

Voice, Mantra & Meditation

Kundalini Yoga Workshops

with Sat Siri Singh

*Fri 1st April 7.30pm - 9.30pm Evening &
Sat 2nd April 11am - 5pm Full Day
at The Forge Yoga Centre, Totnes*



One of the most fascinating technologies we use in Kundalini Yoga to explore the mystery of our existence is the combination of sound, rhythm, breath and movement. In this process, we apply the repetition of rhythm and the penetration of the sound of our own voice to dig through the layers of our ego, personality and history into the essence of our soul. It is a technology of self-trance and enchantment. The sound is shaped in primordial syllables of ancient, sacred languages which carry the essence itself within them: the Mantras.

Often, we wonder about the meaning of the mantra or chant, about its correct pronunciation, and about the quality and volume of our voice while chanting. Although these questions may be worthwhile considering, we might lose the wealth of the actual experience of what Mantra, chant and meditation have to offer. We are used to stay within the limited (and seemingly safe) space of our minds, instead of expanding ourselves into the vastness of the sound-current (naad) and the limitless and eternal space of our souls.

In these workshops, we will look into the origin and purpose of sound and mantra for meditation, experience the mystery of the sound of our own voice, give ourselves to the mantra and become one with its unspeakable essence in meditation. We will experience liberating and healing powers from within.

Friday evening will be an introduction and taster into the topic.
The **Saturday workshop** will give more profound experience and insight.
We recommend to take up our special offer for the combined booking
of both dates.

Investment:

Friday 7.30pm – 9.30pm **£20**, concession £15

Saturday 11am – 5pm **£55**, concession £45

Friday & Saturday **£70**, concession £60

Venue:

The Forge Yoga Centre, Top of Collins Road, Totnes TQ9 5PJ, 01803 867440

Info & Registration:

Contact Martha Chester for more information and to book:

info@marthachester.co.uk

*"Singing raises the Soul of man higher than any form of religion.
Music is power and intoxication."*

- Hazrat Inayat Khan, Sufi Master (1882 - 1927)



SS Sat Siri Singh Khalsa

is a student of the Guru. He keeps himself busy as Kundalini Yoga teacher and trainer, Minister for Sikh Dharma and musician. He finds fulfilment by studying and practising the spiritual teaching, its everyday life application, and by serving people to find well-being and fulfilment. He has been teaching Kundalini Yoga and related sciences since 2003.

Sat Siri Singh has trained with Karta Singh Khalsa and is member of the Amrit Nam Sarovar Kundalini Yoga school. He is Singh Sahib (minister) with the Ministry of Sikh Dharma International, available for spiritual ceremonies and life counselling. He regularly organizes yoga pilgrimages to India. He works as website and newsletter editor for KYTA, and is Trustee of the Guru Ram Das Project in London.

Sat Siri Singh's passion is to study, apply and share about the teachings of Gurbani and other sacred scriptures. He is studying classical Indian raag music with Ustad Surjit Singh, playing Rabaab and singing the Shabad of Siri Guru Granth Sahib, or playing guitar for Mantra meditation. He has a PhD in theoretical physics from Humboldt University, Berlin, Germany. Contact: sss@kundalini-khalsa.com, www.kundalini-khalsa.com.