

## New Kundalini Yoga Courses at the Alexandria Healing Centre

**KUNDALINI YOGA - please read on the Centre website about it:**  
[www.alexandriahealing.co.uk](http://www.alexandriahealing.co.uk)

\_10-week Beginner's course - moving up the Chakras:

\_However, this course suits all levels!

You will receive a comprehensive manual giving you all information on Kundalini Yoga, Chakras, foods that help certain chakras and their related organs and photocopies of all sets and meditations for home practice/self-help! This course will give you a very good introduction to the background of Kundalini Yoga and it's practice.

New course starting soon: \_TUESDAYS: 7:30 - 9 pm, 10-week course, £85: \_  
9 February, (not 16 Feb), 23 February, 2, 9, 16, 23, 30 March, 6, 13 and  
20 April (small class up to 6 students)

If you cannot do certain dates, you can let us know before you book your course and reduce your course fee accordingly.

Drop in's are possible if there are spaces available on the day.

Please ring me, Sandra, beforehand on 020 8579 7230/leave message on answering machine with your phone number. To book for the full 10 weeks is recommended to insure your space.

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Kundalini Yoga - newly set up course!!! Very enjoyable and for all levels!!

\_MONDAY EVENING, 7:30 - 9 pm, £85. \_

10-week course with mostly 30 minutes of meditation after the relaxation time, handouts of all Kriyas (easy to do at home, simple but effective sets!) - As always with lovely Kundalini Yoga Music! Suitable for all levels!! 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)

New course starting soon: \_MONDAYS, 7:30 - 9 pm:\_

8 Feb, (not 15th), 22 Feb., 1,8,15,22,29 March, 5, 12 and 19th April  
2010 (small class up to 6 students)

If you cannot do certain dates, you can let us know before you book your course and reduce your course fee accordingly.

Drop in's are possible if there are spaces available on the day. Please

ring me, Sandra, beforehand on 020 8579 7230/leave message on answering machine with your phone number.

To book for the full 10 weeks is recommended to insure your space.

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Please enquire for the below course dates - no set dates for it at the moment but I am happy to arrange dates. mostly sitting on a stool or floor, 5-week Kundalini Yoga course

No floorwork, sitting on a chair/stool or on the floor (up to you), some standing.

This course is suitable for any level of fitness and age. This course specifically helps/works on: brain and heart, self-love, releasing fears, increasing physical strength, breathing and it's a lot of fun!

Cost: £45 for the 5 week course including a manual with hand-outs for home practice!

Drop in's are possible if there are spaces available on the day. Please ring me, Sandra, beforehand on 020 8579 7230/leave message on answering machine.

To book for the full 10 weeks is recommended to insure your space.

All Courses are held at his address: Alexandria Healing Centre, 39 Alexandria Road, London W13 ONR and can max. facilitate 6 participants (purple door after garden).

Prebooking and prepayment essential to reserve your space - booking info is in questionnaire! Or please call Sandra or email for the Monday class booking.

To speak to Sandra, please call 020 8579 7230.