



Kundalini Yoga

****Weekend Chakra Journey****

*Saturday 29th Feb & Sunday 1st March
2020*

@The Courtyard Studio, 35a Pen y Lan Rd, Roath, Cardiff, CF24 3PG

7 Chakras

7 Spaces

7 Hours/Day

10am-6pm (1 hr lunch break)

Full Weekend Chakra Journey *£108*****

*Bookings: kundaliniyogacardiff@yahoo.com
www.kundaliniyogacardiff@yahoo.co.uk*

Sat Nam!

I'm delighted to invite you to join me on an intensive and magical weekend journey through the chakra vortex system.

This is an opportunity to immerse yourself deep into the teachings and practise of Kundalini Yoga and Meditation, and to gain profound insights and understandings of your relationship with yourself and others by systematically balancing the 7 major energy vortexes in your body.

By processing, healing and releasing what is past, we can find acceptance and bring ourselves into the present. Full awareness brings clarity, inner guidance and inspiration for all that is coming... are you ready to realign with your soul purpose?

Surrendering to divine guidance, doing the work(!) and showing up for your self is all that is required to step into the flow of the universe and find your balance and your bliss (your "mojo!").

Delivery

The Chakra Journey immersion will be delivered over 2 days, with each day consisting of 7hrs (2 x 3½ hr sessions) of yoga, meditation, chanting, sound bathing, discussion, self-care and self-enquiry. Day 1 will guide you through the animal realm to the human realm, day 2 will guide you from the human realm to the angelic realm.

Daily Timetable

- Introduction to each chakra – journal required for self-enquiry work.
- Carefully selected Kundalini Yoga set,
- Gong bath supine relaxation,
- Meditation and a sacred mantra to balance the vibration of that specific chakra.

There will also be handouts and 'homework' (exercises/tasks) to help you integrate your journey and to get the most out of the experience.

*****This work can be life-changing and transformative therefore some prior experience of Kundalini Yoga as taught by Yogi Bhajan is recommended.*****

I am really excited to take you on this journey, it will be great preparation for your mind, body and spirit to enter Spring 2020 in a magical, compassionate, love-filled and blissful state of presence.

May the long time sun shine upon you, all love surround you, and the true light within you guide your way on. Sat Nam.

Kind wishes,
Amarjot Kaur (Ali)