

Friday night Kundalini Yoga as Taught by Yogi Bhajan suitable for all levels, 6.30-8pm

Yogi Bhajan often called Kundalini Yoga the "Yoga of Awareness"; through movement, breath and meditation, greater levels of consciousness are reached. Yogi Bhajan often warned his students that he could not promise them there would be no problems in life, but that these tools would help them to face their problems. That's because Kundalini Yoga is for everyone. Anyone with a body, a mind, and a nervous system needs productive skills to cope with the pressures of the world. And it allows us to not just cope with these pressures but to succeed in the face of them with strength and grace. Kundalini Yoga is uniquely suited to help us remain calm in tough circumstances because of its positive effects on the glandular and nervous systems. Doing Kundalini Yoga creates an internal biochemistry of calm, inner balance, and depth of self. Join us every Friday night to experience the kundalini bliss....



Kundalini Yoga is an ancient art and science dealing with the transformation and expansion of consciousness, the awakening and raising of Kundalini Energy up the spine through energy centres called Chakras. The activation and balancing of the chakras is accomplished by the mixing and uniting of Prana (cosmic energy) with Apana (eliminating energy) which generates pressure to force Kundalini to rise, by means of *Pranayama* (breathing exercises), *Bhandas* (body locks), in *Kriyas* (exercise sets), using *Asanas* (postures), *Mudras* (gestures), and *Mantras* (sacred sounds). Kundalini Yoga sets also use *Visualization*, *Projection* and *Focused Attention* to attain specific effects. Through the practice of Kundalini Yoga, an individual can unite his/her consciousness with Cosmic Consciousness on a regular basis by carefully performing the exercises and meditations in specific sequence and combination. A student soon becomes adept at perceiving the movement of energy within and outside of his/her body, and consciously begins to direct its flow to stimulate and awaken the chakras, for healing himself/herself and others, and becomes a co-creator with universal energies

"That is the era in which we are living—the Aquarian Age, the age of truth and love, the age of oneness—when man and God will become one. A new difference, a new ideology, a new life, absolutely something very new. A new wisdom will dawn on man. He will come out of all this unawareness."

"The new age is the age of truth and love; the age of tolerance and service; the age of humility and equality." Yogi Bhajan

Please email or call Saraswati Adi Kaur for more details: Saraswatiadikaur@gmail.com

Mob: 07866 002846

Dates: January 11th – March 22nd (not March 1st)

Cost: £100 for the 10 weeks or £12 drop in

Yoga Akasha

1st floor, The Old Mill, 45 London Road,
East Grinstead, West Sussex, RH19 1AW
www.yogaakasha.co.uk

