



## KUNDALINI YOGA

as taught by YOGI BHAJAN

with CHRIS (RAJDEV SINGH) Tel: 07721 670325

*Come and join the class and using the ancient techniques of kundalini yoga help to raise your creative conscious energy.*

*Yogi Bhajan brought the formerly secret techniques to the West so that we all could have access to the technology to stay healthy, happy and holy (whole) as the world enters a new age.*

*To do this we use kriyas (actions) which involve mantra (chant), pranayama (breath), asana (posture), meditation and relaxation.*

*Chris (Rajdev Singh) trained and qualified in London at the Karam Kriya school. He has qualifications in healing arts and is also a Naad yoga teacher training student under Professor Surinder Singh of the Raj Academy.*

*CLASSES ARE 6.30 pm to 8.00pm MONDAY EVENINGS at EQUILIBRIUM, The Stone Barn, 1 Forest Gate, Pewsham. Tel : 01249 446388*