



The Ever Rising Spirit

4 Days Kundalini Yoga Intensive Retreat in Welsh Nature

Fri 18th - Tue 22nd May 2012

with Sat Siri Singh & Shakta Kaur

Come and join us to step out of everyday
fate, align with your essence, and simply enjoy
the elevation of Kundalini Yoga practice
in the company of soul siblings.



»Your ultimate desire is a desire that uplifts you, your spirit and your consciousness. It is always positive to you and your surroundings. It is a feeling within the feeling, it deals with the innermost essence. It is a Love of Self and Grace.« Yogi Bhajan

This retreat is suitable for beginners as well as advanced yogis. We will discuss various aspects of the teachings but mainly go into deep practice of Sadhana, Kriya, meditation, pranayama, singing, dancing, silence, nature, seva, and a delicious yogic diet. We will live in simple conditions and get in contact with nature. The retreat also includes an Aromatherapy Massage treatment.

Investment: £300 if booked before 15th April, £330 after. To book, please send a cheque with non-refundable £100 deposit (payable to OM MAYROCK) to Sat Siri Singh, 37a Cranleigh Gardens, Backyard Gardenhouse, Southall UB1 2BU. For more info, contact Sat Siri Singh, 07502 330 120, sss@kundalini-khalsa.com, www.kundalini-khalsa.com.

Venue: Cerrig Llwyddion, Blaengilfach, Rhos, Llandysul, Carmarthenshire SA44 5HE, West Wales. For more info and directions, please visit www.welshretreat.com. We can provide a pick-up service from Carmarthen railway station. Arrival is Friday evening (dinner at 6pm), departure is Tuesday afternoon.

