

Kundalini Yoga

The regular practise of Kundalini yoga balances the glandular system,
strengthens the nervous system and calms the mind
It is achievable for those with no yoga experience.

Workshops & Courses Jan- Jun 2011

Courses

- *4 Week Beginners & Beyond* *Tuesdays 9:30am – 1st Feb, 1st March
26th April*
- *4 Week Beginners Meditation* *Thursday 9:30am – 3rd Feb*
- *4 Week Beginners Meditation* *Thursday 6:00pm - 5th May*
- *6 Weeks Pregnancy yoga* *Monday 6:00pm - 7th March*
- *6 Weeks Pregnancy yoga* *Monday 6:00pm - 2nd May*

Workshops

- *Beginners Yoga* *Saturday 29th Jan 2:00---5:00pm*
Breathe, Postures and Meditation suitable for those with no yoga experience
- *Meditations & Mantra's* *Saturday 5th Feb 2:00---5:00pm*
Increase your energy, Reduce Negative Thoughts, Stop your Addictions & Feel Happier
- *Your Life is in your Chakras* *Saturday 19th Feb 2:00---5:00pm*
Improve your life by feeling Happier and Increase your Prosperity and Strength
- *Women's Healing* *Saturday 5th March 2:00---5:00pm*
Increase your Intuition, Activate your Naval Power & Strengthen your Aura
- *Heal Your Back* *Saturday 19th March 2:00---5:00pm*
Breathe, Postures and Meditation to heal and strengthen your back and abdominals
- *Beginners Yoga* *Saturday 2nd April 2:00---5:00pm*
Breathe, Postures and Meditation suitable for those with no yoga experience
- *GuruJivans visit!!!!* *Sat & Sun 23rd & 24th April*
Come and activate your potential with visiting yogi GuruJivan
- *Weekend Yoga Retreat* *May*
Spend from Friday evening to Sunday lunch time re-energising yourself

*Certified International Kundalini Yoga Teacher
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Yoga for an alternative view on life...

Sat Nam