

Kundalini Yoga

With

Liz Midgley & Sarah Purdie

LEAVE WINTER BEHIND

JUMP INTO SPRING

REJUVENATE

Sunday 11th March 2012

10am – 1pm

Southfields Gurdwara

142 Merton Road

Southfields SW18

Donation £10.00

Contact: Liz 07939254782 / Sarah: 07894388174