

New Kundalini Yoga Courses at the Alexandria Healing Centre

Gentler 10-week course with longer meditations (up to 30 minutes) to really go inward and to experience your connection with yourself and the Universe. You will receive a folder with information on Kundalini Yoga and photocopies of all sets and meditations for home practice/self-help!

This course will give you a good introduction to the background of Kundalini Yoga and it's practice. Suitable for any level of fitness: 1 1/2 hour classes, £85 (if you know you cannot do certain days mentioned below, then you can take £8 off each day you cannot do, but no more than 2 days are possible to take off the full course fee). Drop in's are possible (£8.50 per class): If there are spaces available on the day.

Please ring me, Sandra/Harjas Kaur, beforehand on 020 8579 7230/leave message on answering machine with your phone number or just turn up and see if there are spaces. To book for the full 10 weeks is recommended to insure your space.

These courses start in September but you can join for the remaining days any time:

TUESDAYS MORNINGS: 9:45 am - 11:15 am
7,14,21,28 Sept, 5,12,19,26 Oct, 2 and 9 Nov

MONDAYS EVENING, 7 pm - 8:30 pm OR 8:45 pm - 10:15pm:
6,13,20,27 Sep, 4,11,18,25 Oct, 1, 8 Nov

TUESDAYS EVENING: 7 pm - 8:30 pm OR 8:45 pm - 10:15 pm
7,14,21,28 Sept, 5,12,19,26 Oct, 2 and 9 Nov

For bookings or enquiries, please call Sandra Ditta Herrmann/Harjas Kaur at the Alexandria Healing Centre on 020 8579 7230 (however, I will be on holiday all August but you can ring the Centre and make your bookings and I will call you when I get back before the course starts to confirm - you may also already pay for the course by cheque, made out to to Sandra Ditta Herrmann and send it to the below Centre address).

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