



Guru
RAM DAS
Project

One for the Heart workshop

If it's not devotional, it's not yoga (Yogi Bhajan)

Date: 10th December 2016

Time: 2pm – 4.30pm

Location: Southall Kundalini Yoga Centre, 1st floor, Dominion Road, Southall, UB2 5DP

Investment: Suggested donation £13

http://www.kysouthall.co.uk/KY_Southall.html

Contact: Jaswant Kalay, 07738363331, Jaswant.kalay@gmail.com

"If it's not devotional, it's not yoga", Yogi Bhajan

What do the words “worship”, “piety”, “prayer” “reverence” evoke for you?

Kundalini yoga harnesses the energies of Shakti and Bhakti to link us to the Unknown. With Bhakti we surrender the ego in devotion and faith that God or a supreme consciousness can hold our love.

In day- to-day life, we may feel we have to protect our heart and our emotions in order to survive unscathed and process multi-faceted demands. Our ego will stand in to help us, but in doing so our feelings are driven down and suppressed, turning into dis-ease and dis-orders.

The heart needs an outlet and with Bhakti we direct our emotional energy towards the Divine, gradually allowing our ego to relax and surrender. By concentrating on devotion, love and surrender, we purify ourselves that we may melt and become one with God.

In this workshop, through breath work, chanting and set exercises, we will explore the many enriching ways of devotional practice.

About the teacher

Sangeet Mahan Kaur works as an academic. She has been practicing yoga all of her adult life but came to Kundalini last! She is currently completing her Level 1 teacher training with I-SKY

