



Movement & Mantra



a SKYday in London with Jap Hari Kaur



"When we chant or sing in a congregation together, it becomes mega-multiple. My sound and your sound and their sound all together and it creates an automatic rhythm in which we intertwine ourselves and our power. It becomes a mega-power." Yogi Bhanjan

We are delighted to have Jap Hari Kaur lead the workshop 'Movement and Mantra' as part of the on-going SKY Days around London. Jap Hari teaches Kundalini Yoga in Brighton and France. She released her album JAP HARI in 2009 and joins us to offer her voice and music toward inspiring a greater insight into the science behind Mantra with plenty of Fun, Movement and Music to fill our day.

at the West London Buddhist Centre. London W2
£35 in advance (£40 on the day) 10.30 – 3.30 Sunday 28th March 2009

Although complete in itself this workshop is also part of an ongoing series across London which serves as an introduction to i-SKY.net the international School of Kundalini Yoga. Since 1996 SKY has been known for delivering powerful transformative experiences through the medium of yoga whilst maintaining a broad minded and inclusive approach to other spiritual practices. We attract a wide range of interesting people, often seeking something more than they have found to date, and we find time for laughter - you certainly do not have to be serious to be spiritual.

These Kundalini Yoga based workshops facilitate greater awareness through meditation, mantra, movement and personal reflection. They have proved to be effective, informative and fun. No previous experience or special ability is required but places are limited and must be pre-booked. It is not necessary to attend further workshops, each is complete in itself, but we do try to engender a sense of community which we hope you may wish to return to again. Each day ends with a bring and share vegetarian meal. Please come prepared with picnic food for one to share.

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