

Kundalini Yoga School

AMRIT NAM  
SAROVAR

# Kundalini Yoga Soma

## No Mind, No Body, Just the Breath of Life



**A full-day workshop experience of Kundalini Yoga with Karta Singh Khalsa,**  
Founder and Director of the international Kundalini Yoga school Amrit Nam Sarovar.

**Date:** Sunday 22nd April 2012 10am – 5pm

**Venue:** S. S. P. C. Gnati Nivas Hall, Featherstone Road, Southall UB2 5QA.

**Investment:** £70 pre-registration, £75 on the day

*“Harmony starts when saints and devils dance together through the duality of maya.”*

[www.amritnam.com](http://www.amritnam.com)

**The revolution of alchemy transmutes the human being on a deep level**, reaching the turning point of a total re-adjustment of values. **Now is the time to risk the move**, despite all feelings of insecurity and uncertainty. Dropping the attachment to our physical body and to our crystallised beliefs, we find that **today is the only day to stop worrying and start dancing with the wolf**. Harmony starts when saints and devils dance together through the duality of maya.

Stop looking for rational understanding and **learn to trust your self-sensory system** to follow your highest purpose. Universal truth is most rational, but nothing of what we understand is rational, as we can only understand logic. Don't try new theories. **Let yourself go with the flow**, keep moving in the rhythm and watch your swing.

**Registration:** Please send a cheque with £70 payable to "Amrit Nam Sarovar" to Shakta Kaur, Rear of 37a Cranleigh Gardens, Southall UB1 2BU. For further info please contact Shakta Kaur, 07942 472662.

**Venue:** S. S. P. C. Gnati Nivas Hall, Featherstone Road, Southall UB2 5QA.

Southall train station is 12 minutes from London Paddington. The venue is less than 10 minutes walk from Southall train station. There is a big pay & display car park on Dominion Road, off Featherstone Road.

**Karta Singh will also teach an evening workshop Saturday 21st April 6.30 - 9pm at the Alchemy Centre**

Unit 101 Stables Market, Chalk Farm Road, London NW1 8AH, 020 7267 6188, [www.alchemythecentre.co.uk](http://www.alchemythecentre.co.uk).