

Joy
Kundalini Yoga and Meditation
Jai Kartar Kaur Saturday 13th March 11-2pm
Sukhmani Centre, Cambridge

Be thirsty heart
Seek forever without a rest.
Let *this* soundless longing
Hidden deep inside you
Be the source
Of every word you say
Rumi

We are all seeking, looking for that connection to the divine within us, to experience the true joy of life, abundance, positivity and creativity. As part of a beautiful mind meditation workshop, this class will focus on how we can feel this joy, in our daily lives.

Afterwards Jai Kartar will be available for one to one Family Constellations sessions, healing sessions in Sat Nam Rasayan (an ancient yogic healing connected to Kundalini yoga) , theta healing and angelic energy healing. Jai Kartar can work by creating a healing session completely unique for the individual or as requested depending on how one is inspired.

