

Internal Communication

Lower Self, Higher Self, Gods and Demons

Kundalini Yoga Workshop

Sunday 9th February 10am - 3pm

with Sat Siri Singh in Manchester



A central aspect of the sacred teachings is that Divinity is within and without, but cannot be found outside unless realised inside. Guru Ram Das writes: "Those who search for this treasure outside of the body, in other places, are foolish." Some teachings say that everything that we encounter outside is simply a reflection of our internal state and process. Therefore, practicing efficient internal communication is the key to clarity, relationship and prayer. In this workshop we will explore practical ways to connect to our true identity, intuition and vitality, turn our demons into servants, and let go of the Piscean concept of a God outside.

Venue: **The Old Parsonage**, Stenner Lane, Didsbury, Manchester M20 2RQ

Investment: Workshop & Concert (pto) **£35**, Concession **£25**

Online Registration: Kundalini Yoga Manchester

www.kundaliniyogamanchester.com, kymanchester@gmail.com

Contact: Sat Siri Singh, 07502 330120,

sss@kundalini-khalsa.com, www.kundalini-khalsa.com

External Communication

The Ecstasy of Chanting

Kundalini Mantra Chanting Evening

Sunday 9th February 5 - 7pm

with Sat Siri Singh in Manchester

In our concert evening, we will chant together Kundalini Yoga Mantras and enjoy the Divine ecstasy, strength and healing that they give us. The prana and rhythm of breath, the yoga of tongue and palate, and the sound-current and resonance of our voices together will call on the Divine nectar concealed in the sacred sounds. Our glands produce healing juices, the light in all our cells shines brighter and clearer, and we dissolve worries and fears. Waheguru!

*"Singing raises the Soul of man higher than any form of religion. Music is power and intoxication."
- Hazrat Inayat Khan, Sufi Master (1882 - 1927)*

Venue: **The Old Parsonage**, Stenner Lane, Didsbury, Manchester M20 2RQ
Investment: Workshop (pto) & Concert **£35**, Concession **£25**, Cocert only **£15**

Online Registration: Kundalini Yoga Manchester
www.kundaliniyogamanchester.com, kymanchester@gmail.com

Contact: Sat Siri Singh, 07502 330120,
sss@kundalini-khalsa.com, www.kundalini-khalsa.com