



ONE FOR THE HEART

4th Sunday of the month

The Guru Ram Das Project is proud to announce forthcoming events:

Kundalini Yoga & Meditation

Based on the teachings of Yogi Bhajan and taught by:

Sunday 26th April

Sunday 24th May

Sunday 28th June

Raghurai Singh

Paul Upjohn

Siri Shanti Kaur

Time: 4.00 – 6.30 pm

Recommended donation: £10.00

Location

The Central Gurdwara

58-62 Queensdale Rd

London W11 4SG

Upper Hall

Please bring your Yoga mat

Underground: Shepherd's Bush or
Holland Park

The 4th chakra or the Anahata, encourages people to be motivated by love and devotion in the name of truth and prosperity.

The throne of Raj Yoga was given to Guru Ram Das, the 4th Sikh Guru, whose name means the servant of the all pervading divinity. He is remembered for his humility, healing powers and service to the community.