



One for the Heart

Quarterly kundalini yoga & healing workshop at The Quaker House, 150 Church Road, Watford WD17 4QB

Love yourself
with Gobind Seetal Kaur (aka Harsha)
Saturday 24 March 2018
2:30pm – 5:00pm

'Love is a self-acknowledgement. When I love myself, I can be so rich that I can love everybody.' **Yogi Bhajan**

True love can only be achieved through learning to love ourselves first. We need to experience our own compassion, forgiveness and tolerance; only then can we have the capacity and capability to give to others. By learning to love ourselves, we open our hearts to everyone and are able to relate to each of us as being one.

One for the Heart is a national kundalini yoga and meditation workshop programme delivered through the Guru Ram Das Project (GRDP) charity.

The workshop is open to all adults, regardless of your level of yoga practice. So please come and join us for an uplifting, heart opening experience.

Wear comfortable clothing, bring a bottle of water, a (yoga) mat and a shawl or blanket for relaxation.

Cost: Suggested donation £13 (or however much you can afford).

All donations will be given to the GRDP charity.

About the Guru Ram Das Project:

The GRDP is a charity that offers a range of services to support the physical, mental and spiritual wellbeing of people and communities in need. Past and present client groups include: the homeless, women suffering from domestic violence, people in alcohol & drug rehab, seniors, those suffering with immune deficiency conditions and mental health challenges.

For further information about the charity, **visit www.grdp.co.uk**

About the teacher:

Gobind Seetal Kaur lives in Watford and trained with Karam Kriya and Ik Saran Dhian.

For enquiries about the workshop, **contact Gobind Seetal Kaur:**

Gobind@kundaliniyogawatford.co.uk or call 07957 409905