

Kundalini Yoga Workshops and Retreats with Ishwara

**Please email or call for more information or to book your place.
ishwarak@hotmail.co.uk - 07980 928 386 – www.anahata.org.uk**

Ishwara is based in Brighton, has many years experience as a Kundalini Yoga Teacher and is a Teacher Trainer, running the Brighton part of the Amrit Nam Sarovar Teacher Training. The dates are just being confirmed for the next Brighton training which will begin in approximately October 2009.

"Ishwara brings such love, compassion and humility to the space..." Devi Kirin

Kundalini Yoga Workshop in Kinsale, Ireland

Friday evening 24th April - 7.30pm to 9.00pm
Accessing the Knowledge of the Universe

In this workshop, we will focus on the breath and chanting with live music as we explore what it means to 'Access the Knowledge of the Universe'. We will also practise physical kriyas and meditations to assist us on this journey. Breath is the carrier of the life force prana, without which there would be no life. When the pranas of your body are vibrant then your life is filled with prosperity bringing health and happiness.

For more information and to book contact Sat Tara - mortal.in.india@googlemail.com

Kundalini Yoga Workshop in Brighton

Accessing the Knowledge of the Universe
Sunday 14th June 2.30pm to 5.30pm - £25 (concessions available)
Natural Bodies, 28-29 Bond Street, Brighton (10 minute walk from Brighton Station)

In this three hour workshop, we will focus on the breath and chanting with live music as we explore what it means to 'Access the Knowledge of the Universe'. We will also practise physical kriyas and meditations to assist us on this journey. Breath is the carrier of the life force prana, without which there would be no life. When the pranas of your body are vibrant then your life is filled with prosperity bringing health and happiness.

Raw Turkish Detox Delight – there are only a couple of places left!

May 4th to 11th May
Join us for a week in Turkey learning all about how to prepare and live on a raw diet with a Kundalini Yoga session each day.

For more information or to book: www.rawdietandhealth.com suzEvasdaughter@googlemail.com

The Great British Yoga Festival in Dorset

26th to 31st May

There will be many wonderful offerings at the festival including Ishwara running some 'Healing the Wounds of Life' sessions.

For more information see: www.gbyf.co.uk

A 'Life of Prosperity' Retreat

A Kundalini Yoga Retreat on the Solstice Weekend

6.00pm Friday 19th June to 2.00pm Sunday 21st June

Prosperity is not just about having lots of money. It is about an attitude, a particular way of living. Over the weekend we will practise dynamic physical kriyas, meditations, chanting with live music, relaxation and breathwork as well as having discussions so that you gain a deeper understanding and experience of what it means to live a life of prosperity. We will be supported in this work by the energy of the Solstice.

The venue is Lower Shaw Farm in Swindon. The accommodation is basic but very comfortable in chalets and farmhouse rooms and the food is vegetarian. The all inclusive cost is £145. If you pay in full before 30th April then it reduces to £125. To reserve your place you need to pay a deposit of £75.

Healing the Wounds of Life Workshop

Friday evening through Sunday 5pm - 26th to 28th June

Venue and price to be confirmed.

The workshop is limited to seven people.

Lack of Self-Worth affects all aspects of our lives including our relationships and our work. It has a big impact on how we see and value ourselves. The more we rid ourselves of limiting patterns the more able we are to live the life that we've always dreamed of.

The Self-Worth Workshops are rooted in the technology of Kundalini Yoga as taught by Yogi Bhajan and have developed directly from the work of Sat Santokh Singh from the US who has been running Self-Worth Workshops for many years.

Participants do not need to have any previous experience of Kundalini Yoga.

For more information see my website.

Kundalini Yoga Workshop in Brighton

Deepening your understanding of the Chakras

Sunday 19th July 2.30pm to 5.30pm - £25 (concessions available)

Natural Bodies, 28-29 Bond Street, Brighton (10 minute walk from Brighton Station)

Very often it is only the surface level of the chakras that are explored and their underlying magic is missed. Many books focus on the colour and related organ for the chakras without really exploring the layers of consciousness that the chakras can really help us to understand. During this workshop we will explore these deeper layers through the practise of kriyas, meditation and relaxation.

Kundalini Yoga Workshop in Brighton

The Mind exists as a Servant of the Soul

Sunday 6th September 2.30pm to 5.30pm - £25 (concessions available)

Natural Bodies, 28-29 Bond Street, Brighton (10 minute walk from Brighton Station)

As long as our minds control us, we will not find true happiness. Deepening our understanding of how the mind works brings us closer to a state of living where the Mind exists as a Servant of the Soul. Through discussion, meditation and some physical practise we will explore this and expand the awareness of your mind.

Peaceful Warrior Retreat

5.30pm Friday 11th September to 5.00pm Sunday 13th September 2009

This weekend is an opportunity to delve deeply into yourself through learning what it means to be a 'Peaceful Warrior'. There will be some physical kriyas, but we will primarily work with meditation and intimate sharing. We will use a variety of meditation techniques using the breath, silence and mantras with live music. Through the meditation you will work towards clearing some of the old subconscious patterns that prevent you living as you would like to. Through the sharing you will deepen your awareness and understanding of the transformative power of being heard and being able to listen.

This weekend is rooted in the tradition of Kundalini Yoga, as taught by Yogi Bhajan.

The retreat is limited to 12 participants and is open to anyone that wishes to go deeper on their personal journey of growth.

The venue is Tilton House which is located in a very peaceful spot in the beautiful South Downs. The accommodation is sharing twin rooms and all the food is vegetarian. The all inclusive cost is £285. If you pay in full before 31st July then it reduces to £260. To reserve your place you need to pay a deposit of £100.