



# Kundalini Yoga

SOUTHALL

Southall Kundalini Yoga Centre @ Sikh Missionary Society  
Kundalini Yoga as Taught by Siri Singh Sahib Harbhajan Singh Khalsa Yogi Ji

ਕੁੰਡਲਨੀ ਸੁਰਜੀ ਸਤਸੰਗਤਿ ਪਰਮਾਨੰਦ ਗੁਰੂ ਮੁਖਿ ਮਚਾ ॥

*Kundalnī surjihī sat sangat param ānand gurū mukh machā.*

**Kundalini Rises in the Sat Sangat, the True  
Community, Supreme Bliss Emblazes in  
the Face of the Guru.**

(Swayas in Praise of Guru Ram Das, Siri Guru Granth Sahib)



Yogi Bhajan (1929 - 2004)

## Kundalini Yoga:

Technology for Self-Transformation  
and Personal Development

**The lifestyle and practice of Kundalini Yoga** leads through a process of holistic healing and growth. Systematic enforcement of nervous system and glandular system improves physical, mental, and emotional stability and leads to increased awareness, sensitivity and vitality. Meditation cleanses the subconsciousness, yields a serving mind, and gives deep experience.

**Practicing Kundalini Yoga** makes you feel relaxed, refreshed, centred and powerful; as if body, mind and soul had an uplifting conversation. It awakens and directs the creative energy in the physical body in a safe and gentle way for application on all levels of human existence. Sustained practice leads to the experience of the Soul, a state of presence, union and truth beyond the qualities of worldly entanglement and identification.

**Kundalini Yoga gives you the resources** to live in the Dharam of the Guru. Everybody can practice it; neither physical nor spiritual requirements are necessary, only the desire to be who you truly are: Satnam.

### Regular Yoga Classes:

Mon to Fri 6.30 – 8.00pm  
Sat & Sun 8.00 – 9.30am  
£5

### Sadhana:

Mon to Fri 4.00 – 6.30am  
Sat & Sun 5.00 – 7.30am  
Donation

Workshops on weekends as advertised.

### Teachers:

**Mon** Shakta Kaur, 07942 472662  
**Tue** Sushaan, 07798 741657  
**Wed** Sat Siri Singh, 07502 330120

**Thu** Gurmail Singh, 07931 252155  
**Fri** Rashpal Kaur, 07941 010329  
**Sat & Sun** Narinder Kaur, 07941 025795

“We are part of the Golden Link. We come from the Lord of the Lords, Guru Ram Das, the Lord of the Throne of the Miracle, the Master of Raaj Yog... There is only one Golden Temple in the world, it doesn't belong to the Sikhs. It is not anybody's property. It is a crown of the universe. It is the house of the Lord of Miracles, and the Imperial Self, Imperial Divine Self of Raaj Yog. That is what you are.” - Yogi Bhajan

ਵਾਹਿਗੁਰੂ ਵਾਹਿਗੁਰੂ ਵਾਹਿਗੁਰੂ ਵਾਹਿ ਜੀਉ ॥

Wāhegurū Wāhegurū Wāhegurū Wāhe Jio.



**Southall Kundalini Yoga Centre @ Sikh Missionary Society**

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[www.kysouthall.co.uk](http://www.kysouthall.co.uk)