

Yoga for Real Life

a Kundalini Yoga Workshop



For some people yoga is about fitness, for others it's about spirituality...

for Balwant Kaur it is about Real Life.

In this workshop Balwant will focus on real life issues and explore how the breathing exercises, asanas, meditation, mantra and relaxation from Kundalini Yoga can help you to achieve real health and feel better about yourself.

Balwant will be working with the miracle mantra of Ram Das Guru, not because it creates miracles, but because it reveals miracles that already exist. Realising the gifts you have gives you prosperity. This mantra reveals the healing potential of your body.

Workshop on Saturday 10th July 2010

From 9:45am to 4:00pm

Cost: \$110 includes lunch and manual

Contact Balwant/Kathy on 8431 0419 to register.

Maximum 15 participants.

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