

Kundalini Yoga & Meditation

Wednesdays 6.30-8 pm

*Tune Your Nerves and Glands, Clear Your Mind,
Centre Your Presence, Raise Your Energy
& Elevate Your Spirit in just 90 Minutes!*

Weekly Class starting Wednesday 8th May 2024

Farnham Common Village Hall

29 Victoria Road
Farnham Common
Slough SL2 3NL
Free Parking

For all levels, beginners and advanced

Please arrive at 6.20 pm

Please bring mat, shawl or blanket, water

Prices: £10 pay as you go
£8 if paid in advance for 5 classes
(pay £40 at you first class)

Teacher:

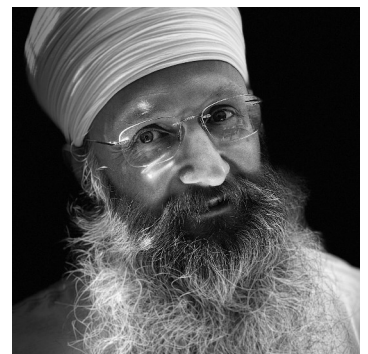
Sat Siri Singh

I have been teaching Kundalini Yoga & Meditation for more than 20 years. I find fulfilment in serving you to improve your physical, mental and emotional balance and wellbeing, to expand your awareness and tolerance, and to experience the true identity of your soul.

Contact: 07502 330120

www.kundalini-khalsa.com

Online classes also available



*Yoga is an experiential, universal, trans-religious, trans-cultural application
in the perennial mystic tradition: Who are you? Where are you coming from?
Where are you going? What are you here for?*

*Practicing Kundalini Yoga brings you into a state of stillness, balance and refreshment.
You feel relaxed, awakened, centred and powerful – as if body, mind and soul
just had a very uplifting communion.*

Experience Yourself anew, in the Light of the Truth and Love within You!

