

Kundalini Yoga Heal Your Back Workshop



Come and learn how to use the simple technology of Kundalini yoga to strengthen your back, core stabilisers and abdominals.

Learn how to: **Increase your back strength, Reduce your pain and injuries,**

Feel healthier and happier and much more in one afternoon!

During the workshop you will learn postures, breathing and meditations to assist your back to heal,

This workshop is suitable for beginners

**Saturday 19th March 2011
8 Bridge rd, Mackay**

Workshop time: 2:00pm --- 5:00pm

Please arrive for registration between 1:40 and 1:50pm

Offering for the workshop \$ 60 for QKFA members
(includes Workbook & CD) \$ 75 non QKFA if paid before 28th

Feb

\$ 90 non QKFA if paid after 28th Feb

QKFA (Qld Keep Fit Assoc Inc) membership \$30 / \$25 concession

What to bring:

Yoga mat, towel, bottle of water, wear loose comfortable clothing (preferable white and natural), personal snack for break, scarf and an open mind.



**Internationally Accredited Kundalini Yoga Teacher
Didar Kaur (Barb Whitfield) 49575178**

As places are limited please book your place to avoid disappointment

Heal Your Back Workshop Registration Form – 19th March 2011

Name: _____

Address: _____

Telephone Home: _____ **Mobile:** _____

Email: _____

Any yoga experience? If yes what? _____

Payment included: \$ 60/ \$75/\$90

Please make money orders/ cheques payable to B Whitfield and enclose payment with registration form and send to B Whitfield PO BOX 3125, Nth Mackay 4740 or if you prefer payment by EFT (please email me to confirm) EFT: Account name: Barbra A Whitfield Bank: ANZ

BSB: 014 676

Account: 5557 58499

Email: didarkaur@yahoo.com.au