be blocked and you will not find clear channels to express yourself. Lacking prana, you end up in frustration and apathy. The flow of raja guna gives form to any idea and project, shaping your future. Brahma, Vishnu and Shiva together as One provide the right access to right creativity, the time to initiate new long-term vision with crystal clear intuition.

We need to drop heaviness and the attachments to any sort of melancholy about the past. Become light, balanced and steady, keep up the trust within, so nothing from outside can move you!



About Karta Singh:

When Karta Singh met Yoga Bhajan for the first time in the mid-seventies, he immediately recognised the true spiritual master he had been looking for his whole life. Karta followed Yogi Bhajan in his vision to build a global community with spirit being the founding principle and common bond between all mankind. He made it his mission to help people transform and realise their full human potential. As a pioneer, he was the first one to start teacher training programs in France, Belgium, England, Russia, Austria, and Switzerland. Karta Singh is the Founding Director of the Amrit Nam Sarovar Yoga School (ANS).

Saturday, 21st April 2012
6:30pm - 9:30pm / £30 in advance; £40 on the day

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